Support for Communities

Recent events have deeply impacted the wellbeing of Philadelphia communities.
You are not alone!
The community becomes the safety net for people in tough times.
Check on neighbors, family, and friends who may need support.

For more tips and resources for individuals, children, young adults, families, and communities, visit DBHIDS.ORG/BOOST

#HealthyMindsPhilly
#mindPHL

Photo: Steve Weinik
HealthyMindsPhilly.org
A website with your health in mind.
Healthy Minds Philly is a public health resource for all Philadelphia residents.

About 25% of adults and 20% of children experience a behavioral health disorder. The Department of Behavioral Health and Intellectual disAbility Services (DBHIDS) has partnered with Screening for Mental Health, Inc. (SMH) to offer Healthy Minds Philly, a virtual resource designed to provide awareness and education on behavioral health issues and to offer helpful information. It is available 24 hours a day, 7 days a week.

Healthy Minds Philly is home to quick, free and anonymous “check-up from the neck up” screenings so Philadelphians can find out about their own mental and emotional well-being. It is also where you can learn about Mental Health First Aid, a training that teaches the skills needed to identify and respond to signs of behavioral health challenges; a community event calendar where you can also request support from the DBHIDS or have your community event promoted; a blog that covers a variety of wellness topics; a comprehensive resource list to help Philadelphia connect to the right health services; and access to a variety of wellness tools and information.

Check out HealthyMindsPhilly.org and...

Help Yourself, Help Others

“I find this site to be incredibly useful. Philadelphia needs this.”

- Community Member

For more information contact:
HealthyMindsPhilly@phila.gov
215-685-3755
Mental Health First Aid

We think of First Aid as something administered to people in need of physical health intervention. What about people who need immediate assistance for their mental health?

- Mental Health First Aid (MHFA) is a free program that teaches you the skills needed to identify, understand, and respond to signs of behavioral health challenges or crises. Aid is administered until appropriate treatment and support are received or until the crisis is resolved. Philadelphia is one of the first metropolitan areas in the U.S. to implement free MHFA on a large scale.

- Mental Health First Aid will help you recognize behavioral health disorders, increase your confidence when offering help in a crisis, and greatly improve how helpful you can be to your family, friends, co-workers.

- Individuals become certified in MHFA by completing an interactive 8 hour course, taught by certified instructors, that provides an overview of the signs and symptoms of behavioral health issues.

Get Trained

For more information:
visit www.HealthyMindsPhilly.org
email mhfa_philly@pmhcc.org
call 215.685.3755
Network of Neighbors Responding to Violence is a neighbor-driven network of Philadelphians who are trained to provide support to communities immediately after violent traumatic incidents.

We are a network of trained trauma responders providing group interventions and technical support to communities following an incident of violence or a traumatic event.

The Network helps to:

- Assist and support communities after a tragedy
- Provide psychological first aid, immediate support following an incident of violence or trauma
- Provide post traumatic stress management interventions
- Offer referrals for clinical services and wellness resources

267-233-4837

DBHIDS.org/NetworkofNeighbors
NetworkofNeighbors@phila.gov

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We are a network of trained trauma responders providing group interventions and technical support to communities following an incident of violence or a traumatic event.

The Network is not a 24-hour crisis service.
For behavioral health services call 888-545-2600.
WHERE TO TURN DURING COVID-19:
Resources for People Experiencing Homelessness in Philadelphia (Updated August 21, 2020)


Due to the rapidly changing situation, please call organizations to confirm services.
To print additional copies of the latest version, visit projecthome.org/wheretoturn
Please email suggestions to wheretoturn@projecthome.org.
For more food, health, and human services in the Philadelphia region visit 211sepa.org or call 2-1-1 or 866-964-7922 or text 898-211

GENERAL PHILADELPHIA COVID RESOURCES
Updates: phila.gov/covid
Philadelphia COVID-19 Text Alerts: Text COVIDPHL to 888-777 to receive updates

Philadelphia Coronavirus Helpline: 800-722-7112
Medical experts can answer questions about symptoms, testing resources, etc.


EMERGENCY HOUSING SERVICES

Office of Homeless Services Access points/Intake centers
Open Monday - Friday from 7 am to 5 pm

Apple Tree Family Center 1430 Cherry St, 215-686-7150, 7151, or 7153
Maximum of 10 participants allowed in waiting room/intake area

Roosevelt Darby Center 804 N Broad St, 215-685-3700 (temporarily closed Aug 2020) Maximum of 10 participants allowed in waiting room/intake area

Families Only Emergency Housing After-Hours Services (OHS):

Red Shield Family Residence 715 N Broad Street, 215-787-2887
Intake: Daily: After 5pm. Holidays & Weekends: 24 hours

Single Women Only Emergency Housing After-Hours Services (OHS):

Gaudenzia's House of Passage, Kirkbride Center 48th Street and Haverford Avenue (48th Street side entrance) 215-634-9775, gaudenzia.org
Intake: Daily: After 5pm; Holidays & Weekends: 24 hours
Maximum of 20 after-hour placements

Single Men Only Emergency Housing:

Sunday Breakfast Rescue Mission, 302 N 13th St, 215-922-6400
Intake: Daily, 7PM; All services for existing clients only

Single Men Only Emergency Housing After-Hours Services (OHS):

Station House 2601 N Broad Street (rear entrance), 215-225-9230
Intake: Daily: After 5pm; Holidays & Weekends: 24hrs
To register complaints about shelter, transitional and permanent housing, and rapid rehousing: Office of Homeless Services Participant Comment Line 215-686-4700 or ohs-generalinfo@phila.gov

DROP-IN CENTERS

Hub of Hope, Project HOME, 1401 Arch St, Suburban Station Concoursnce - Lower Level, 215-309-5225, Mon-Fri, 8AM-4PM; limited showers, laundry, case management and medical appointments

Grace Café, Arch Street Methodist Church, 55 N Broad St, 215-568-6250
Mon-Thurs, 10AM-3PM; case management, showers, and laundry
In order to sign up for a slot, you must be in line by 9:45 am for screening. Outdoor, to-go meals: Sun, tickets at 4:30PM, served 5:30PM-7PM or as long as supplies last.

BENEFITS ACCESS

BenePhilly 844-848-4376, 9AM-5PM; apply for food and benefits

HEALTHCARE

Stephen Klein Wellness Center, Project HOME, 2144 Cecil B. Moore Ave., 215-320-6187, projecthome.org/skwc; If you are looking for a medical provider or for dental services, call Mon-Fri, 9AM-5PM to see if you are able to be seen.

Mary Howard Health Center, 125 S 9th St, 215-592-4500
Walk-in, telehealth visits, and in-person appointments.
Mon-Thurs: 7AM–5PM (Walk-ins: 7AM-2:30PM) Fri: 7AM-3PM (Walk-ins: 7AM-1:30PM)
Call 855-887-9229 if you have COVID-19 symptoms

PHMC Care Clinic, 1200 Callowhill Street, 1st Floor, 215-825-8220
Open Monday - Friday from 7 am to 5 pm

For more food, health, and human services in the Philadelphia region visit 211sepa.org

Suicide Prevention Lifeline, 24/7, 1-800-273-8255, suicidepreventionlifeline.org

RECOVERY RESOURCES

Alcohol & Other Drug Information and Recovery Support Line: 800-221-6333
Mon-Fri, 9AM-9PM

NET Access Point, 499 N 5th St, 215-451-7114, netcenters.org
6 people in lobby and 12 people in the unit at a time

Syringe services: Emergency packs, Mon, 12PM-3PM; syringe exchange, Tues, Fri, 12PM-3PM; mobile sites on regular schedule EXCEPT for 63rd & Market (closed)
Medication: Mon-Fri, 9AM-5PM; Mail: Mon-Thurs, 12PM-4PM and Fri 12-3PM at the Ruth Street entrance; Public restrooms: daily, 7AM-11PM Meals: 7AM at Monmouth entrance; Mon-Sat, 1PM-3PM at Ruth & Clearfield; No new patients (for referrals, contact Ms. Sheppard at 267-871-9195); Drop-in: 8am-5pm Mon-Fri; Wound care: Mon, Tue, Fri 12-4PM; Testing services: Mon-Fri; No legal, primary care.

MENTAL HEALTH SUPPORT

Office of Behavioral Health Emergency and Information Line (24-hour Mental Health Delegate Line) 215-685-6440

Prevention Point Philadelphia, 2913 Kensington Ave, 215-634-5272, ppponline.org

Syringe services: Emergency packs, Mon, 12PM-3PM; syringe exchange, Tues, Fri, 12PM-3PM; mobile sites on regular schedule EXCEPT for 63rd & Market (closed)
Medication: Mon-Fri, 9AM-5PM; Mail: Mon-Thurs, 12PM-4PM and Fri 12-3PM at the Ruth Street entrance; Public restrooms: daily, 7AM-11PM Meals: 7AM at Monmouth entrance; Mon-Sat, 1PM-3PM at Ruth & Clearfield; No new patients (for referrals, contact Ms. Sheppard at 267-871-9195); Drop-in: 8am-5pm Mon-Fri; Wound care: Mon, Tue, Fri 12-4PM; Testing services: Mon-Fri; No legal, primary care.
YOUTH SERVICES

Attic Youth Center (ages 14-23), 255 S 16th St, 215-545-4331, atticyouthcenter.org
Mon, Wed, Fri: 3-6PM
Call ahead for curbside pickup of food pantry, toiletries, personal hygiene products, hot take away meal. Laptop and private space available for virtual counseling (appointment only). All programming and counseling is virtual.

Covenant House Crisis Center (Ages 0-21), 31 E Armat Street, 215-951-5411
24-Hour Hotline 1-800-999-9999

LEGAL SERVICES

Community Legal Services (CLS), 215-981-3700; clsphila.org
Legal support available via phone
Tenant Legal Aid Referral Line, 267-443-2500, phillytenant.org
Free legal advice and representation for low-income tenants

MEALS

NEW: Kensington Meal Site, Ruth & East Clearfield Parking Lot (Kensington Meal Partners) To-go meals: Mon-Sat, 1PM-3PM
NEW: Center City Meal Site, Sunken Plaza by Thomas Paine Plaza, 1401 JFK Blvd (Muslims Serve) To-go meals: Thurs-Mon, 4PM-5PM
NEW: Center City Meal Site, 315 S Broad St., (Broad Street Ministry) To-go meals: Mon-Fri, 11:30AM-1PM
(Note: mail can still be picked up at Broad Street Ministry, 315 S Broad St, 215-735-4847, broadstreetministry.org, Mon-Fri, 11AM-2PM)
NEW: South Philadelphia Meal Site, Francis Scott Key School, 2230 S 8th St., (SEAMAAAC) To-go meals: Mon-Fri, 11:30AM-1PM
Arch Street Methodist Church, 55 N Broad St, 215-568-6250
Outdoor, to-go meals: Sun, tickets at 4:30PM, served 5:30PM-7PM
Chosen 300, 1116 Spring Garden & 3959 Lancaster, 215-243-0300, chosen300.org
Carry-out meals only: Mon, Wed, & Fri, 6PM
Church of the Advocate, 1801 Diamond St, 215-978-8000
Lunch: Mon-Fri, 12PM-1PM served outside
Face to Face, 123 E Price St, 215-849-0179, facetofacegermantown.org
To-go food in parking lot: Mon, Thurs, Fri, 12PM-2PM
Services offered at the same time: Legal Center (Mon), Social Services (Mon & Thurs), Health Center/BP screenings (Mon & Fri), Birth certificate applications are being accepted (Thurs)

Feeding 5000, Logan Square, 609-923-4902; Sun, 11AM
Old Pine Community Center, 401 Lombard St, 215-627-2493, oldpinecommunitycenter.org
Meals: Mon-Fri, 7AM-8AM, to-go only; Sun, 7:30AM-9:30AM
Meals for Seniors ONLY: Saturdays, 12PM-1PM, to-go only
Living Word Community, 142 N. 17th St, 215-563-1322
To-go meals: Sat, 10AM
The Perimeter (veterans only), 213-217 N 4th St, 215-923-2600
To-go meals: Mon-Fri, 9AM-10AM, 12PM-1PM
Old First Reformed UCC, 151 N 4th St, 215-922-4566
To-go meals: Sat, 9AM-9:30AM

Due to the rapidly changing situation, call organizations to confirm services. The most updated version is available at projecthome.org/wheretoturn.

Do you have suggestions on how to make this resource better? Please email wheretoturn@projecthome.org.
NAMI PHILLY VIRTUAL SUPPORT GROUPS

MONDAY
6 p.m. - Young Adults Group
7:30 p.m. - BIPOC Group

TUESDAY
11 a.m. - Connections Group
7 p.m. - Family Group

WEDNESDAY
11 a.m. - Women's Group
4 p.m. - Teen Group

THURSDAY
1 p.m. - Family Group

SATURDAY
10:30 a.m. - Family Group

SUNDAY
7 p.m. - Men's Group
9 p.m. - Connections Group

LAST SUNDAY OF THE MONTH
9:45 a.m. - Sunday Reset Mindfulness Session

TO RECEIVE LINK
Visit NAMIPHILLY.ORG to register, click the "SUPPORT GROUP" tab, then click "VIRTUAL SUPPORT GROUPS"

FULL SCHEDULE AND GROUP DESCRIPTIONS ARE ON OUR WEBSITE NAMIPHILLY.ORG
ALL GROUPS USE THE SAME ZOOM MEETING LINK 18+ (TEEN GROUP 14-18)