

Pediatric Counseling Resources

Check out these resources that can assist you and your child while waiting for an evaluation or the start of your weekly counseling sessions.



click on the bold heading to access the web link!

Suicide Hotline



(800)273-8255



(800)398-4357

Behavioral Crisis For Parents and Children

Health & Welfare

Self-Help at Home Resources/Activities

Article from the Philadelphia Inquirer

Apps For Anxiety & Depression

A list of phone apps that can help children and teens

Teen Mental Health Support Groups

Noble Intent LLC

NAMI

Information & resources for kids, teens and young adults.