



HELP

Who to call and where to go

ADDICTION

Berks County Opiate Overdose Survivor Helpline

Non-emergency drug overdose support

(610) 988-0685

Reading Health System

24-Hour Addiction Hotline (484) 628-8186

PA Get Help Now Hotline

*24/7 call center for mental health &
addiction services*

1 (800) 662-HELP (4357)

Drug Abuse Hotline

1 (866) 949-7195

Treatment Access and Services Center (TASC)

Assessments, drug testing

(610) 375-4426 | berkstasc.org

Council on Chemical Abuse (COCA)

(610) 376-8669 | cocaberks.org

PA Quit Tobacco/Nicotine

1 (800) 784-8669

Problem Gambling Hotline

1 (877) 565-2112



Council on Compulsive Gambling of Pennsylvania, Inc.

24-Hour Hotline: 1 (800) 848-1880

pacouncil.com

TEXT/CHAT LINE: 1 (800) 522-4700

pacouncil.com/chatline/

Gamblers Anonymous

1 (855) 222-5542

gamblersanonymous.org

Reading-Berks Intergroup Alcoholics Anonymous (AA)

(610) 373-6500

readingberksintergroup.org

Al-Anon/Alateen

*Support for individuals affected by
someone's problem drinking*

(610) 373-5237 | al-anon.org

Reading Area of Narcotics Anonymous (NA)

24-Hour Helpline: (610) 374-5944

rascna.org

Nar-Anon Family Groups

*Support for friends and families directly
affected by someone's addiction*

(800) 477-6291 | nar-anon.org

Counseling & Referral

Pennsylvania 2-1-1 East

Care, food pantry, shelter, health

Call 211 or (855) 501-6785

pa211east.org

Hispanic Center Clinic

Se habla espanol

(610) 376-3748

Student Assistance Program (SAP)

School based program for Berks County, grades K-12

(610) 376-8669

Youth America Hotline

1-877-968-8454

Eating Disorders

National Eating Disorders

Association Helpline

1-800-931-2237

Crisis Text Line - text "NEDA" to 741741

nationaleatingdisorders.org

National Association of Anorexia Nervosa and Associated Disorders, Inc. (ANAD) Helpline

630-577-1330 | anad.org

Renfrew Foundation

Treatment for women

1-800-736-3739 | renfrew.org

Homelessness

Berks Coalition to End Homelessness

(610) 372-7222 | bceh.org

Regional BCIU Coordinating Office

(610) 987-8509

Opportunity House

(610) 374-4696 | opphouse.org

Driven Ministries

(610) 678-7383

Mary's Shelter

(610) 376-1973

Family Promise

(610) 373-3323

Support Services for Runaway and Homeless Youth Centers

1-800-621-4000

National Runaway Safeline

*Share your story with a compassionate person
and build a plan together*

1-800-786-2929 | 1800runaway.org



Mental Health

ruOK? Berks

*Secure, anonymous communication
with crisis interventionists*

Text ruOK to (484) 816-7865

Service Access & Management

*Emergency Services- suicide and other
dangerous behaviors*

24-Hour Hotline: 1-877-236-4600

OR (610) 236-0530

Greater Reading Mental Health Alliance

(610) 775-3000 | grmha.org

Berks County Mental Health/ Developmental Disabilities

(610) 478-3271

Reading Hospital - Tower Health Behavioral Health Services

(484) 628-8070

PA Get Help Now Hotline

*24/7 call center for mental health and
addiction services*

1-800-662-HELP (4357)

Suicide Prevention Lifeline

1-800-273-TALK (8255)

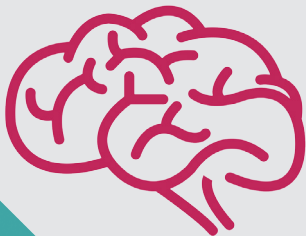
suicidepreventionlifeline.org

Half of Us

*If you or a friend need help now -
free, confidential conversation 24/7*

Text START to 741-741

Call 1-800-273-TALK (8255)



Self Mutilation

Boys Town

Thoughts of harming self or being abused

24 Hour hotline: 1-800-448-3000

boystown.org

Self Abuse Finally Ends

1-800-366-8288

Your Life Your Voice

Every day 4 p.m. to 1 a.m.

TEXT LINE: 20121

Hotline: 1-800-448-3000

yourlifeyourvoice.org

Physical & Sexual Abuse or Assault

PA Child Abuse Hotline

Report child abuse or neglect

1-800-932-0313

Berks County Children & Youth Services

(610) 478-6700

National Human Trafficking Hotline

1-888-373-7888

humantraffickinghotline.org

Safe Berks

Support for victims of domestic violence and sexual assault, free emergency shelter

berkswomenincrisis.org

1-844-789-SAFE

TEXT: SAFEERKS to 20121

24-Hour Crisis Hotline:

ENGLISH: (610) 372-9540

ESPAÑOL: (610) 372-7463

Rape, Abuse and Incest National Network (RAINN)

1-800-656-4673

Chat online: online.rainn.org

Sexual Health/HIV/ AIDS/Pregnancy

Berks Teens Matter

(610) 375-6523 | berksteensmatter.org

Co-County Wellness

Free and confidential services for STD/HIV prevention and testing

(610) 375-6523

Berks Visiting Nurses

Provide free HIV testing

(610) 378-0481

Berks Planned Parenthood

(610) 376-8061

The Spectrum

Berks County support group offering positive role models, peer support, education and recreation for LGBTQA+ youth and their allies.

(610) 376-0137

Pregnant and Parenting Teen Program

Provided by the Berks County Intermediate Unit

(610) 987-8629 OR (610) 987-8628



Lifeline

Unplanned pregnancy, free pregnancy tests

(610) 374-8545 | lifelineofberks.org

Pennsylvania AIDS Hotline

1-800-662-6080

Emergency Pregnancy Hotline

1-888-LIFE AID (543-3243)

Gay & Lesbian National Hotline

1-888-843-4564

The Trevor Project

Trevor Lifeline 866-488-7386

Text "Trevor" to 1-202-304-1200

Nurse-Family Partnership

Berks County

(610) 376-6988

Community Prevention Partnership

(610) 376-6077

Notes



Who is the Council on Chemical Abuse (COCA)?

Since 1972, the Council on Chemical Abuse, also known as COCA, has served as the Single County Authority (SCA) for Berks County. COCA is responsible for the administration and management of publicly-funded alcohol, tobacco, and drug services. Find out more about us on our website at cocaberks.org and follow us on social media @COCABerks!



FOR IMMEDIATE
Emergencies & Danger

Ambulance, Fire, and Police 911

Poison Control Center

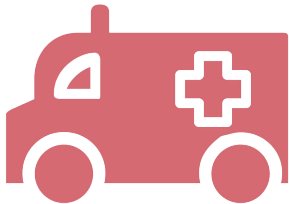
1-800-222-1222

Reading Hospital Emergency

(610) 988-8218

St. Joseph Hospital Emergency

(610) 378-2330



Rev 10/19