

IN A MENTAL HEALTH EMERGENCY – CALL 911

Crisis & Immediate Help

National Suicide Prevention Lifeline | Text or Call 988 | Available 24hrs.

Crisis Text Line

Text **HOME** to 741741 Available 24hrs.

Veteran's Crisis Line

Call 988 & Press 1 | Text 838255 | Available 24hrs.

Domestic Violence Hotline

800-799-7233 | Text **BEGIN** to 88788 | Available 24hrs.

Sexual Assault Hotline

800-656-4673 Available 24hrs.

County Crisis Intervention & Warm Lines

Lehigh County Crisis Intervention

610-782-3127 Available 24hrs.

Northampton County Crisis Intervention

610-252-9060 Available 24hrs.

Berks County Crisis Intervention

610-379-2007 Available 24hrs/

Bucks County Crisis Intervention

1-800-499-7455 Available 24hrs.

Carbon, Monroe, Pike County Crisis Intervention

1-570-992-0879 or 1-800-338-6467 24hrs.

Lackawanna County Crisis Intervention

1-570-348-6100 Available 24hrs.

Luzerne/Wyoming County Crisis Interv.

1-570-829-1341 Available 24hrs.

Montgomery County Crisis Intervention

1-855-634-4673 Available 24hrs.

Schuylkill County Crisis Intervention

1-570-628-4731 Available 24hrs.

Susquehanna County Crisis Intervention

1-570-348-6100 Available 24hrs.

Warren County Crisis Intervention

1-908-454-5141 Available 24hrs.

Lehigh County Warm Line

1-833-899-1311 Non-Emergency

Northampton County Warm Line

1-855-727-3377 Non-Emergency

Emergency Care & Walk-in Services

Lehigh Valley Hospital – Cedar Crest ER

1270 S. Cedar Crest Blvd, Allentown, PA 18103
610-402-8111

Lehigh Valley Hospital - 17th Street ER

1627 W. Chew St, Allentown, PA 18102
610-969-2226

St. Luke's University Hospital - Easton Campus ER

801 Ostrum St, Bethlehem, PA 18015
610-250-4002

St. Luke's University Hospital - Bethlehem ER

250 S. 21st St, Easton, PA 18042
866-785-8537

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Mental Health Services

General Resources

<p>Lehigh County Mental Health Resources 610-782-3135 Website https://www.lehighcounty.org/departments/human-services/mental-health</p>	<p>Northampton County Mental Health Resources 610-829-4840, 610-829-4800 Website https://www.norcopa.gov/index.php?section=crisis-resources</p>
<p>Lehigh County Drug & Alcohol Admin. 610-782-3555 Website https://www.lehighcounty.org/Departments/Human-Services/Drug-Alcohol</p>	<p>Northampton County Drug & Alcohol 610-829-4725 Website https://norcpa.gov/drug-and-alcohol</p>

Lehigh County Info & Referral

610-782-3200

[Website](#) <https://www.lehighcounty.org/departments>

Telehealth & Outpatient Options

<p>Psychology Today Outpatient therapy Medication management Online sessions Website https://www.psychologytoday.com/us</p>	<p>Grow Therapy Online outpatient therapy Medication management Website https://growtherapy.com/</p>
<p>Better Help Online outpatient therapy Website https://www.betterhelp.com/</p>	<p>Talkspace Online outpatient therapy Medication management Website https://www.talkspace.com/</p>

Multi-Level & Partial Hospitalization Programs

<p>LVHN Adult Transitions – Allentown Accepts adults <i>Acute Partial Hospitalization</i> 1259 S. Cedar Crest Blvd., Suite 205 610-402-5950 Website https://www.lvhn.org/locations/lvhn-adult-transitions-partial-program</p>	<p>LVHN Adult Alternatives – Bethlehem Accepts adults <i>Acute Partial Hospitalization</i> 2545 Schoenersville Rd., 1st floor 484-884-5690 Website https://www.lvhn.org/locations/lvhn-alternatives-partial-program</p>
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Mental Health Services

<p>Steps To Recovery (STR) - Bethlehem <i>Accepts adults; has Substance Abuse Disorder Programs</i> <i>Multi-Level / Residential</i> 1655 Valley Center Pkwy, Suite 150 267-214-4737 Website https://strbehavioralhealth.com/</p>	<p>St Luke's Penn Foundation Innovations - Allentown <i>Accepts adults & adolescents</i> <i>Partial Hospitalization & Intensive Outpatient</i> 451 West Chew Street 484-838-6380 Website https://www.slhn.org/psychiatry-and-behavioral-health/outpatient/partial-hospitalization</p>
<p>Horizon House - Robbins Bower <i>Accepts adults; has Substance Abuse Disorder Programs</i> <i>Residential</i> 910 Emmaus Avenue, Allentown, PA 610-791-7878 Website https://www.hhinc.org/?s=robbins+bower</p>	<p>Reflections Recovery Partnership <i>Accepts adults</i> <i>Peer Support / Drop-In Centers / Residential</i> 1360 Main St. Hellertown, PA 610-861-2741 Website https://recoverypartnership.us/services</p>
<p>Recovery Cove <i>Accepts adults; has Substance Abuse Disorder Programs</i> <i>Multi-Level / Residential</i> 2005 Fairview Ave, Easton, PA 484-549-2683 Website https://recoverycovepa.com/</p>	
<p style="text-align: center;">Inpatient Psychiatric Hospitals</p>	
<p>Lehigh Valley Hospital Behavioral Health Muhlenberg <i>Accepts adults & adolescents</i> 2545 Schoenersville Rd., Bethlehem, PA 484-884-6443 Website https://www.lvhn.org/locations/lvh-adult-behavioral-health-services-muhlenberg</p>	<p>Lehigh Valley Hospital Behavioral Health <i>Accepts adults</i> 2555 Schoenersville Road, 1st floor, Bethlehem, PA 484-884-2425 Website https://www.lvhn.org/locations/behavioral-health-science-center</p>
<p>St. Luke's Adult Behavioral Health Unit <i>Accepts adults</i> 1021 Park Avenue, Quakertown, PA 484-602-2733 Website https://www.slhn.org/locations/stlukes-penn-foundation-behavioral-health-inpatient-adult-unit-quakertown</p>	<p>St. Luke's Older Adult Behavioral Health Unit <i>Accepts adults</i> 211 N. 12th St., Lehighton, PA 484-602-2733 Website https://www.slhn.org/locations/stlukes-penn-foundation-behavioral-health-inpatient-older-adult-unit-lehighton-campus</p>
<p>St. Luke's Adolescent Behavioral Health unit <i>Accepts adolescents</i> 250 S. 21st St., Easton, PA (484) 602-2733 Website https://www.slhn.org/locations/stlukes-penn-foundation-behavioral-health-inpatient-adolescent-unit-easton-campus</p>	<p>St. Luke's Extended Acute Care Unit <i>Accepts adults</i> 421 West Chew Street, Allentown, PA 866-785-8537 Website https://www.slhn.org/locations/stlukes-penn-foundation-behavioral-health-inpatient-adolescent-unit-easton-campus</p>

“We've been there. We can help.”



This list is for informational purposes only. DBSA does not endorse any specific service.



Depression and Bipolar
Support Alliance

DBSA-LV Living Resource Sheet

Last Revised: Nov. 23rd, 2025



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Peer & Community Support

<p>DBSA-LV <i>Depression & Bipolar Support Alliance Support Group, Family Support</i> First Presbyterian Church, 3231 Tilghman St, Allentown, PA <u>Website</u> https://dbsa-lv.org/</p>	<p>NAMI Lehigh Valley <i>National Alliance of Mental Illness Connection Recovery Support Group, Education programs, Family Support</i> 610-882-2102 <u>Website</u> https://nami-lv.org/</p>
<p>Alcoholics Anonymous (AA) Lehigh Valley <i>Meetings & Support</i> 610-882-0588 <u>Website</u> https://www.aalv.org/</p>	<p>Al-Anon / Alateen <i>Support Group for Families</i> 1-888-4AL-ANON <u>Website</u> https://pa-al-anon.org/</p>
<p>Narcotics Anonymous (NA) <i>Meetings & Support</i> 610-439-1998 <u>Website</u> https://na.org/</p>	<p>Sync Recovery <i>Sober Community, Free Monthly Activities</i> (610) 651-0707 <u>Website</u> https://syncrecovery.org/</p>
<p>The Break Room <i>Nurse Support Group</i> 1655 Valley Center Parkway, Suite 150, Bethlehem, PA 1st & 3rd Wednesday of every month</p>	<p>A Clean Slate <i>Sober activities & communities</i> 118 S 1st St, Bangor, PA 610-452-9348 <u>Website</u> https://cleanslatebangor.org/</p>
<p>Oasis Community Center <i>Support Groups & Activities</i> 3410 Bath Pike, Bethlehem, PA 484-747-6825 <u>Website</u> https://oasisbethlehem.org/</p>	<p>Bethlehem Hope Center <i>Outreach & Recovery-Based Programs</i> 429 E. Broad Street, Bethlehem, PA 484-788-3665 <u>Website</u> https://www.treatmenttrends.org/hopecenter</p>
<p>Codependents Anonymous (CoDA) <i>Meetings & Support</i> 1-888-444-2359 <u>Website</u> https://coda.org/</p>	<p>SAMHSA <i>Substance Abuse and Mental Health</i> 1-877-726-4727 <u>Website</u> https://www.samhsa.gov/</p>
<p>ABLE National Resource Center <i>Disability Advocacy & Support</i> <u>Website</u> https://www.ablenrc.org/</p>	<p>Chew Street Recovery Education Center <i>Education & Support Services</i> 1427 W. Chew St., Allentown 484-866-9303 <u>Website</u> https://rhahealthservices.org/</p>



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Peer & Community Support

<p>Unity House of Bethlehem <i>Peer-support & Recovery Programs</i> 119 W. 4th St., Bethlehem 610-691-1580 Website https://reentry.networkofcare.org/lehigh-pa/services/agency?pid=unityhouseofbethlehem_19_1728_1</p>	<p>Clubhouse of Lehigh County <i>Community-Based Recovery Center</i> 1437 W. Gordon St., Allentown 610-433-9910 Website https://clubhouseoflehighcounty.org/</p>
<p>Lehigh Valley Youth Services <i>Counseling, Mentoring, Crisis Intervention, Youth-Focused Programs</i> 610-437-1377 Website</p>	<p>Bradbury-Sullivan LGBT Community Center <i>LGBTQIA+ Community</i> 522 West Maple Street at Bayard Rustin Way Allentown, PA 610 347-9988 Website https://www.bradburysullivancenter.org/</p>
<p>Lehigh County Area Agency on Aging <i>Senior Support Programs, Wellness Services, Transportation, Caregiver Support</i> 610-782-3034 Website https://www.lehighcounty.org/departments/human-services/aging-and-adult-services</p>	<p>Northampton County Area Agency on Aging <i>Senior Support Programs, Wellness Services, Transportation, Caregiver Support</i> (610) 829-4540 Website https://norcopa.gov/area-agency-on-aging</p>
<p>Turning Point of the Lehigh Valley <i>Safe Place for Survivors of Abuse</i> 444 E. Susquehanna St. Helpline: 610-437-3369 Available 24hrs. Website https://turningpointlv.org/</p>	

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Basic Needs & Daily Living

Housing & Rent Assistance

Lehigh County Housing Authority

Public Housing, Section 8, Rental Assistance Programs
610-965-4514

Website <https://lehighcountyha.org/>

Northampton County Housing Authority

Public Housing, Section 8, Rental Assistance Programs
610-759-8488

Website <https://www.northamptoncountyha.org/>

Allentown Housing Authority

Public Housing, Section 8, Rental Assistance Programs
610-439-8678

Website <https://www.allentownhousing.org/>

Bethlehem Housing Authority

Public Housing, Section 8, Rental Assistance Programs
610-865-8300

Website <https://www.bethlehemhousing.org/BHA/Default.asp>

Food & Meal Services

Local Food Pantries

Check county websites or 211 for updated listings

Salvation Army Lehigh Valley

Food Assistance, Meal Programs, Emergency Aid
610-437-2770

Website <https://easternusa.salvationarmy.org/eastern-pennsylvania/allentown/>

Internet Search: “food pantries near me”

Transportation & Job Assistance

Carbon, Monroe, Pike Transit & Human Services

Public transit options, Mobility programs, Employment support

570-421-3680

Website

https://www.cmpmhds.org/services/developmental_services/index.php

Lehigh Valley Workforce Development

Job Search Assistance, Training Programs, Career Counseling

610-821-6450

Website <https://lvwib.org/workforce-development/>

CareerLink Lehigh Valley / Northampton County

Job Postings, Resume Assistance, Career Counseling, Training Programs

610-437-5627

Website <https://careerlinklehighvalley.org/>

Basic Needs & Daily Living

Medical Assistance & Benefits Enrollment

Lehigh County CAO
55 Union Blvd, Suite 3, Allentown
610-821-6509

[Website](#)

<https://www.pa.gov/agencies/dhs/contact/cao-information>

Northampton County CAO
201 Larry Holmes Dr, Easton
610-250-1700

[Website](#)

<https://www.pa.gov/agencies/dhs/contact/cao-information>

Education & Self Management

Mental Health Tools, Self-Help Resources, & Apps

DBSA Educational Resources

Peer education, mood disorder guides, online support
[Website](#) <https://www.dbsalliance.org/education/>

NAMI Education Programs

Classes for individuals and families on mental health conditions, recovery, and advocacy
[Website](#)
<https://www.nami.org/support-education/mental-health-education/>

Dialectical Behavior Therapy Resources

Free DBT course with 40+ lessons, guides, videos, and worksheets
[Website](#) <https://dialecticalbehaviortherapy.com/>

Free Mental Health Workbooks & Apps

Self-guided CBT, mood tracking, relaxation exercises, journaling
Suggestions: MoodTools App, Insight Timer, How We Feel, Smiling Mind

Advocacy & Legal Aid

Legal Aid of Southeastern PA

Free Legal Assistance for Low-Income Residents, Including Benefits and Housing Issues
877-492-5994
[Website](#) <https://www.lasp.org/>

North Penn Legal Services

Free Legal Assistance, Information, and Self Help
877-953-4250
[Website](#) <https://www.nplspa.org/>

Disability Rights PA

Advocacy, Disability Rights Information, Self-Advocacy Support
800-692-7443
[Website](#) <https://www.disabilityrightspa.org/>

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