



# TEMPLE UNIVERSITY

## Psychological Services Center

1509 Cecil B. Moore Avenue  
 ECEC Building 4<sup>th</sup> Floor  
 Philadelphia, PA 19121  
 Phone: 215-204-7100  
 Fax: 215-204-1026  
 Web: www.templepsc.com

### Therapy Referrals & Resources

#### *Adults*

Therapy Referrals		
<a href="#"><u>Tuttleman Counseling Services</u></a>	215-204-7276	<i>For Temple students only.</i> Provides free, short-term individual counseling, group counseling and psychiatric services.
<a href="#"><u>LifeWorks</u></a>	888-267-8126	Employee assistance program <i>for Temple faculty and staff.</i> Provides access to counseling and online resources.
<a href="#"><u>La Salle Community Center for Counseling and Psychological Services</u></a>	215-951-1006	Training clinic. Sliding scale fees only.
<a href="#"><u>Center for Brief Therapy at PCOM</u></a>	215-871-6487	Training clinic. Does not accept insurance but offers reasonable self-pay rates.
<a href="#"><u>Drexel Psychological Services Center</u></a>	215-553-7128	Training clinic. Does not accept insurance, sliding scale fees only.
<a href="#"><u>The Center for Growth</u></a>	215-922-5683	Individual therapy ranges from \$50 to \$250 depending on therapist; group therapy is \$10/session. Does not accept insurance.
<a href="#"><u>Anxiety and OCD Treatment Center of Philadelphia</u></a>	215-735-7588	\$175/session; slides down to \$150/session for lower income or students. Does not accept insurance; clients can submit claims.
<a href="#"><u>Beck Institute</u></a>	610-664-3020	Intake = \$280; Licensed therapist = \$200/session (45 min session); Supervised trainee = \$50/session. Does not accept insurance; clients can submit claims.
<a href="#"><u>Center for Families and Relationships</u></a>	215-537-5367	Sliding scale starts at \$40/session (individual therapy) & \$50/session (family therapy). Upper range of scale is \$100 (annual income \$85,000+). Groups are \$25/session. Accepts Philadelphia Medicaid.
<a href="#"><u>Center for Psychological Services</u></a>	610-642-4873 (Ardmore), 610-647-6406 (Paoli)	Individual therapy fees range from \$150 to \$225/session depending on therapist. Some therapists accept Medicare but most are out-of-network.
<a href="#"><u>Elaine Alexander, EdD</u></a>	215-583-3288	Accepts most insurances.
<a href="#"><u>Ruth Jampol PhD</u></a>	267-291-4254	\$150/session (individual: 50 min), \$195 (couples/family: 75 min); \$300 (discernment counseling: 120 min). Does not accept insurance; sliding scale available.
<a href="#"><u>WES Health System (Adult Outpatient)</u></a>	215-456-2662	Accepts most insurances and including Medicare.

<b>Helpful Therapist Search Tools</b>	
<a href="#">Psychology Today</a>	Search engine for qualified mental health providers by zip code, specialty, therapy type, etc.
<a href="#">Philadelphia Behavioral Health</a>	Search engine for mental health services created by the Philadelphia dept. of Behavioral Health & Intellectual DisAbility Services
<a href="#">Inclusive Therapists</a>	Search engine useful for individuals seeking a therapist who specializes in working with individuals with a particular identity
<a href="#">GoodTherapy</a>	Search engine for qualified mental health providers by zip code
<a href="#">ABCT Find a Therapist</a>	Search engine for CBT therapists by zip code, specialty, and insurance

<b>Crisis Resources</b>			
<b>Crisis Hotlines</b>			
<a href="#">National Suicide Prevention Hotline</a>	1-800-784-2433	Toll free crisis line (24/7)	
<a href="#">Suicide/Crisis Intervention service</a>	215-686-4420	City of Philadelphia, Dept. of Behavioral Health (24/7)	
<a href="#">Disaster Distress Helpline</a>	1-800-985-5990	Toll free crisis line for counseling related to the coronavirus pandemic (24/7). Can also text 'TalkWithUs' to 66746.	
<b>Philadelphia Crisis Response Centers (CRC)</b>			
<i>*If you are outside of Philadelphia, call 911 or the Suicide Lifeline (800-784-2433) to find the closest crisis response center near you</i>			
<a href="#">Einstein Medical Center Philadelphia</a>	215-951-8300	5501 Old York Road Philadelphia, PA 19141	For adults, adolescents and children (24/7). Convenient for North Philadelphia.
<a href="#">Pennsylvania Hospital CRC (Hall-Mercer)</a>	215-829-5433	245 South 8th Street, Philadelphia, PA 19106	For adults (24/7). Convenient for Center City, Old City and South Philadelphia.
Mercy Hospital CRC	215-748-9525	501 S. 54th Street, Philadelphia, PA 19143	For adults (24/7). Convenient for Southwest/West Philadelphia.
<a href="#">Temple University Hospital CRC- Episcopal Campus</a>	215-707-2577	100 East Lehigh Ave, Philadelphia, PA 19125	For adults (24/7). Convenient to North Philadelphia.
<a href="#">Friends Hospital CRC</a>	215-831-4600	4641 Roosevelt Blvd Philadelphia, PA	For adults (24/7). Convenient for Northeast Philadelphia.