

# 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.

### [Rainbow Room - Doylestown: 267-282-4117](#)

Ever feel like you need a space where you can just be your authentic self? Somewhere free and open, where you will be accepted for who you are — regardless of who you love or how you identify.

The Rainbow Room is a place where you can come as you are. No judgment. No pressure.

We believe that the ability to live our lives with pride, free from violence and discrimination is just basic. That's why we're open to people of all gender identities, gender expressions, and sexual orientations.

Join us at The Rainbow Room to find support, information, friendship, and validation. We're here every Wednesday night from 6:00 to 8:00.

186 E. Court St

Doylestown, PA 18901

### [ROY G. BIV](#)

Rainbow Room Junior! We now have an LGBTQ+ group called Roy G Biv for ages 10-14, which meets at the Doylestown Rainbow Room every Thursday, 6-7:30pm. Guardian/parent consent required. Contact us for details about RGB at: [RoyGBiv@ppkeystone.org](mailto:RoyGBiv@ppkeystone.org)

### [Lower Bucks Rainbow Room](#)

The Lower Bucks Rainbow Room meets every Sunday from 4:00 p.m. to 6:00 p.m. at 334 S Bellevue Ave, Langhorne 19047. To get more info, DM us on Instagram or email

[rainbowroom@ppkeystone.org](mailto:rainbowroom@ppkeystone.org)

[Trevor Project](#): Text START to 678678 OR Call 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.

### [Bucks LGBTQ Center](#)

Bucks LGBTQ Center has two locations in the heart of Bucks County PA. It is an ideal setting for individuals and family members to find clinical support, community events, and educational resources on topics related to gender identity, gender expression and sexual orientation. Clients can attend clinical services for as long as is necessary as they navigate the coming out process, transition into a new understanding of identity, and explore opportunities and challenges as life unfolds as a member of the LGBTQ community. The collective of providers at Bucks LGBTQ Center are Masters and Doctoral level therapists with specific training around supporting and affirming LGBTQ clients and their families. Groups are run by well-trained and experienced therapists in the collective.

Newtown  
17 Barclay St, Bldg B3  
Newtown PA 18940  
215-260-7570

Buckingham Green  
4936 York Rd, Suite 2300  
Buckingham, PA 18902  
215-260-7570

### [GLAAD](#)

Founded in 1985, GLAAD is a non-profit organization focused on LGBTQ advocacy and cultural change. GLAAD works to ensure fair, accurate, and inclusive representation and creates national and local programs that advance LGBTQ acceptance. Serving as a storyteller, media force, resource, and advocate, GLAAD tackles tough issues and provokes dialogue so that authentic LGBTQ stories are seen, heard, and actualized. GLAAD strives to protect all that has been accomplished and helps create a world where everyone can live the life they love.

### [CDC – Centers for Disease Control and Prevention](#)

CDC is the nation’s leading science-based, data-driven, service organization that protects the public’s health. For more than 70 years, we’ve put science into action to help children stay healthy so they can grow and learn; to help families, businesses, and communities fight disease and stay strong; and to protect the public’s health.

### [LGBTQIA2-S Resources for Mental Health](#)

From the Los Angeles County Department of Mental Health (LACDMH), the largest county-operated mental health department in the United States.

## 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.

[CONTACT Helpline](#): 800-932-4616

We provide free, anonymous, confidential listening services.

**[Family Services: 215-757-6916](#)**

We offer a variety of programs and services focused on increasing opportunities for adults, protecting seniors, reducing substance use, improving the lives of those with mental illness, preparing children and adolescents for the future, improving the quality of life for those living with HIV/AIDS and much more. We also operate the Bucks County Emergency Homeless Shelter, a temporary residence for individuals and families who have lost safe and stable housing.

**[Lenape Valley Mobile Crisis: 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 \(NAMI\): 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: 988 or 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: 844-723-2729](#)**

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

## SEXUAL VIOLENCE

**[Network of Victim Assistance \(NOVA\): 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: 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.