

# helpful RESOURCES

## MONTGOMERY COUNTY

- MOBILE CRISIS: **MontCo Mobile Crisis**
  - 855-634-4673
- DOMESTIC VIOLENCE: **Laurel House**
  - <https://laurel-house.org>
  - 1-800-642-3150
- MENTAL HEALTH: **Hedwig House, Inc.**
  - <https://www.hedwighouse.org>
  - 1-610-787-1982
- FOOD BANK: **CADACOM**
  - (610)-277-6363
- FOOD BANK: **Montco Anti-Hunger Network**
  - 215-648-2189

## BERKS COUNTY

- SHELTER: **Opportunity House**
  - (610)-374-4696
- WOMENS CENTER: **Mary's Shelter**
  - (610)-603-8010
- FOOD BANK: **Helping Harvest**
  - (610)-926-5802

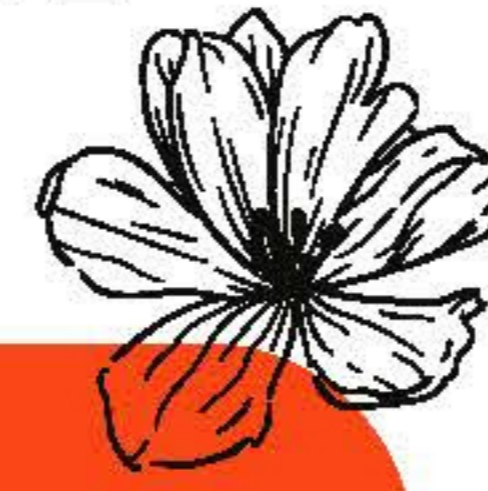
## CHESTER COUNTY

- WOMENS CENTER: **House of the Sparrow**
  - (610)-647-4940
- WOMENS CENTER: **The House: Phoenixville Women's Outreach**
  - (484)-302-8151
- FOOD BANK: **Chester County Food Bank**
  - (610)-873-6000

## NATIONAL RESOURCES

- Connect To Local Resources
  - text or dial \*211
- Mental Health: **National Suicide Hotline**
  - 1-800-SUICIDE
- Mental Health: **Self Abuse/Cutting**
  - 1-800-DONT-CUT
- Mental Health: **National Association of Eating Disorders**
  - 1-847-831-3438
- Mental Health: **Teen Talk Line**
  - 1-866-825-5856
  - text: 215-703-8411
  - email: [teentalkline@accessservices.org](mailto:teentalkline@accessservices.org)
- Domestic Violence: **National Domestic Violence**
  - 1-800-799-SAFE

# program INFO



- YWCA has created our own version of a period pantry, Dignity Period, with the goal of supplying pads and tampons at no cost to local menstruators.
- Our goal is to create spaces where these supplies can be stored and distributed to surrounding women's shelters, food banks, youth centers, etc.
- Menstruators deserve the right to have access to period products without sacrificing any other necessity, and without the stress of financial roadblocks, which is why this project is crucial.
- To pick up supplies or locate a local or to host a pantry, contact us at:

[DignityPeriod@ywcatricountyarea.org](mailto:DignityPeriod@ywcatricountyarea.org)

# dignity PERIOD.

YW3CA PERIOD PANTRY PROJECT

eliminating racism  
empowering women

# ywca

Tri-County Area



**YWCA IS ON A MISSION...EMPOWER COMMUNITIES!**

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