



# FADE OUT DEPRESSION

WHAT YOU SHARE IN YOUR  
CHAIR COULD SAVE A LIFE.

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## Providers in Philadelphia

The following is a list of providers in the community who offer those services. When you call to make your first appointment, please have your insurance card(s) available.

### Crisis Intervention Services by County

- Emergency: 9-1-1
- Lancaster General Hospital Crisis Center: (717) 544-7300
- Lancaster County Crisis Intervention: 717-394-2631 or 717-399-7417 for hearing/speech impairments ( TTY)
- York/Adams County Crisis Intervention available through TrueNorth Wellness Services  
Mobile Crisis Intervention: 717-637-7633
- Chester County Crisis intervention: 877-918-2100
- Lebanon County Crisis Intervention: 717-274-3363
- Dauphin County Crisis Intervention: 717-232-7511 or 888-596-4447
- National Suicide Prevention Lifeline: Call 1-800-273-8255 or Text START to 741741
- Linea Nacional de Prevención del Suicidio: 1-888-628-9454
- The Trevor Lifeline (LGBTQ): 1-866-488-7386
- Trevor Text: 678678

## Warm-Lines for Non-urgent support:

If you are feeling lonely, depressed or anxious and just want to talk a warm-line offers 24-hour support.

- Lancaster County Warm Line - 717-945-9976 - 2p-10p daily

- Lancaster County Friendship Line -1-800-971-0016- 24hours
- Chester County Warm Line-1-866-846-2722
- National Maternal Mental Health Hotline - 1-833-943-5746 - urgent or non-urgent needs

## Same Day Access to Counseling Resources

### **TrueNorth: Walk-in Center (717) 637-7633**

33 Frederick Street

Hanover, PA 17331

Mon-Fri | 8am-8pm

Call ahead of your visit to pre-register.

### **Agencies offering Behavioral Health Counselors and Psychiatric care:**

#### **Lancaster, York and Chester Counties**

### **Advanced Counseling and Testing Solutions**

241 Rohrerstown Road

Lancaster PA 17603

717-945-6073

### **Behavioral Healthcare Corporation (Ages 14 and older, individual, family, home-based)**

717-399-8288

822 Marietta Avenue

Lancaster, PA 17603

**535 Locust Street**

Columbia, PA 17512

Accepts Gateway Medicare, Medical Assistance, many commercial insurance plans (incl. Capitol Blue and Highmark).

**Behavioral Healthcare Consultants (children, adolescents, adults, play therapy, family, neuropsychological testing)**

717-581-5255

1755 Oregon Pike

Lancaster, PA 17603

**2550 Kingston Road**

York, PA 17404

Accepts Medicare and most commercial plans, Medical Assistance not accepted

**Integrated Behavioral Health at Penn Medicine - Lancaster General Health**

717-735-7454

(Offers behavioral health assessment, referral and treatment planning for patients established in Penn-Medicine Lancaster General Health primary care offices throughout Lancaster and Chester Counties)

**Behavioral Health Specialists of Lancaster General Health (psychiatry only- children, adolescents and adults)**

802 New Holland Avenue, Suite 100

Lancaster, PA 17602

717-560-3782

Accepts most insurance plans

**The Behavioral Health and Wellness Academy LLC**

Hershey, Lancaster and Lebanon areas

48 N. Queen Street

2nd Floor

Lancaster, PA 17603

717-810-1974

**Catholic Charities Lancaster Counseling Office (children, adolescents, adults, family/home based)**

Servicios disponibles en Español. Accepts Medical Assistance, commercial plans are pending.

Offices in Lancaster and York Counties

Call 717-299-3659 to schedule your first appointment

30 D East Roseville Road

Lancaster, PA 17602

253 East Market Street

York PA 17403

**COBYS Family Services**

Offers individual counseling and children's services, such as Incredible Years, parenting classes.

171 E. King St.

Lancaster, PA 17602

(717) 661-3548

Accepts private insurance, Medicaid. Does not accept Medicare.

**Community Services Group/MAPS Behavioral Health (children, adolescents, adults, home-based options, Full DBT)**

1902 Olde Homestead Lane, Lancaster, PA 17602

1-877-907-7970

Accepts Medical Assistance, Medicare and most commercial plans

For home and family based contact Stacey Dickinson 717-390-0353

8-month family systems and interaction-based program for children at high risk of hospitalization

**Onward Behavioral Health- The Light Program (adolescents, adults, Seeds of Hope eating disorder program, range of outpatient, IOP and partial, psychiatry)**

491 John Young Way #300

Exton, PA 19341

610-644-6464

Accepts most commercial plans and EAP, does not accept Medicare or Medical Assistance.

**Pennsylvania Comprehensive Behavioral Health**

York 717-600-0900

Lancaster 717-560-2372

admin@pcbh.biz

**PA Counseling Services (children, adolescents and adults, home/family-based)**

40 Pearl Street

Lancaster, PA 17603

717-397-8081

Accepts Medical Assistance, Medicare and most commercial plans.

**Pressley Ridge (children, adolescents, adults, family, home-based): two locations**

Lancaster County- 717-397-5241 (no outpatient services at this location as of January 2020)

-York County - 717-845-6624

141 E. Market Street

York, PA 17401

-Camp Hill - 717-774-3673

50 Utley Drive, Suite 200

Camp Hill, PA 17011

Accepts Medical Assistance, Medicare, and most commercial plans.

**Providence Behavioral Health Services**

600H Eden Rd

Lancaster, PA 17601

(717) 397-1400

Accepts Gateway, Cigna, Medicare & Others

Accepts Medical Assistance, Medicare and most commercial plans.

**SACA (Spanish American Civic Association)/Behavioral Health Services (children, adolescents, adults, family)**

Servicios disponibles en Español

545 Pershing Avenue

Lancaster, PA 17602

717-431-1445

Medical Assistance and select private insurance plans.

**TeamCare Behavioral Health, LLC (children, adolescents, adults, school-based at Penn Manor Schools, home/family-based)**

1808 Colonial Village Lane, Suite 103

Lancaster, PA 17601

717-391-0172

Accepts Medical Assistance, Medicare Part Band most commercial plans.

**TrueNorth Wellness (children, adolescents, adults, family)**

Call 717-632-4900, ask for intake or extension 1117

Various locations in York, Hanover, Gettysburg

1195 Roosevelt Avenue

York, PA 17404

P: (717) 843-0800

F: (717) 843-3222

Accepts Medical Assistance, Medicare and most commercial plans

**TW Ponessa and Associates {children, adolescents, adults, family, school-based at Solanco Schools)**

Call 1-800-437-5405 to schedule your first appointment

410 North Prince Street

Lancaster, PA 17602

Accepts Medical Assistance, Medicare and most commercial plans.

**Wellspan-Philhaven (children, adolescents, adults, family, Full DBT)**

**Must have a physician affiliated with Wellspan**

Call 1-800-932-0359 to schedule your first appointment

812 North Prince Street

Lancaster, PA 17604

1884 Rohrerstown Road

Lancaster, PA 17601

Accepts Medical Assistance, Medicare and most commercial plans.

**Agencies/Practices offering Behavioral Health Counseling only:**

### **Breathe Easy**

21 BriarCrest Square

Hershey PA 17033

717-220-3495

Serves adults, adolescents; counseling only, no psychiatric services.

Accepts some insurances, medical assistance (Optum/UBH}, EAP, self-pay.

### **Gracefield Counseling**

235 Brick Road

Oxford, PA 19363

267-772-0148

EMDR

### **Heart for Change**

200 Willow Valley Square Suite 210

Lancaster, PA 17602

717-478-3411

All ages, commercial insurance/private pay, childhood trauma.

### **In Process Counseling**

1525 Oregon Pike, Suite 602

Lancaster, PA 17601

717-322-4474

EMDR

### **Inner Vision (children, adolescents, adults, family)**

2 South Decatur Street



Strasburg, PA 17576

717-417-8401

Accepts Medical Assistance (PerformCare) and most commercial plans

**Kali Thompson, LCSW**

237 North Prince Street

Lancaster PA 17602

717-406-3877

Resources, referrals, counseling, LGBTQ

Accepts Medicare, CoreSource (Quest), Magellan (most Geisinger plans), Capital Blue Cross, Highmark.

**Kari Slater MS, LPC, NCC**

304 N. George Street, Suite A (above George Street Cafe)

Millersville, PA 17551

717-983-8696

Eating Disorder, anxiety depression, domestic violence, grief/loss, low self-esteem, relationships, spirituality, trauma, women's issues, young adults.

**Laurie Schein**

903 S Chiques Road, Suite J

Manheim, PA 17545

717-850-9573

Sees toddlers through adults, uses EMDR, play therapy, sandplay (for people of all ages), and internal family systems amongst other modalities.

Accepts Blue Cross, Blue Shield, Capital Blue Cross, Highmark, Medicaid, Quest, Out of Network.

### **Life and Love Counseling**

205 Granite Run Drive, Suite 310

Lancaster, PA 17601

717-454-2068

### **The Marriage & Family Centers**

Offers 3 free sessions if agreeable to being viewed behind 1 way mirror (interns conducting therapy)

6 West Newport Rd, Ste 6

Lititz, PA 17543

(717) 627-4550

### **Matters of the Heart Counseling**

1987 State Street

Harrisburg, PA 17520

717-282-2908

### **Meadow Grove**

822 Marietta Avenue

Suite 23

Lancaster, PA 17603

717-420-9571

EMDR

### **Mindful Changes (individual, couples, family, DBT)**

241 Rohrerstown Road

Lancaster, PA 17603

717-945-6073

<https://mindfulchangescounseling.com/our-services>

**Morning Star Counseling (children, adolescents, adults, family)**

201 E. State Street

Quarryville, PA

717-806-5050

Limited commercial insurance plans accepted, no Medicare or Medical Assistance, no sliding scale, private pay options.

**Move Forward Counseling (Focuses on women's issues, offers EMDR)**

Olde Mill Court Building

101 West Main Street, Unit F5

Salunga, PA 17538

717-462-7003

Additional locations in Lancaster.

Accepts private insurance (Blue Cross/Blue Shield, Capitol Blue Cross, Highmark, Quest), self-pay.

**New Hope Community Life Ministry (children, adolescents, adults, family)**

248 Maple Avenue

Quarryville, PA

717-786-2802

**New Horizons**

120 Foxshire Drive

Lancaster, PA 17603

717-431-6615

**Prince Street Therapists**

237 N. Prince Street, Suite 204

Lancaster, PA 17603

717-696-6530

**Samaritan Counseling Center (children, adolescent, adult, LGBTQ family)**

1803 Oregon Pike

Lancaster, PA 17601

717-560-9969

Accepts Medical Assistance, Medicare and most commercial insurance plans.

**Sun Point Counseling and Wellness Center (all ages, couples, LGBTQ)**

8 North Queen Street 11th Floor

Lancaster, PA 17603

717-297-0515

**Thoughtful Wellness, LLC (Shana Scott-Klunk)**

333 North State Street, Suite 110

Ephrata, PA 17522

717-44 7-5681

**Weigel Counseling Services (children, adolescents, adults, LGBTQ family)**

Call 717-464-1450 for your first appointment

5421 Willow Street Pike

Willow Street, PA 17601

Accepts Medical Assistance, Medicare and most commercial insurance plan.

## Case Management

### **Lancaster County Behavioral Health Disabilities Services**

Mental Health Case Management Unit

750 Eden Road

Lancaster, PA 17601

717-393-0421

FdX. 717-299-7968

If eligible, offers case management and support with accessing resources

## Mental Health Support Groups and Peer Support Programs:

### **Mental Health of America of Lancaster County**

717-397-7461

[www.mhalancaster.org](http://www.mhalancaster.org)

Patient Advocate Educators are available to assist with referral to resources and support

COMPEER volunteers - supportive peer calls or visits 4 times per week

COMPEER Calls - supportive peer calls 1-2 times per week

### **No Longer Alone Ministries (peer mentoring program, support groups, mobile psychiatry)**

630 Janet Avenue, Suite A107

Lancaster, PA 17604-4541

717-390-4891

## Definitions:

**Psychiatrist-** a medical doctor who will prescribe medications to manage mental health symptoms.

**Behavioral Health Counselor-** a professional (counselor, social worker or psychologist) who provides "talk therapy". This person can help you set personal goals based on your needs.

**Crisis Intervention-** An anonymous help line that provides immediate answers to questions and referrals as needed by phone or in person.

**Private Practice-** An individual (counselor, social worker or psychologist) who works independently from an agency.

**Mobile Therapy-** A therapist or therapy team provides treatment in the home setting

**Family Based Counseling-** A team of two professionals provides intensive counseling to children and their family members in the home and community. Services help with crisis intervention and behavior stabilization, and are geared toward children with severe emotional or behavioral disorders who are at risk of out of home placement.

**School Based Counseling-** A licensed counselor provides counseling services to children at school. Your child's guidance counselor can help refer you to the appropriate agency.