

Psychotherapy Centers and Referral Sources

24-Hour Services

<i>Suicide and Crisis Intervention Service, Philadelphia Department of Health</i>	215-686-4420
<i>National Suicide Prevention Lifeline</i>	800-273-8255
<i>Temple Crisis Response Center, Temple University Episcopal Hospital</i>	215-707-2577
<i>Temple University Campus Security</i>	215-204-1234
<i>Child Crisis Center of Philadelphia</i>	215-496-0707
<i>Philadelphia Domestic Abuse Hotline</i>	866-723-3014

Temple Services

<i>Temple University Tuttleman Counseling Services, lower level, Sullivan Hall</i> (outpatient psychotherapy; Temple students only; free)	215-204-7276
<i>Temple University Psychological Services Center,</i> 1509 Cecil B. Moore ave., Entertainment and Community Education Center, suite 420 (outpatient psychotherapy; all ages; \$15 for TU students, \$25 for TU faculty and staff, sliding scale fee for all others)	215-204-7324
<i>Bradley Counseling Psychology Clinic (Counseling Psychology), Weiss Hall, 3rd Floor</i> (outpatient psychotherapy; sliding scale fee)	215-204-1591
<i>Adult Anxiety Clinic at Temple University, Weiss Hall, 4th Floor</i> (adults only; sliding scale fee; free treatment if part of a grant-funded study)	215-204-1575
<i>Temple University Outpatient Psychiatric Clinic</i> (individual and group therapy; sliding scale fee; accepts many types of insurance)	215-707-8902

Anger Management

<i>Center for Family and Relationships</i> (men and women; groups ongoing; \$25 per session)	215-537-5367
<i>Menergy</i> (men only; 13-week anger management program; \$0-\$120 per individual session, \$0-\$50 per group session)	215-242-2235
<i>The Men's Resource Center</i> (men only; 8-12-week programs; cost not listed)	215-564-0488
<i>Philadelphia College of Osteopathic Medicine</i> (anger management counseling; cost not listed)	215-871-6487
<i>Local Therapists who Specialize in Anger Management</i> Alisa Kamis Barbara Watson Jody Miller Kristen Cirelli Catherine Aharon	215-285-1084 215-995-3059 215-995-0005 610-680-6180 215-670-5300

Online Anger Management Sources

http://www.angercoachonline.com/ (10 & 16 hour programs; must register to view prices)	
http://www.angerclassonline.com/ (8, 12, & 26 hour programs; must register to view prices)	
http://www.masteringangeronline.com/Pennsylvania (4 to 36 hour programs; \$69 and up)	704-804-0841

Drug/Alcohol Abuse

<i>Alcoholics Anonymous-Philadelphia</i>	215-923-7900
<i>University of Pennsylvania Health System and Treatment Research Center</i> (free drug treatment to alcoholics, cocaine, and heroin addicts)	215-243-9959
<i>The Bridge Counseling Center</i> (all ages; residential and outpatient treatment for substance abuse)	215-342-5000
<i>Consortium's University City/Southwest Drug and Alcohol Counseling Center</i> (outpatient treatment; cost not listed)	dacc@consortium-inc.org
<i>The Mental Health Association of Southeastern PA – The Friends Connection</i> (treatment of individuals with mental illness and substance abuse; cost not listed)	215-599-4011

General Services

<i>Center for Cognitive Therapy</i> , University of Pennsylvania Medical School (adults only; individual and couples therapy; sliding scale fee; Medicare accepted but not Medicaid)	215-898-4506
<i>Center for Treatment and Study of Anxiety</i> , University of Pennsylvania Medical School (all ages; fee dependent on treatment program; individual and group therapy)	215-898-4506
<i>The Behaviour Therapy Clinic</i> , Eastern Pennsylvania Psychiatric Institute (all ages; mostly individual therapy; sliding scale fee; Medicare and most other insurance companies accepted, but not Medicaid)	215-842-4548
<i>The Beck Institute for Cognitive Therapy and Research</i> (all ages, primarily individual outpatient cognitive therapy; sliding scale; Medicare, but not Medicaid accepted)	610-664-3020
<i>The Agoraphobia and Anxiety Center</i> (all ages; individual and group therapy; sliding scale fee; Medicare, but not Medicaid accepted)	610-667-6490
<i>Counsel for Relationships</i> (individual, couples, and family therapy; sliding scale fee)	215-382-6680
<i>Emotions Anonymous</i> (support group; 12-step program for recovery from emotional difficulties)	215-884-5363
<i>Depression and Bipolar Support Alliance</i> (support group)	267-973-1388
<i>Online resources to find a therapist in your local area:</i>	www.abct.org/members/Directory/Find_A_Therapist.cfm