



Connect with the IDC

1001 Darby Road, Havertown, PA • 610.789.6355 • icphila.org • icphila.org

Scan the QR code to find information about the IDC's mental health program and to the links to resources listed below.

To submit a confidential request for support, please use the email address confidential@icphila.org

Mental health support is available

Please use this reference sheet to find resources, educational materials, and helplines.

American Association of Suicidology - suicidology.org; suicidology.org/resources

National Association of School Psychologists - Preventing Youth Suicide - nasponline.org/resources-and-publications

Healthy Minds Philly - healthymindsphilly.org/suicide-loss-support-groups

Community Behavioral Health: Philadelphia's Mental Wellness Connection - cbhphilly.org

Substance Abuse and Mental Health Services Administration - samhsa.gov/find-help/988

The National Alliance on Mental Illness - namipadelco.org

IDC Counseling Services - icphila.org/mental-health

Delaware County Resources:

County Department of Health - delcopa.gov/health/mentalhealth.html

County Adult Mental Health Support - delcohsa.org/mentalhealth.html

Delaware County Intermediate Unity Crisis Resources - dciu.org/crisisresources

Suicide Prevention Task Force of Delaware County - preventsuicidepa.org/task-force-county-init/delaware

Valley Creek Crisis Center: 610-280-3270

Suicide & Crisis Lifeline: 988

Bryn Mawr Hospital: 888-227-3898
(Psychiatric services available)

LGBTQ Crisis Line: 866-488-7386

A Haven (grief support): 484-716-1807

Mobile Crisis Units

◦ Bucks County: 1-800-499-7455

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

◦ Chester County: 877-918-2100

◦ Delaware County: 855-889-7827

◦ Montgomery County: 888-435-7414

Veteran Crisis Line: 1-800-273-TALK (8255)

988
SUICID
& CRISIS
LIFELINE

There is hope

Talk with us. If you or someone you know
needs support now,
call or text 988
or
chat 988lifeline.org

FEP22-06-03-004

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

**Learn the
Warning
Signs.**

**Whether it's your friends,
family, or community,
everyone needs
someone to lean on.**



If you don't know where to turn,
you can text **HOME** to **741741**.

A volunteer Crisis Counselor with
Crisis Text Line will be there for you.
It's free and 24/7.