

# Resources for When You Need Help

## BIPOC+ SUPPORT

### **ADL Philadelphia:** (215)568-2223

The Anti-Defamation League was founded in 1913 "to stop the defamation of the Jewish people and to secure justice and fair treatment to all". Now the nation's premier civil rights/human relations agency, ADL fights anti-Semitism and all forms of bigotry, defends democratic ideals and protects civil rights for all.

### **NAACP of Bucks County:** (215)364-1057

The mission of the National Association for the Advancement of Colored People (NAACP) is to secure the political, educational, social, and economic equality of rights in order to eliminate race-based discrimination and ensure the health and well-being of all persons.

## HOMELESS INDIVIDUALS

### **Valley Youth House - Lehigh County Shelter:** (610)691-1200

Services include case management, individual, family and group counseling, life skills education, adventure-based experiential education and recreational activities, and therapeutic follow-up and aftercare services. Open to any young person (12-17) experiencing homelessness or housing instability in Pennsylvania.

## LGBTQ+

### **The Attic Youth Center:** (215)545-4331

The Attic creates opportunities for Lesbian, Gay, Bisexual, Transgender, Queer, and Questioning (LGBTQ) youth to develop into healthy, independent, civic-minded adults within a safe and supportive community, and promotes the acceptance of LGBTQ youth in society. The Attic is proud to be Philadelphia's only independent LGBTQ youth center and to provide daily programs and services.

### **HiTOPS:** (609)683-5155

HiTOPS is a Princeton, NJ based LGBTQ+ youth center that offers a wide range of support for LGBTQ+ youth and young adults, as well as parents and guardians.

### **Planned Parenthood's Rainbow Room in Doylestown:** (267)282-4117

Our LGBTQ+ youth programs provide a safe, supportive and empowering environment for LGBTQ+ youth. In our programs, teens and young adults can be themselves and experience the freedom of knowing they are accepted totally and without reservation. We provide community meetings every Wednesday from 6-8 pm, currently via Zoom. Open to all LGBTQ+ youth and allies ages 14-21. Every 4th Wednesday is open to ages 12-21.

### **ROY G. BIV**

Online community for LGBTQ+ children and allies in Doylestown. Follow on Instagram to join the community.

### **Trevor Project:** Text START to 678678 OR Call 1(866)488-7386

The Trevor Project provides 24/7 crisis support services to LGBTQ young people. Text, chat, or call anytime to reach a trained counselor.

## MENTAL HEALTH

### **Buck County 211:** Call 211 OR Text 898211

Connects you directly to local health and human services for everyday and crisis situations.

### **Crisis Text Line:** 741741

Crisis Text Line is the free, 24/7, confidential text message service for people in crisis. Text HOME to 741741 in the United States.

### **Family Services CONTACT Helpline:** (215)355-6000

The CONTACT Helpline provides free, anonymous, and confidential telephone services to individuals who are contemplating suicide, struggling with life's challenges, or in need of someone to listen. CONTACT Helpline staff and volunteers are specially trained in active listening skills and strategies for supporting people under emotional stress. Helpline services are available to residents in the Greater Philadelphia Area.

### **Lenape Valley Mobile Crisis:** 1(877)435-7709

For Bucks County residents experiencing acute disturbance of thought, behavior, mood, or social relationships requiring immediate attention.

### **National Alliance on Mental Illness (NAMI):** 1(866)399-6264

NAMI Bucks County is a peer-led organization dedicated to improving the lives of individuals and families affected by mental illness. We are dedicated to building better lives for the millions of Americans affected by mental illness. Join our online peer support group offered every day!

### **National Suicide Prevention Lifeline:** 1(800)273-8255

Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7.

## MISCELLANEOUS

### **The Peace Center:** (215)750-7220

You can find support through a variety of programs designed to find emotional safety, prevent violence, promote peaceful resolution of conflict, and foster inclusive, equitable, and safe communities.

### **Safe2Say:** 1(844)723-2729

Report anonymous tips of possible threats and say something before it's too late.

## SEXUAL VIOLENCE

### **Network of Victim Assistance (NOVA):** 1(800)675-6900

Supports, counsels, and empowers victims of sexual assault and other serious crimes while working to prevent and eliminate violence through advocacy, training, and education.

### **Planned Parenthood - Warminster Medical Center:** (215) 957-7980

Planned Parenthood offers gender-inclusive and neutral routine and emergency medical assistance to all people regardless of insurance, including emergency contraceptives, assistance to survivors of sexual violence, and routine checkups.

### **RAINN:** 1(800)656-4673

RAINN is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the country.

### **SAFE:** (215)750-0323

Supports, counsels, and empowers victims of sexual assault and other serious crimes while working to prevent and eliminate violence through advocacy, training, and education.