Mental Health Support

Available to Chester County Residents

1. Creating Hope During Challenging Times is a virtual support group hosted by Chester County ACEs Coalition will meet the 1st and 3rd Mondays, beginning Dec. 7 - Feb. 2021 - contact mailto:cmelrath@chesco.org to RSVP.

2. Montgomery County NAMI (National Alliance on Mental Illness) has Family Support Groups on various days of the week. Chester County residents are welcome to attend. Registration is usually required, so please plan ahead. https://namimc.org/zoom/supportgroups/

3. The Counseling Center in Bloomfield, NJ, has regular free Pandemic Parenting Support Groups - C:\Users\tbehringer\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\40QPOMBB\email.mht

4. Mental Health America, a national community-based nonprofit dedicated to addressing the needs of those living with mental illness, and promoting the overall mental health of all, has information about many online support groups - https://www.mhanational.org/find-support-groups

5. Family Service of Chester County has an online video series, Coping Emotionally during COVID-19 - https://www.familyservice.us/covid19videos/

6. CHADD (Children and Adults with Attention Deficit/Hyperactivity Disorder) Chester County has monthly zoom meetings with helpful information - https://www.ccmlchadd.com/

7. The Center for Loss and Bereavement in Skippack, PA has support for children, youth and adults impacted by grief - http://bereavementcenter.org

8. The National Suicide Prevention Lifeline has a free chat service that connects individuals with counselors for emotional support and other services via web chat, 24/7 - https://suicidepreventionlifeline.org/chat

9. Chester County Crisis Intervention has trained, caring professionals on call 24/7 - call 610-280-3270.

10. Use this QR Code to subscribe to the free monthly electronic Chester County Mental Health Newsletter -