

## **Chester and Delaware County Resources**

We may want to have some kind of disclaimer in case people are dissatisfied with any of these:  
“We are familiar with many of these services, but cannot personally vouch for all of them. This list is provided as a resource and starting point, and we hope it is helpful to you.”

### **Crisis**

National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/> (online chat available)

1-800-273-8255

National Alliance of Mental Health Crisis Line

Chester County: 877.918.2100

Delaware County: 855.889.7827

888.628.9454 (for Spanish speakers)

911

When in doubt, call 911 if you or a loved one is suicidal, in a mental health crisis or in physical danger.

### **Mental Health Services**

The Peacemaker Center

<https://www.thepeacemakercenter.org/>

610-269-2661

Christian counseling center with multiple locations offering telehealth services.

ServingLeaders Ministries

<https://www.servingleaders.org/>

484-254-6559

Christian counseling center in West Chester offering video counseling services.

Kairos Counseling

<https://kairosounselingservices.com/>

(610) 995-2800

Christian counseling center in Devon offering video counseling services.

Tom Wolff Counseling Services

<http://priorityone.org/staff/tom-wolff/>

610-368-6408

Specialty: Men's Issues and Marriages

## **Recovery**

Department of Drug and Alcohol Programs  
Get help now hotline: 1-800-662-HELP (4357)

Comprehensive List of Online and Phone Recovery Meetings  
AA, NA, Chronic Pain and More  
<https://www.ddap.pa.gov/Get%20Help%20Now/Pages/COVID-19-Information-for-Individuals.aspx>

Al-Anon Online and Phone Meetings  
<https://al-anon.org/al-anon-meetings/electronic-meetings/>

Nar-Anon Online Meetings  
<https://www.naranonchat.com/>

Celebrate Recovery  
<https://www.celebraterecovery.com/>  
Local, Christ-centered recovery groups. Many are offering video meetings.

## **Domestic Abuse**

Domestic Abuse Project of Delaware County  
<https://www.dapdc.org/>  
24-Hour Hotline: 610-565-4590

Domestic Violence Center of Chester County  
<https://www.dvcccpa.org/>  
24-Hour Hotline: 888-711-6270 or 610-431-1430

## **Food Services**

Chester County Food Bank  
<https://chestercountyfoodbank.org/>  
610.873.6000

West Chester Food Cupboard  
<https://westchesterfoodcupboard.org/>  
610.344.3175

Delaware County Food Assistance

<https://www.delcopa.gov/ich/resources/foodandnutprograms.html>

Comprehensive list of food banks and organizations offering help with baby needs.

## **Unemployment Resources**

PA.gov Unemployment Benefits and FAQs

<https://www.uc.pa.gov/unemployment-benefits/UCGuide/Pages/default.aspx>

PA.gov File a Claim

<https://www.uc.pa.gov/unemployment-benefits/file/Pages/File%20an%20Initial%20Claim.aspx>

Act in Faith West Chester

For an appointment call: 484-324-8492

<https://www.actinfaithgwc.org/>

Help with household needs, utilities payments, unemployment, and more.

PA CareerLink

Chester County “Hot Jobs” During COVID 19: <http://www.pacareerlinkchesco.org/wp-content/uploads/2020/03/Covid-19-Hot-Jobs-3-26-20.pdf>

PA Jobs Hiring Immediately: <https://www.pacareerlink.pa.gov/jponline/>

## **Stress Management**

CDC

COVID-19 Stress and Coping Information

[https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html)

Includes helpful information for adults, children, first responders and high risk populations.

Dept. of Veterans Affairs

Coping with the Stress of COVID-19

[https://www.ptsd.va.gov/covid/COVID\\_managing\\_stress.asp](https://www.ptsd.va.gov/covid/COVID_managing_stress.asp)