

Community and Mental Health Resources in Berks County:

Coronavirus (COVID-19) support:

Talking to kids about the Coronavirus: www.childmind.org

How to talk to your child about the Coronavirus: www.kidshealth.org

Talking with children about Coronavirus Disease 2019: www.cdc.gov

Berks County Children and Youth: 610-478-6700: Please call if you know of a student or a child that you feel is at risk of harm or neglect. You can also call **Childline** 1-800-932-0313

Safe Berks: Chestnut Street, Reading, PA 610-373-1206

Provides crisis and ongoing support for victims of domestic violence and sexual assault, including housing.

Pennsylvania 211:

If you need to connect with resources in your community, but don't know where to look, Pennsylvania 211 is a great place to start. From help with a utilities bill, to housing assistance, after-school programs for kids, and more, you can **dial 211** or **text your zip code to #898-211** to talk with a resource specialist for free. Our specialists will listen to your needs, and give you information on programs in your community that might be able to help.

Mental Health Crisis Hotlines:

Service Access and Management (SAM)-610-236-0530 ask for crisis intake

Text 484-816-7865 (RUOK Berks)

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

Crisis Text Line-Text HOME to 741741

Teen line-Text Teen to 839863

Trevor Project (LGBTQ)-1-866-488-7386, or text START to 678678

On-line Counseling Resources **Most have a cost but are reduced due to the coronavirus situation**

Talkspace- www.talkspace.com

Betterhelp- www.betterhelp.com

Online-therapy- www.onlinetherapy.com

Other Community Resources:

Greater Berks Food Bank-Can provide a list of food banks near you

610-926-5802

<https://helpingharvest.org>

Conrad Wesier Food Pantry - provides food for Conrad Weiser Community members

108 South Robeson Street, Robesonia, PA 19551

610-693-8313

Salvation Army-Can provide financial, clothing and food assistance

Offices in Reading and Boyertown

610-373-5208 or 610-367-4089

Berks Community Action Program-Can provide financial resources, case management services and referrals

645 Penn Street, 3rd Floor, Reading PA 19601 610-376-6571

Safe Berks-Can provide free counseling, housing, and services to those experiencing domestic violence
255 Chestnut Street, Reading PA 19601
610-373-1206

Berks County Assistance Office-Can apply for food stamps, cash assistance and medical assistance
625 Cherry Street, Reading PA 19602
866-215-3912

Local Counseling Agencies with Psychiatrists on staff:

Accepts commercial insurance and Medical Assistance:

The Center for Mental Health: Tower Health Hospital Campus and Van Reed Road, Wyomissing:
610-988-8070

Berkshire Psychiatric: Park Road, Wyomissing and N. 12th Street, Reading, PA (also has a satellite office in the High School and Middle School)

Family Guidance Center: Penn Ave, Wyomissing 610-898-0072

Progressions Behavioral Health: Reading, PA 610-375-7454 (also has in-school satellite program in each Conrad Weiser Building – only accepts MA)

Counseling Agencies that accept commercial insurance:

Clear Water Wellness: Park Plaza, Wyomissing 610-750-9096

DGR Management: Ridgewood Road, Wyomissing 610-378-9601 (Psychiatrist on staff)

Furnace Creek Counseling: Penn Ave. Robesonia 610-750-9135

Springfield Psychological: Windmill Road, Sinking Spring 610-678-3730

Acute Partial Day Hospitalization programs: (for children needing more intense services than outpatient)

Kidspeace: Temple 610-929-4670 ask for Jillian Weitzel or Alyson Warke in intake

Philhaven: Mt. Gretna and Lancaster 800-932-0359 Ask for Access Center for Behavioral Health

Drug and Alcohol Treatment:

Caron Counseling: North Park Road, Wyomissing PA 610-678-2332

TASC Treatment Access and Services Center N. 6th Street Reading 610-988-0679

For confidential and private drug testing: ARCpoint Labs West Lawn, PA 484-926-2505

***If at any point you feel your child is at risk for suicide, to hurt themselves or someone else, many of the places above can have an extensive waiting list. It is critical to take your child to the emergency room to get immediate help and to also fast track the process of getting help. If your child is unwilling to leave the house you can call Service Access Management Crisis noted above: 610-236-4600. Ask for Crisis intake. They are likely to send a mental health professional to the house to assess your child and give you guidance to get help. If your child becomes violent, please call your local police for assistance.**