



## Alternative Perceptions

### Self-Support Meetings of Hope

AP meetings are self-directed, self-designed social environments of hope and connection for persons who see, hear, sense or feel unusual, extreme, or spiritual experiences.

**We extend a warm welcome from our self-identifying members to join our closed meetings!**

Our anonymous meetings strive to promote: Self-empowerment, interdependence, relief from isolation, making friendships, mutual support and the reality of members as experts by personal experience.

*"I feel more open than ever. I can talk to more people about my challenges without fear."*

*"You don't know how much you have helped me."*

*"We've been there, We dare to care about you."*

*"Together, we changed our minds!"*

*-AP Member Group Experiences*

#### Closed Virtual Meetings

For persons with lived-experience only.

#### Closed In-Person Meetings

For persons with lived-experience only.

**Contact Eric Ayers for Virtual Meeting Links, our In-Person Meeting Location and Weekly Meeting Availability Confirmation.**

email: [AyersE@co.delaware.pa.us](mailto:AyersE@co.delaware.pa.us)  
office: 610.713.2365 cell: 484.983.4379

Like Us on Facebook! [www.facebook.com/APHopes](http://www.facebook.com/APHopes)



### What is the Delaware County Community Support Program?

DELCO CSP sponsors and supports a variety of topics, projects and activities: Mental Wellness, Substance Use, Homeless and Unhoused Challenges, Related Policies and Program Advocacy. We provide Recovery Awareness Events, Community Outreach, Guest and Educational Speakers, Conference and Training Scholarships.

### Who is the Delaware County Community Support Program?

CSP membership consists of volunteer peers, family members, friends and professionals interested in supporting people with wellness challenges, providing educational and anti-stigma campaigns.

### Now offering refreshments at our Monthly Meetings

#### MONTHLY DELCO CSP MEETINGS

are held the 3rd Monday of the month, (Jan & Feb on 4th Monday) at 4:30 - 6:00 pm  
Tree of Life Church, 933 Baltimore Pike, Springfield, PA

### We are DELCO CSP, Building Bridges & Changing Lives!

For more Information call DELCO CSP at:  
484.222.0719 Or email: [delcocsp@gmail.com](mailto:delcocsp@gmail.com)  
Check out our website: [www.delcopacsp.org](http://www.delcopacsp.org)  
Team DELCO CSP - Like us on Facebook!  
Instagram: [@teamdelcocsp](https://www.instagram.com/teamdelcocsp)



National Alliance on Mental Illness

## Main Line PA

NAMI Main Line PA, an affiliate of the National Alliance on Mental Illness, provides information and support to people with mental illness, their families and friends. All services are offered free-of-charge.

**For more information and program services please contact:**

office: [office@namimainlinepa.org](mailto:office@namimainlinepa.org)

or call the office at 267.251.6240

website: [www.namimainlinepa.org](http://www.namimainlinepa.org)

Office: 17 Mifflin Avenue, Suite 205  
Havertown, PA 19083

### Additional Support Services:

#### 988 Suicide and Crisis Lifeline

Dial 988 from any Phone 24/7 for free & confidential support.

#### CRISIS TEXT LINE: Text HOME To 741741

Provides free mental health support 24/7 by text

#### Delaware County Crisis Connection Team

1.855.889.7827

24/7 Mobile Mental Health Support

#### Delaware County Peer Warm Line:

1.855.464.9342

Mon - Fri 6 pm - 12 am | Weekends 1 pm - 11 pm

CHILDLINE: 1.800.932.0313

#### Domestic Abuse Project of Delaware County

610.565.4590 [info@dapdc.org](mailto:info@dapdc.org)

Drug & Alcohol Treatment & Crisis Line  
PA Get Help Now 1.800.662.HELP (4357)

Delaware County Homeless Services  
[delcohomelesssservices.org](http://delcohomelesssservices.org)



### Delaware County

### Peer Associated Support Services

provides assistance to individuals and their families when seeking and navigating adult mental health care resources.



### Delaware County

### Department of Human Services

funds this variety of peer associated support services for the empowerment of individuals experiencing mental health challenges.

### Department of Human Services, Office of Mental Health

Drexline Plaza, 4990 State Rd, Suite 101

Drexel Hill, PA 19026

phone: 610.713.2365 fax: 610.713.2378

website: [www.delcohsa.org](http://www.delcohsa.org)

(DPASS Brochure 8/26/2025)



## DELAWARE COUNTY CERTIFIED PEER SPECIALIST SERVICES & TRAINING

**Support • Empowerment • Fulfillment**  
**Together our possibilities are unlimited.**

A CPS is a professionally trained person who is willing to self-identify and self-disclose as an individual with a mental health (and sometimes with a substance use recovery history) or “lived experience”. A CPS walks along side and assists fellow peers with navigating mental health/substance recovery systems/programs and wellness alternatives.

Peer support is intended to inspire hope in individuals that recovery is not only possible, but also probable. The service is designed to promote self-empowerment, self-determination, and self-awareness through mentoring and service coordination supports. Peer support services encourage individuals to reach self-defined goals which may assist in coping with stressors, promote resiliency from mental health challenges and inspire all peers to rise and to achieve victories of personal prosperity.

Peer support can be provided to youth aged 14-17 as well as adults receiving behavioral health services along with those who have a co-occurring disorder. A person becomes a Certified Peer Specialist by engaging in specific training for this role and must be certified through the Pennsylvania Certification Board to provide Medicaid billable peer support services.

**For more information contact:**  
**Delaware County Department of Human  
Services, Office of Mental Health**  
Drexline Plaza, 4990 State Rd, Suite 101  
Drexel Hill, PA 19026  
**phone: 610.713.2365 fax: 610.713.2378**  
**The CPS Training does not guarantee employment.**



Mental Wellness Starts With Friendship



Camaraderie. Support. Friendship.

**Compeer** and **CompeerCORPS** programs are all about making friends and changing lives. We develop and deliver evidence-based support to individuals and veterans on their journey to mental wellness. **Compeer** provides comprehensive training, helps with selecting a friendship connection, and offers ongoing support every step of the way.

**CompeerCORPS** follows the **Compeer** model and was established to help United States Military Veterans -- one volunteer veteran helping another veteran experiencing mental health challenges. Through camaraderie, support, and friendship, **CompeerCORPS** allows every veteran to combat obstacles as they reintegrate into civilian life.

***The Untold Valor: Veterans Recovery In Action***  
podcast focuses on veterans with stories of courage, recovery, perseverance, and strength.

**Do you have a message or testimony to share?**  
**Contact us to be considered as an Untold Valor Podcast**  
**guest and be part of an incredible conversation!**

<https://voiceandvisioninc.org/podcast/>

### Volunteer Opportunities Include:

**1:1 Friendship** -- One-on-One “match” meets at least four hours a month to participate in social and community activities like lunch, walks, museums, or a sports event.

**Calling Buddy** -- Make weekly telephone calls to individuals on our waiting list as a “phone connection”.

**E-Buddy** -- Volunteers who would prefer to communicate through text, messaging, and/or email.

## Become A Friend Today!

**For more information please contact:**  
**Compeer and CompeerCORPS for Veterans**  
450 Parkway Dr. Suite 210, Broomall, PA 19008  
**Phone: 610-541-0790 Fax: 610-541-0792**  
**[www.compeerfriends.org](http://www.compeerfriends.org)**



## Vocational Support Services

Individuals who are in recovery and wanting to progress with their career path can receive individualized and specialized support whether you may be considering volunteering, going back to school, help with resume writing and job searches, or updating your skills to enter the workforce. Contact a Psych Rehab Assessor for more information.



## Delaware County Open Door to Education

DCODE provides attendees with an opportunity to discuss and develop their personal career paths. Each class format is designed to assist each person in taking that “next step” with their own goals. Goals might include finishing a program, starting a new educational path, or setting goals to obtain a volunteer, full-time or part-time employment position.

DCODE Class topics include setting personal goals, resume writing, resolving conflicts, mock interviewing, learning to effectively manage time, basic computer skills and practicing communication skills with others in a classroom or office environment.

Classes are held for adults (18 years or older) twice a week for 9 weeks at the Delaware County Community College in Newtown Square. Attendees must complete all classes to successfully graduate the program. Contact a Psych Rehab Assessor for more information.



PRA is designed to assess member readiness, need, and interest in participation for Delaware County funded psychiatric rehabilitation and/or vocational services. The Psych Rehab Specialist meets and collaborates with the member and referring parties to facilitate the required assessment and then ensures the connection to an appropriate Psychiatric Rehabilitation Program.

Eligibility is specific to individuals who are at least 18 years of age, residents of Delaware County, and have a DSM Axis I diagnosis.

For more information regarding assessment and admissions criteria please contact the following persons:

**To meet with a Psych Rehab Assessor, contact:**  
**Tiana Preacher, Horizon House**  
**[tiana.preacher@hhinc.org](mailto:tiana.preacher@hhinc.org)**  
**215.906.3296**

**Sarah Zielke, CareLink**  
**[szielke@carelinkservices.org](mailto:szielke@carelinkservices.org)**  
**610.284.1902 Ext. 641**

**For questions about any of the services in this brochure, contact the Delaware County Department of Human Services, Office of Mental Health at: 610 713-2365 or visit us online at [DelcoHSA.org](http://DelcoHSA.org)**

