



# Mental Health & Wellness Resource Guide

Provided by  
**Senator Sharif Street**





# Greetings,

I am pleased to bring you resources focused on mental health and wellness. This guide is intended to provide information that individuals and families can use in a crisis or to help stabilize those in need of services. The guide is not intended to as a comprehensive list, but merely a beginning on the journey to wellness.

Since 2020, “The COVID-19 pandemic, along with rising gun violence and drug overdose deaths, has created extraordinary stressors and trauma for young people that have prompted the U.S. surgeon general to deem children’s mental health a crisis. Nationally, rates of depression and anxiety among children and adolescents have doubled, and a staggering 22% of high school students in 2021 reported having seriously considered suicide, according to CDC data that Pew analyzed in March. In the city of Philadelphia, where over a third of young people live in poverty, the need for mental health services is critical.

Exacerbating the crisis are multiple barriers to accessing treatment, including an insufficient number of mental and behavioral health professionals and support staff, which has created months-long waitlists to see a provider; a lack of specialized care and services, such as culturally responsive and trauma-informed care, particularly for Black and Latino Philadelphians; facilities that are not easily accessible to the neighborhoods with the greatest need; and stigmatization around mental health.”

Much thanks to the Pew Foundation for providing support to Philadelphia’s youth in need of mental health services: Pew Awards \$6.55M to Address Philadelphia's Youth Mental Health Crisis | The Pew Charitable Trusts ([pewtrusts.org](https://www.pewtrusts.org))

This guide contains a list of services that are available in your community.

Your mental health matters.

Warmest wishes to you and your family,

Senator Sharif Street

**If you are having thoughts of suicide, please call the free,  
24/7 National Suicide Prevention Lifeline at 988.**





# Culturally-Competent Mental Health Resources in the Philadelphia Region

The range of issues the Black mental health professionals on this list focus on include: general anxiety, reproductive anxiety/depression, anger, stress, grief, depression, sexual abuse, self-esteem, ADHD, family, couples, immigrants, seniors, women's issues, men's issues, substance abuse, PTSD, education, children/youth, personality disorders, life transitions, LBGT+ and religious trauma. They also specifically seek to provide safe spaces and holistic care for the African Diaspora, including therapy for racial trauma/justice using a variety of approaches. Most provide virtual and in-person sessions. Some provide free phone consultations.

## **988 Suicide & Crisis Lifeline**

This national hotline, formerly the National Suicide Prevention Lifeline, is a network of crisis centers that provide free, confidential, 24/7 support to people suffering from suicidal or emotional distress. They offer specialized online resources on their website and services in Spanish and for the deaf and hard of hearing.

988 • [988lifeline.org](https://988lifeline.org)

## **302 Therapy/ Carolyn Fox**

Specializing in Women's Issues, Life Transition, and Couples. Telehealth only.

302-213-9445 • [help@302therapy.com](mailto:help@302therapy.com) • [302therapy.com](https://302therapy.com)

## **Angela Tyler-Alston**

Offers a range of telehealth-based services.

215-450-9597 • [Paristherapy18@gmail.com](mailto:Paristherapy18@gmail.com)

## **Black Men Heal**

Founded in 2018 by Tasnim Sulaiman, locally-based Black Men Heal (BMH) works to remove the stigma attached to mental health care for men of color, connect providers with clients, and eliminate the cost of quality therapy. BMH has provided hundreds of free therapy sessions to date, not just in PA, but also in NJ, DE, GA, MD, VA, New York City, and Washington, D.C.

[info@blackmenheal.org](mailto:info@blackmenheal.org) • [blackmenheal.org](https://blackmenheal.org)

## **Bourne ANEW LLC/ Kenneth Bourne II**

Offers a healing-centered approach to therapy for Black men and boys.

215-913-8529 • [bourneanewllc@bourneanew.com](mailto:bourneanewllc@bourneanew.com) • [bourneanew.com](https://bourneanew.com)

## **City of Philadelphia Department of Behavioral Health and Intellectual disAbility Services**

The City's 24-hour Mental Health Delegate Line provides a variety of services: consultations, referrals, deployment of crisis specialists, and short-term mental health residencies. Healthy Minds Philly is the department's online clearinghouse of free tools and resources such as mental health counseling, online screening for mental illnesses and mental health First Aid training.

215-685-6440 • [gov/departments/departments-of-behavioral-health-and-intellectual-disability-services/](https://gov/departments/departments-of-behavioral-health-and-intellectual-disability-services/)





### **Clack Associates/Angela Clack**

Specializing in Trauma Informed Care, Postpartum, Sexual abuse and trauma, Mood and Anxiety, Intimate Partner Violence (victim). Telehealth only.

**856-875-5335 • angelac@clackassociates.com • clackassociates.com**

### **Clinicians of Color**

Nationwide directory of clinicians of various racial and ethnic backgrounds, as well as training and treatment styles. Filter searches based on a wide range of criteria.

**cliniciansofcolor.org**

### **Council For Relationships/Allen-Michael Lewis**

Specializing in Couples, Men's Issues, LGBTQ+ Affirming, Race Equity & Identity, Communication, Relationship Issues, and more. Telehealth only.

**215-382-6680 • alewis@councilforrelationships.org • councilforrelationships.org**

### **Crisis Text Line**

National 24/7 texting hotline offering mental health support for any emotional crisis. Conversations with trained volunteers typically last 15 to 45 minutes and sometimes include referrals.

**U.S. users can contact them by texting the word HOME to 741741 or messaging them through Facebook.**

**crisistextline.org**

### **Danielle Robinson**

Specializes in teens, women's issues, menopause support, infertility, ADHD, and couples. Telehealth only.

**484-672-3944 • yourmentalessentials@gmail.com**

### **Delaware Valley Association of Black Psychologists (DVABPsi)**

**267-282-1062 • dvabpsiorg@gmail.com • dvabpsi.org**

### **Drexel Psychological Services Center**

Drexel University offers individual and group counseling through its professionals and doctoral students to any Philadelphian. You do not need to be a Drexel student, alum, or employee to receive counseling here.

**215-553-7128**

### **Dr. Alvin Turner, PhD General Psychiatry/Psychology • 302-777-3202**

### **Dr. Ann Colley**

Licensed marriage couple and family therapist and ordained clergy who specializes in assisting couples and individuals to improve the quality of their lives and relationships and heal from past pains. Hybrid services.

**267-800-6589 • info@alcolleyassociates.com**

### **Dr. Chioma L. Iheagwara General Psychiatry • 215-787-4380**

### **Dr. Francien Chenoweth Richardson PsyD and Associates**

As a licensed psychologist, she can evaluate you to determine the nature of your psychological impairments or how removal from the United States creates hardships, including psychological hardships, for your parents, spouse or children. Founder of Diaspora Women for Change.

**610-647-4400 ext. 3433 or 215-922-2050 • frichardson@immaculata.edu**

### **Dr. Jenine Lowery**

Helping women create meaningful relationships with themselves and others so they can get their desired outcome in life. Telehealth only.

**267-986-7486 • info@blackfemaletherapist.org • blackfemaletherapist.org**





### **Dr. Uche Ukuku – General Psychology.**

Established “TalkNaija” to destigmatize mental health in the Nigerian community and The Ada Group, a mixed psychoeducational and processing therapy group for first daughters.

**267-281-9839 • Uche@drukuku.com • drukuku.com**

### **Era Services/Judy Henderson**

Provides quality family focused therapy and support services for individuals and families from ages 14 years old and upward. Offers in-person or telehealth treatment options.

**215-596-0892 • jhenderson@eraservices.com • eraservices.com**

### **Eshay Bradley**

Specializing in Trauma informed-CBT, brainspotting, eating disorders, creative expression. Hybrid services.

**808-400-3141 • ebradley@fullservicebeing.com**

### **Endeavoring Wellness/ Okichie Davis**

Provides immigration evaluations, Trans experience and gender expansiveness, as well as traditional individual therapy.

**215-469-1356 • therapy@e2wellness.com • e2wellness.com**

### **Evolution Consulting, LLC/ Dr. James Wadley, PhD, LPC**

Sex therapy. Scholar/practitioner. Chair of the Counseling and Human Services Department at Lincoln University. Director of the Sex Therapy Program at Council for Relationships. Founder/principal of the Association of Black Sexologists and Clinicians. Editor of the Journal of Black Sexuality and Relationships.

**267-249-9452 • phdjamesw@yahoo.com • drjameswadley.com**

### **Greater Philadelphia Health Action, Inc.**

Black-owned health care centers with behavioral health division. Several behavioral health locations.

**1-888-296-GPHA • gphainc.org**

### **Going Inward Wellness, LLC/ Shesheena A. Bray, M.S.Ed**

Mental and emotional wellness practice.

**215-839-8258 • peace@goinginward.com • goinginward.com**

### **Healing & Balance/ Sherita Hughes**

Focuses on Anxiety, Depression, Relationship issues, Stress, Self-Confidence, Women’s Issues, Trauma, and Parenting. Telehealth only.

**856-295-1480 • admin@healingandbalance.com • healingandbalance.com**

### **Healing & Hope Therapy/Ayana Short**

I help adults and teens by providing a safe, understanding, and supportive space to open up about what’s going on in their hearts, minds, and lives. We will discuss problems, create solutions, learn more effective ways to communicate, and set boundaries in relationships. My goal is to help you establish healthy habits to meet your physical, emotional, and social needs. Telehealth only.

**267-768-8900 • ashort7102@gmail.com • healingandhopetherapy.com**

### **Hispanic Community Counseling Services**

The Latinx-operated Hispanic Community Counseling Services offers high-quality mental health, substance abuse and educational services, and does not turn away undocumented patients.

**Allegheny Ave - 215-291-8151 • Kensington Ave - 215-425-6900 • hccsphila.org**





### **Ibisanmi Relational Health/ Dr. Christiana Ibilola Awosan**

Culturally affirming psychotherapy for individuals, couples and families of color. Free phone consultation.  
917-310-2662 • [ibisanmi.com](http://ibisanmi.com)

### **Janice Nieves**

Specializing in Music Therapy, TF-CBT, EMDR. Offers hybrid services.  
267-209-0427 • [jnieves@avpphila.org](mailto:jnieves@avpphila.org)

### **Jermain Wright**

Specializing in Cognitive Behavior Therapy (CBT), Life Coaching, diagnostic screening for mental health challenges through the level of care assessment, documentation for use of emotional support animals, men's mental health, relationship counseling, LGBTQ-friendly, Christian-focused spiritual counseling, exposure therapy for PTSD, anger management, crisis management, safety planning. Offers hybrid services.  
484-534-8767 • [jwright1105@gmail.com](mailto:jwright1105@gmail.com) • [www.jwcandc.com](http://www.jwcandc.com)

### **Jewish Family and Children's Services of Greater Philadelphia (JFCS)**

JFCS provides counseling for adults, teens and children. The nonprofit also hosts workshops about substance abuse, violence, and cyberbullying, and has a volunteer-operated "friendly callers line" open Monday through Friday, 9am to 5pm. OIC Center: 1231 N. Broad Street; Northeast Services Hub: 6434 Castor Avenue; Barbara and Harvey Brodsky Enrichment Center, 345 Montgomery Avenue, Bala Cynwyd,  
267-256-2075 • [jfcshilly.org](http://jfcshilly.org)

### **Kenneth Thomas**

Therapy for Black men and boys.  
786-244-7477 • [herapyforblackmen.org/therapists/kenneth-thomas](http://herapyforblackmen.org/therapists/kenneth-thomas)

### **Kristin Wood**

Specializing in Mood Disorders, Self Esteem, Relationship Struggles, Life Transitions and both Individual and Couple's Counseling. Telehealth only.  
267-341-7498 • [thephillytherapistkristin@gmail.com](mailto:thephillytherapistkristin@gmail.com)

### **Latasha Forteau**

Focuses on EMDR, Trauma (abuse, racial), Depression, Anxiety, Attachment issues, Relationship issues Work related stress. Offers hybrid services.  
484-430-4738 • [Contact@lf-therapyllc.com](mailto:Contact@lf-therapyllc.com) • <https://lf-therapyllc.com/>

### **LaTonya McCurry - Mindful-Well**

Non-profit focused on Perinatal Mood and Anxiety Disorders, last trimester of pregnancy to 1 year postpartum, and new parents. Hybrid services.  
267-810-7593 • [lmccurry@mindful-well.org](mailto:lmccurry@mindful-well.org) • [mindful-well.org](http://mindful-well.org)

### **LaTonya McCurry - L. McCurry Counseling**

Focusing on life transitions/adjustment, anxiety, depression, adults. Hybrid services.  
267-810-7589 • [admin@LMcCurrycounseling.com](mailto:admin@LMcCurrycounseling.com) • [LMcCurryCounseling.com](http://LMcCurryCounseling.com)

### **Latrice R. Lewis, LLC**

Specialized training in Accelerated Resolution Therapy with a special focus on those who suffer from any form of anxiety and trauma.  
215-687-7050 • [latricelewisllc@gmail.com](mailto:latricelewisllc@gmail.com) • [latricelewisllc.com](http://latricelewisllc.com)

### **Life First Therapy/ Dr. Holly Sawyer, PhD, LPC**

Therapy for Black women. Free consultation.  
267-598-5433 • [hnsawyer@lifefirsttherapy.com](mailto:hnsawyer@lifefirsttherapy.com) • [lifefirsttherapy.com](http://lifefirsttherapy.com)





### **LiveWell Foundation**

Volunteer-led nonprofit that strives to provide Philadelphians with resources and support for depression through free, peer-led support groups.

267-530-3739 • [livewell-foundation.org](http://livewell-foundation.org)

### **Ma'at Therapeutic Services/ Nzingha Ma'at, MS, LPC**

Therapy focusing on practices that emphasize the mind/body/spirit connection. Group healing circles available.

267-602-1064 • [info@maattherapeuticservices.com](mailto:info@maattherapeuticservices.com) • [maattherapeuticservices.com](http://maattherapeuticservices.com)

### **Mango Tree Counseling and Consulting**

Mental health resource center based out of William Way Community Center that focuses on counseling Asians and Asian Americans. Services include couples therapy, wellness seminars and group therapy.

267-603-7126 • [mangotreecc.com](http://mangotreecc.com)

### **Melanated Women's Health, LLC**

Culturally affirming and anti-oppressive therapy services for women.

215-720-1456 • [info@melanatedwomenshealth.com](mailto:info@melanatedwomenshealth.com) • [melanatedwomenshealth.com](http://melanatedwomenshealth.com)

### **Mental In Mind/Rayshawn Ledet**

Therapy for Black men and boys.

609-285-8717 • [ray@mentalmind.com](mailto:ray@mentalmind.com) • [mentalinmind.com](http://mentalinmind.com)

### **Nuhope Counseling Services/ Sheree Parker**

I work collaboratively with my clients to help them identify their strengths, overcome limiting beliefs, and develop practical strategies for achieving their goals. Telehealth only.

267-875-8631 • [services@nuhopecounseling.org](mailto:services@nuhopecounseling.org) • [nuhopecounseling.org](http://nuhopecounseling.org)

### **Oshun Family Center**

Mental and reproductive health.

267-808-2329 • [info@oshunfamilycenter.org](mailto:info@oshunfamilycenter.org) • [oshunfamilycenter.org](http://oshunfamilycenter.org)

### **Philadelphia Black Women's Health Alliance**

Sister Circle, Girl Circle, mental wellness focus groups, substance abuse/opioids, gambling addiction.

215-225-0394 • [info@pbwha.org](mailto:info@pbwha.org) • [pbwha.org](http://pbwha.org)

### **Philly Hope Line**

Master's degree-level clinicians — many who speak Spanish and/or are queer or trans — staff a free, confidential hotline to offer grief and emotional support to school-age students from the Philadelphia region. The School District of Philadelphia and the Uplift Center for Grieving Children sponsor the line.

833-745-4673 • [upliftphilly.org/programs/uplift-resources/philly-hopeline/](http://upliftphilly.org/programs/uplift-resources/philly-hopeline/)

### **Philly National Alliance on Mental Health (NAMI) Warmline**

Philadelphia's chapter of the National Alliance on Mental Illness, provides support groups and educational courses for people with mental illness. NAMI members work to advocate for policy supporting better care for mental illness. All facilitators of NAMI programs are people living with mental illness or their family members.

800-950-NAMI (6264) • [namiphilly.org](http://namiphilly.org)

### **Redfine Lives/ Tysheira Maddox**

Specializing in Emerging Adults (18-30), Adult Survivors of Domestic Violence in Childhood, Chronic Health Conditions, Women's Issues, Life Transitions, Vocational Stress/Identity, Self-Identity Issues, Anxiety Disorders, Mood Disorders. Telehealth only.

267-752-9421 • [hellotysheira@redefinelifes.com](mailto:hellotysheira@redefinelifes.com) • [redefinelifes.com](http://redefinelifes.com)





### **Sankofa Healing Studio**

Social justice informed therapy supporting marginalized youth and adults who are trauma-impacted and system-involved.

215-802-3533 • [therapy@SankofaHealingStudio.org](mailto:therapy@SankofaHealingStudio.org) • [sankofahealingstudio.org](http://sankofahealingstudio.org)

### **Substance Abuse and Mental Health Services Administration National Helpline (SAMHSA)**

A 24/7, 365 day-a-year treatment and referral service connecting callers to treatment options near them for substance abuse and/or mental health disorders. Services are offered in English and Spanish.

800-662-HELP (4357); TTY: 800-487-4889 • [samhsa.gov/find-help/national-helpline](http://samhsa.gov/find-help/national-helpline)

### **Synchronicity BeWell/ Shaakira Gillette, LCSW**

Holistic Therapy which supports the alignment of mind body, emotional and spiritual.

215-475-5638 • [shaakira19493@growththerapy.com](mailto:shaakira19493@growththerapy.com) • [synchronicity.clientsecure.me](http://synchronicity.clientsecure.me)

### **Taliba Foster, MD**

Our practice specializes in the identification and treatment of a vast array of cognitive, emotional, and behavioral conditions found in children, adolescents, and adults. We utilize a broad spectrum of Psychotherapy, Psychopharmacology, and Psychoeducation services to best tailor a treatment plan to address the unique needs of every patient. Offers hybrid services.

484-412-8316 • [support@drfoster.org](mailto:support@drfoster.org) • [drfoster.org](http://drfoster.org)

### **The Black Brain Campaign**

Provides free therapy treatment and assisting Black clinicians in completing Pennsylvania's licensure requirements for Marriage & Family Therapy.

215-531-3377 • [info@theblackbraincampaign.org](mailto:info@theblackbraincampaign.org) • [theblackbraincampaign.org](http://theblackbraincampaign.org)

### **The Consortium, Inc.**

John White, Jr. CEO. A family-oriented, nonprofit Community Mental Health Center including residential rehabilitation services.

[info@consortium-inc.org](mailto:info@consortium-inc.org) • [consortiuminc.org](http://consortiuminc.org)

### **The Ladipo Group**

A Black-owned company founded to increase access to Black therapists and decrease the stigma of mental health treatment. Coaching and wellness for Black employees and more.

267-908-6363 ext.1 • [admin@theladipogroup.com](mailto:admin@theladipogroup.com) • [theladipogroup.com](http://theladipogroup.com)

### **The Loveland Foundation**

Provides financial assistance for Black women and girls seeking therapy.

[thelovelandfoundation.org](http://thelovelandfoundation.org)

### **The Steven A. Cohen Military Family Clinic**


Based at the University of Pennsylvania, the Cohen Clinic provides mental health care for veterans and military members at no cost and with no long waits.

844-573-3146 • 215-898-1699. Crisis line: 800-273-8255 • [med.upenn.edu/mfc](http://med.upenn.edu/mfc)

### **Therapy for Black Girls**

An online resource space dedicated to encouraging the mental wellness of Black women and girls. National listing of Black therapists.

[info@therapyforblackgirls.com](mailto:info@therapyforblackgirls.com) • [providers.therapyforblackgirls.com](http://providers.therapyforblackgirls.com)







### **Therapy for Black Men**

An online resource space dedicated to encouraging the mental wellness of Black men and boys. National listing of Black therapists.

646-780-8278 • [info@therapyforblackmen.org](mailto:info@therapyforblackmen.org) • [therapyforblackmen.org/therapists](http://therapyforblackmen.org/therapists)

### **Theurban Healing Group/ Arika Moody**

Creating a positive space for families, couples, individuals and children to heal, while building the resiliency and strength to thrive in the community in which we live. Hybrid therapy options.

267-331-3190 • [amoodylmft@theurbanhealinggroup.com](mailto:amoodylmft@theurbanhealinggroup.com) • [theurbanhealinggroup.com](http://theurbanhealinggroup.com)

### **Tyra Wright-Johnson**

Trauma Certified, Prolonged Exposure Certified, ABA, BSC. Telehealth only.

240-424-0035 • [twj@thewomenssoloproject.org](mailto:twj@thewomenssoloproject.org)

### **Unity Recovery**

Philadelphians struggling with addiction can receive community-based recovery services: peer coaching, recovery support group meetings, and resources for accessing social services.

Recovery text line: 267-578-3215 • [unityrecovery.org/our-services](http://unityrecovery.org/our-services)

### **WES Health System**

Named after Dr. Warren E. Smith, a prominent African American psychiatrist who was committed to providing quality behavioral health care to the underserved. Locations in Philadelphia, New Jersey and Delaware.

215-455-3900 • [moreinfo@drwes.org](mailto:moreinfo@drwes.org) • [drwes.org](http://drwes.org)

### **William Way Community Center**

For decades, William Way has provided outreach and support to Philly's LGBTQIA+ community. Weeknights, peer counseling sessions consist of short-term and goal-oriented conversations that include referrals, if appropriate. Also offers recovery meetings. Call before 8pm.

Main number: 215-732-2220; counseling: 267-416-0451 • [waygay.org/peer](http://waygay.org/peer)

### **WOAR: Philadelphia's Center Against Sexual Violence - WOAR (Women Organized Against Rape)**

Provides support and referrals to victims of sexual assault through individual and group therapy, both traditional and through dance, music and yoga.

24-hour crisis hotline: 215-985-3333 • 215-985-3315 • Online chat • [woar.org](http://woar.org)

Special thanks the Marilyn Kai Jewett for compiling provider list through the 988 Diaspora Campaign.





# Senator **SHARIF STREET**

Representing the 3rd Senatorial District

## **DISTRICT OFFICES**

1621 W. Jefferson Street  
Philadelphia, PA 19121

215-227-6161 • Fax: 215-560-1316

4458 A Germantown Avenue  
Philadelphia, PA 19140

215-457-5200 • Fax: 215-457-5206

## **HARRISBURG OFFICE**

Senate Box 203003

Harrisburg, PA 17120-3003

717-787-6735 • Fax: 717-772-0581

711 - TTY (PUC 711 Abbreviated Dialing)

## **E-MAIL**

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@SenSharifStreet

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