

Mental Health and Drug & Alcohol Resources

North Brandywine Middle School
Guidance Department

610-383-3745

(Please check with your insurance provider to be sure the suggested services are covered in your plan)

Signs of an At-Risk Youth

Physical warning signs of drug abuse

- Bloodshot eyes, pupils larger or smaller than usual.
- Changes in appetite or sleep patterns. Sudden weight loss or weight gain.
- Deterioration of physical appearance, personal grooming habits.
- Unusual smells on breath, body, or clothing.
- Tremors, slurred speech, or impaired coordination.

Behavioral signs of drug abuse

- Drop in attendance and performance at work or school.
- Unexplained need for money or financial problems. May borrow or steal to get it.
- Engaging in secretive or suspicious behaviors.
- Sudden change in friends, favorite hangouts, and hobbies.
- Frequently getting into trouble (fights, accidents, illegal activities).

Psychological warning signs of drug abuse

- Unexplained change in personality or attitude; sudden mood swings, irritability, or angry outbursts.
- Periods of unusual hyperactivity, agitation, or giddiness.
- Lack of motivation; appears lethargic or "spaced out."
- Appears fearful, anxious, or paranoid, with no reason.

Mental Health Services

Child Guidance Resource Center:

744 E. Lincoln Highway, Suite 420
Coatesville, PA 19320
610-383-5635
www.cgrc.org

Human Services, Inc

744 E. Lincoln Hwy
Coatesville, PA
610-380-9982
Intake: 610-873-1010

Life Counseling Center

Offices in Exton and Paoli
610-644-6464
www.lifecounseling.org

Addiction and Psychological Therapy, Inc.

811 West Chester Pike
West Chester, PA 19382
610-696-0325, 610-308-2290 (cell -
Drew Alikakos) www.drewalikakos.com

Psychology Associates of Chester County:

273 W. Uwchlan Ave.
Downingtown, PA 19335
610-873-4748
www.chestercountypsychology.com

Drug and Alcohol Services

Information and referral service regarding Alcohol/Drugs 24 hour toll-free phone line:

1-866-286-3767

Center For Addictive Diseases (CAD)

Oaklands Corporate Center
479 Thomas Jones Way, Suite 800
Exton, PA 610-565-1130

Rehab After School

491 John Young Way, Suite 300
Exton, PA 610-888-9939
www.rehabafterwork.com

Addiction and Psychological Therapy, Inc.

811 West Chester Pike
West Chester, PA 19382
610-696-0325, 610-308-2290 (cell for Drew Alikakos) www.drewalikakos.com

Al-Anon/Alateen/ACOA

610-696-4216
www.pa.-al-anon.org

Holcomb Behavioral Health Systems

835 Springdale Drive Suite 100
Exton, PA 19341
610-363-1488
<http://www.holcombbhs.org>

Alcoholics Anonymous :

215-923-7900

Narcotics Anonymous (Regional Office):

1-800550-1964
www.cleanacresarea.naworks.org

Crisis Intervention Services

Valley Creek Crisis:

Open 24 hours a day, 7 days a week.

Services: Crisis Intervention, Helplines/Warmlines, Suicide Counseling

* Toll Free: 1-877-918-2100

* 610-918-2100

National Crisis Line: 1-800-SUICIDE

Crime Victims: 610-692-7420

Domestic Violence: 1-888-711-6270

Bereavement

(Bereavement services listed below are free of charge)

Peter's Place: A Center for Grieving Children & Families

150 N Radnor-Chester Rd, Suite F130

Radnor, PA

610-687-5150

www.petersplace10.com

Neighborhood Health Agencies Inc.

795 E. Marshall Street, Suite 204

West Chester, PA

610-696-6511

www.nvnacc.com

Eating Disorders

The Renfrew Center (Radnor, PA)

1-800-RENFREW

Eating Disorders Program

Brandywine Hospital

Coatesville, PA 19320

610-383-8000

Homeless Shelters

CYWA (Shelter for Women and Families): 610-384-9591

Safe Harbor (Shelter for Men and Women): 610-692-6550

Other Resources/Services

Adolescent Substance Awareness Program

COAD Group: 610-363-6164

www.coadgroup.com

Chester County Health Department (immunizations):610-344-6252

Chester County Health Dept. Sexually Transmitted Disease Clinic (free, anonymous testing for HIV andSTDs): 610-344-6252

ChesPenn Health Center (Serves all of Chester County regardless of ability to pay): 610-380-4660

Chester County Community Dental (Serves all of Chester County) : 610-383-3888

Coatesville Community Food Co-op:

610-384-1344