



Our Mission:

To empower and serve people in need of specialized supports by providing innovative services that improve their ability to live fulfilling lives in the community.

Montgomery County Adult Mobile Crisis Support

1-855-634-HOPE
(1-855-634-4673)

Applied Suicide Intervention Skills Training (ASIST) and Mental Health First Aid Training are available for your group.

**For more information, please call
215-540-2150, ext. 267.**

Main Office

521 Plymouth Road, Building H, Suite 108
Plymouth Meeting, PA 19462-1638
855-634-4673 (phone)
610-397-0142 (fax)

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www.accessservices.org

Access Services is an Equal
Opportunity Care Provider.



**ACCESS
SERVICES**

Creating better ways to serve
people with special needs

**MONTGOMERY COUNTY
ADULT MOBILE
CRISIS
SUPPORT**

Mobile Crisis support is here for you

Access Services wants you to know that telephone and mobile crisis support is available to adults who live in Montgomery County, PA.

Competent and caring crisis support workers will help you resolve crisis situations through on site, face to face, mobile support when needed.

Crisis support is available 24 hours a day, 7 days a week at 1-855-634-4673 (634-HOPE). We are here to help you with immediate crisis situations and help you reduce and manage recurring crisis.

All services are provided at no charge to you.

What we provide:

- Offering you supportive telephone counseling 24 hours a day
- Meeting you where you live
- Helping you develop strategies for reducing recurring crisis
- Supporting you in addressing drug/ alcohol use or an addiction
- Helping you cope with past traumatic experiences
- Giving you a break from your crisis situation, through emergency respite (a short break in a caregivers home)
- Helping you talk to a doctor if that's something you need
- Getting you support from peers who can relate to your experience
- Connecting you to additional local community resources



Crisis and your recovery journey

Mary Ellen Copeland, a leader in the recovery movement, has said that experiencing crisis is a normal part of recovery. She also said that it is something that can be managed and planned for. The purpose of the Adult Mobile Crisis Support program is not only to help you stabilize the immediate crisis, but to help you manage crises as part of your recovery. Access Services crisis workers are there to help you plan and prepare for the future using your strengths and the recovery tools that work best for you.

When to call us...

Before a crisis:

The earlier, the better. We want nothing more than to help you prevent a crisis from even happening. When you start to feel anxious, and begin to recognize stressors or feelings that you've experienced during previous crises, please give us call. We would also like to introduce you to a peer support talk line when you just need someone to talk to and are feeling alone. (See insert or ask your crisis worker about the talk line)

During a crisis:

When you are in the midst of a crisis, and you don't know how to handle it, Adult Mobile Crisis Support is just a phone call away. We are here to help you regain a sense of control and provide the help that you need to manage the crisis at hand.

After a crisis:

We would like to meet with you after the crisis situation has been resolved to help you find ways to reduce reoccurring crisis situations and create a crisis plan as part of your recovery and wellness tools.

For more information on Adult Mobile Crisis Support or other Access Services programs visit www.accessservices.org.

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