



NAMI Main Line PA

320 Woodley Road
Merion Station, PA 19066

www.NAMIMainLinePA.org
info@NAMIMainLinePA.org
267-251-6240

NAMI Main Line PA is a grassroots, non-profit organization dedicated to improving the quality of life of all those affected by mental illness through support, advocacy and education.

Help in a Mental Health Crisis

If you or someone you know is having a mental health crisis, you can call or text 988 (the new national Crisis & Suicide Lifeline), call 911 (e.g. if there is immediate danger of physical harm) or you can call one of the county crisis lines listed below. These crisis lines provide access to free, confidential, compassionate crisis counselors who are specifically trained for dealing with mental health crises and may provide better help and reduced risk of arrest. Someone is available 24/7 to assess the situation, arrange for an in-person evaluation, and/or make referrals as needed.

Bucks County	800-499-7455
Chester County	877-918-2100
Delaware County	855-889-7827
Montgomery Cty	855-634-HOPE (4673)
Philadelphia County	215-686-4420
National	988 or text the Crisis Text Line: 741-741

Additional information to help you cope with, prepare for, and prevent crises is available at <https://namimainlinepa.org/crisis-numbers/>.

Education and Support (<https://namimainlinepa.org/support/>)

Family-to-Family Education Program

This free 8-week course for family members of adults who have a severe mental illness helps family members understand and support their loved one while maintaining their own well-being. The course is taught by trained NAMI family member volunteers. Registration is required. For more information or to register, contact Judy at 610-668-7917 or F2FMainLine@aol.com.

Support Groups in Southeastern Pennsylvania and online

Information on Mental Illness, Treatments, Coping & Help

(<https://namimainlinepa.org/info-resources/MI-help>)

- **Helping a Loved One with Mental Illness, e.g.**
 - Communication and Problem-Solving Skills
- **Mental Health Screening Tools**
- **Mental illnesses and Treatments, e.g.**
 - Specific Diagnoses and Conditions
 - Inpatient Hospitalization
- **Practical Help, e.g.**
 - Planning for the Future
- **Youth, e.g.**
 - Resources for Children and Teens
- **Self-Care and General, e.g. FAQ**
- **Criminal Justice Resources**

How to Get Government Services

for Someone Who has Severe Mental Illness

(<https://namimainlinepa.org/info-resources/how-to-get-services/>)

- **Disability Income** (SSI, SSDI, Social Security for disabled dependents)
- **Publicly Funded Medical Insurance** (Medicare, Medicaid)
- **Community Mental Health Services**

Introduction to Services for Individuals with Mental Illness and their Families in Southeastern Pennsylvania

(<https://namimainlinepa.org/services-in-sepa-2/intro-to-services/>)

- **Types of services, including how to find available services**
- **Help numbers to talk with knowledgeable individuals about services**
- **Warm Line numbers for support**
- **Online Guides to Services and Resources**

Resources for People with Mental Illness and their Families (in Chester, Delaware and Montgomery counties* and online resources)

(<https://namimainlinepa.org/services-in-sepa-2/resource-guide/>)

- **Advocacy, Education, Information**
- **Behavioral Health Services**
- **Benefits, Health Insurance, Legal, Medication and Schooling**
- **Employment and Volunteering**
- **Housing and Transportation**
- **Social Opportunities and Support Groups**
- **Child and Adolescent Mental Health Resources**
- **Mental Health Resources for Older Adults**

*For information specific to Philadelphia or for statewide information go to www.pa.networkofcare.org.

Follow us on Facebook, Twitter, Slideshare, Instagram

NAMI Main Line PA Events and Support Groups

(All of our events and services are free. If you would like to receive weekly announcements of upcoming events and resources, please send a message to info@NAMIMainLinePA.org or sign up at <https://tinyurl.com/JoinNAMIMailingList>.)

Main Line NAMI Workshop: Suggestions for Improving Communication with Your Loved One will be on Sunday, **April 30**, from 2-4 p.m. This workshop can help you to improve your communication with a loved one or friend who may be dealing with the various challenges of a mental health condition such as anxiety, depression, mania, distress, delusions, hallucinations, or other symptoms. The workshop will include several presentations, followed by opportunities to work in small groups to practice skills that can contribute to better communication, as well as opportunities to share your experiences and plan for improvement. The workshop will be facilitated by Ingrid Waldron (affiliate President) with the assistance of Judy Green, Nora Hunt-Johnson, Ed Kane, Edie Mannion, and Danielle Sulpizio. To register, please go to <https://tinyurl.com/NAMIMainLineCommunicationWorkshop>.

Bryn Mawr Family Member Support Group meets the **first Monday** of every month at 7:00 p.m. on Zoom. For more information, please contact Diane at dinkotri@gmail.com.

Havertown NAMI Family Support Group meets in person on the **third Tuesday** of every month from 7-8:30 p.m. at Llanerch Presbyterian Church in Havertown. For more information, please contact Nora at nora@huntjohnson.org.

NAMI Connection Recovery Support Group meets on **Tuesday nights** on Zoom (1st, 3rd and 5th Tuesdays) and in person (2nd and 4th Tuesdays). This is a free, peer support group for adults living with mental illness run and led by NAMI-trained facilitators. For more info, please contact Danielle Sulpizio (484) 880-0660 or Ed Kane (484) 744-0860.

Parent Peer Support Group meets on **Wednesday nights** from 6:45-8:15 p.m. on Zoom. For questions or to RSVP, contact Nancy Dever at psadfacilitator@gmail.com. This group is for parents with a middle school – young adult child who is challenged with mental health symptoms.

Wellness Chats for Family-to-Family Graduates take place one evening per month. For more information, please contact Judy at F2FMainLine@col.com.

LOCAL RESOURCES THAT ARE PARTICULARLY HELPFUL

NAMI affiliates offer information, support, speaker meetings, support groups, Family-to-Family and Basics advocacy opportunities, and social events.

NAMI Bucks County PA	www.namibuckspa.org	info@namibuckspa.org	866-399-6264
NAMI Chester County PA	https://namicheescopa.org/	swain@namicheescopa.org	610-871-1405
NAMI Delaware County PA	http://namipadelco.org/	infonamipadelco@gmail.com	610-623-0071
NAMI Main Line PA	www.NAMIMainLinePA.org	info@NAMIMainLinePA.org	267-251-6240
NAMI Montgomery County PA	www.namimontcopa.org	office@namimontcopa.org	215-361-7784
NAMI Philadelphia	www.namiphilly.org	afederer@namiphilly.org	267-687-4381

Mental Health Partnerships – 800-688-4226 – www.mentalhealthpartnerships.org provides support to consumers living in the community, e.g. information and referral, advice on obtaining benefits, help in advocating to obtain needed services, and education, support and consultation through their Training & Education Center which offers problem-solving groups as well as support groups for families and consumers.

PLAN of PA (Planned Lifetime Assistance Network) 610-687-4036 www.planoipa.org provides fee-for-service case management, representative payee service, personal care planning, special needs trust services.

PA Health Law Project – 215-625-3990 – www.php.org gives free help to people when their Medicaid and Medicare services are not working well for them.

PA Institutional Law Project – 215-925-2966 – www.pailp.org gives legal assistance to consumers in hospitals, prisons, and other institutions.