



### **Crisis Intervention Resources**

***In the event of an emergency, please dial 911***

#### **Montgomery County Mobile Crisis**

Competent and caring crisis workers will help you resolve crisis situations like depression or suicidal thoughts through telephone and mobile support when needed. We are here to help you with immediate crisis situations and help you reduce and manage recurring crises. All services are provided at no charge to you. See [this video](#) for more information.

**Crisis support is available 24 hours a day, 7 days a week at: [1-855-634-HOPE \(4673\)](tel:1-855-634-HOPE)**

For talk support in **non-emergencies**, contact the **Peer Support and Teen Talk Line** open daily from 1:00pm – 9:00pm. Adults call 855-715-8255 or text 267-225-7785. Teens call 866-825-5856 or text 215-703-8411 or email [teentalkline@accessservices.org](mailto:teentalkline@accessservices.org).

Montgomery County Emergency Service (18 or older)  
Bldg. 50, Norristown State Hospital  
Norristown, PA  
610-279-6100  
800-452-4189

Safe2SaySomething  
Get the APP for iPhone or Android  
[Submit a Tip](#)  
1-844-SAF2SAY (723-2729)

PA Support & Referral Helpline  
1-855-284-2494 (TTY: 724-631-5600)

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

Crisis Text Line  
Text "PA" to 741-741

#### **[Resources for Risk Assessments](#)**

#### **[Tips for Guiding Children/Teens as They Deal With Grief](#)**

**[Safe Harbor Grief Support Groups](#)** The Safe Harbor program provides ongoing grief support groups for children, teens and their parents or caregivers. This is a caring environment where they can come for support and understanding. Safe Harbor is offered completely free of charge.