

the pop Up studio



A Reflection of Us

INNOCENT

DENIAL

INDIVIDUALISTIC

NERVOUS

NAVIGATING

TRANSACTIONAL

OVERWHELMED

ISOLATION

CRISIS

RECOVERING

CONNECTION

ENGAGEMENT

PRESENT

PEACE

COLLECTIVE

NEED TO TALK?

Some recommendations:

Find a local therapist at www.PsychologyToday.com

Counseling Wellness Center

Mandy Doria, LPC (Children/Family, Anxiety Disorders)- 570-871-0630

Kristin Patchell-Pellis, LPC(Sports Psych, Trauma, Depressive Dis) - 973-271-1619

Heather Stuart, LPC (Trauma, Eating Disorders) - 570- 483-8850

Cat Maria, LPC (EMDR, Mindfulness) - 570-878-9575

Counseling and Wellness Center of Scranton

Addiction, Anxiety, Bereavement, Crisis Defriefing, Depression, PTSD, Art Therapy

Marah Moran Yatko LPC, Tony Kearney LPC, Ellen Knecht LCSW, Maribeth Woody, LCSW
570-961-WELL (9355)

Integrative Counseling Services 570-955-5479

Marriage Resource Center 570-909-9324

Thaxton Holistic Wellness Center 570-904-7363

Summit Counseling

Christine DeSousa, LPC (Self Esteem, Life Transitions) - 570-397-0045

Edward McNichols, LCSW (Sexual Abuse, PTSD, LGBTQ) - 570-212-9143

CB Counseling LLC (Equine Assisted Therapy, EMDR) 570-430-8204

Barbara B. Decker, LPC (Anxiety/Depression, Aging/Geriatric, Relationships) 570-563-2395

Maryellen Evers LCSW, CAADC (Addiction, Telehealth Counseling) 570-383-2799

Jessica McDonough, LPC (LGBTQ, Adverse Childhood Trauma) 570-335-8655

Stefanelli Counseling

Matt Stefanelli, MS, LPC, CAADC (Addictive Disorders) - 570-351-3089

Marlee Stefanelli, MS, LPC (Eating Disorders) - 570-954-7181

Karen M. Foley, LMFT (Transgender & LGBTQ, Adolescents & Families) - 570-575-2292

Kristy Fiore, CRC, LPC (Gender Therapy, Trauma) - 570-507-3189

HAVE AN EMERGENCY?

Call 911 or go to your local emergency room

Scranton Counseling Center

Lackawanna-Susquehanna Counties 570-348-6100

Northwestern Human Services (NHS)

Lackawanna County 570-282-1732

HOTLINES / Life Lines

Call 211 or Text: Send your zip code to 898211 • www.helpline-nepa.info

Crisis Text Line: 24/7 • Text HOME to 741741

National Suicide Prevention Line

Chat Online: www.suicidepreventionlifeline.org

Call 24hr/7day help yourself or someone else: 800-273-TALK (8255)

Veterans Crisis Responder: text 838255

Hearing impaired: 800-799-4889

The Advocacy Alliance 365 days, 6PM – 10PM • 866-654-8114

National Alliance on Mental Illness (NAMI) Helpline 800-950-NAMI (6264) or email info@nami.org

National Drug Helpline 888-633-3239

National Domestic Violence Hotline 24/7/365 • www.thehotline.org • 800-799-3224

National Sexual Assault Hotline 24/7/365 • www.online.rainn.org • 800-656-4673

The Trevor Project (LGBTQ)

TrevorLifeLine 24/7: 866-488-7386

TrevorChat: 7 days 3PM-10PM @ www.thetrevorproject.org

TrevorText: text START to 678678, Mon-Fri 3PM-10PM

Substance Abuse and Mental Health Services Administration: 24/7/365

www.samhsa.gov • 800-662-HELP (4357)

INDIVIDUAL & FAMILY SUPPORT

Counseling Wellness Center 570-871-0630

Counseling and Wellness Center of Scranton 570-961-WELL (9355)

National Alliance on Mental Illness (NAMI)

Scranton & Northeast Regions

www.namipascranton.org • 570-342-1047

Northeast Suicide Prevention Initiative NSPIinformation@gmail.com

Share the Journey Support Group *every 3rd Monday 6-7:30pm*

The Advocacy Alliance

Depression and Bipolar Support Group

Family to Family Support Groups

www.theadvocacyalliance.org

570-342-7762

The Advocacy Alliance Peer Supported WARM LINE

7 days a week, 6-10pm

1-866-654-8114

Women's Resource Center

Lackawanna County: 570-346-4671

Susquehanna County: 800-257-5765

NEPA Rainbow Alliance, LGBTQIA education (570) 972-2523

ADDITIONAL RESOURCES:

Survivorofsuicide.com

Forsuicidesurvivors.com

Allianceofhope.com

YOUTH SUPPORT

Youth Support and Advocacy

Children's Advocacy Center

Child Abuse or Neglect

www.cacnepa.org

570-969-7313

The Aaron Center

570-489-5561

LRJ Foundation

570-840-2680 | 570-687-3500

info@lrjfoundation.com

Friendship House

Outpatient Services for

Mental Health and Wellness

570-344-1115

Marley's Mission

www.marleysmission.com

570-587-HOPE

NEPA Youth Shelter

Teen drop-in center

541 Wyoming Ave, Scranton, Pennsylvania

www.nepayouthshelter.org

nepayouthshelter@gmail.com

(570) 909-9671

Teen WRC

Support for dating violence, sexual assault, domestic violence, and stalking

Facebook and Twitter @TeenWRC

Lackawanna County: 570-346-4671

Susquehanna County: 800-257-5765

Teen Dating Violence

www.teendvmonth.org

The Advocacy Alliance

www.theadvocacyalliance.org

570-342-7762

Trevor Project

Crisis intervention, suicide intervention,

safe space forum, education for LGBTQ youth and their allies

www.thetrevorproject.org

United Neighborhood Centers of Northeastern Pennsylvania

www.uncnepa.org

570-346-0759

Voluntary Action Center of Northeast PA

Big Brothers Big Sisters

www.vacnepa.org

EDUCATION & AWARENESS

Let's Stop Suicide

www.letsstopsuicide.com

LRJ Foundation

Mental Wellness & Suicide Prevention Educational Programming #BetterThanYesterday

PH 570-840-2680 | 570-687-3500

Email: info@lrjfoundation.com

Behavioral Health Initiative

Geisinger Commonwealth School of Medicine: integration of behavioral and physical healthcare, raise community awareness of behavioral health issues, community access to health services, and strengthening the behavioral health workforce

www.geisinger.edu/education/community/behavioral-health-initiative-bhi

The Katie Foundation

Shining A Light On Mental Illness

www.thekatiefoundation.org

Voluntary Action Center of Northeast PA

www.vacnepa.org

Lackawanna Connect

Web based resource connecting all people with social services

www.lackawannaconnect.com

To Write Love on Her Arms

www.twloha.com

Project Semicolon

www.projectsemicolon.com

#SHINESQUAD

www.shinetext.com

DOMESTIC & SEXUAL VIOLENCE ADVOCATE RESOURCES

Women's Resource Center

Lackawanna County: 570-346-4671

Susquehanna County: 800-257-5765

Teen WRC

Fb and Twitter @TeenWRC

Lackawanna County: 570-346-4671

Susquehanna County: 800-257-5765

Teen Dating Violence

www.teendvmonth.org

National Domestic Violence Hotline

24/7/365

www.thehotline.org

800-799-3224

National Sexual Assault Hotline

24/7/365

www.online.rainn.org

800-656-4673

The NO MORE Campaign

www.nomore.org

Love Is Respect

www.loveisrespect.org

Break the Cycle

www.breakthecycle.org

I Wanna Know

www.iwannaknow.org

The National Center for Victims of Crime

www.victimsofcrime.org

SENIOR SERVICES

United Neighborhood Centers of Northeastern Pennsylvania

www.uncnepa.org/older-adult

570-346-0759

Telespond Senior Services

telespond.org

570-961-1950

Serving Seniors Inc, NEPA

570-344-3931

Prison Ministry

Pennsylvania Prison Society

570-342-4117

VETERANS' SERVICES

Scranton Vet Center

570-344-2676

Lackawanna Veteran's Affairs

570-963-6778

WoundedWarriorProject.org

The Wilkes Barre VA Medical Center

570-824-3521

Veterans Crisis Responder

800-273-8255 or text 838255

DRUG & ALCOHOL SERVICES

Outpatient Services
**The Wright Center
Center of Excellence**
570-230-0019

PA Treatment and Healing
570-321-7892

Dunmore Comprehensive Treatment Center
570-795-5139

Crossgate Addiction & Mental Health Services
570-955-0873

Drug and Alcohol Treatment Service
570-961-1997

A Better Today
570-344-1444

Turning Point Alternative Loving Solutions
570-880-7614

**Recovery/Drop in Center
Community Intervention Center**
570-342-4298

**Inpatient & Outpatient Care
Geisinger Marworth Treatment Center**
800-442-7722

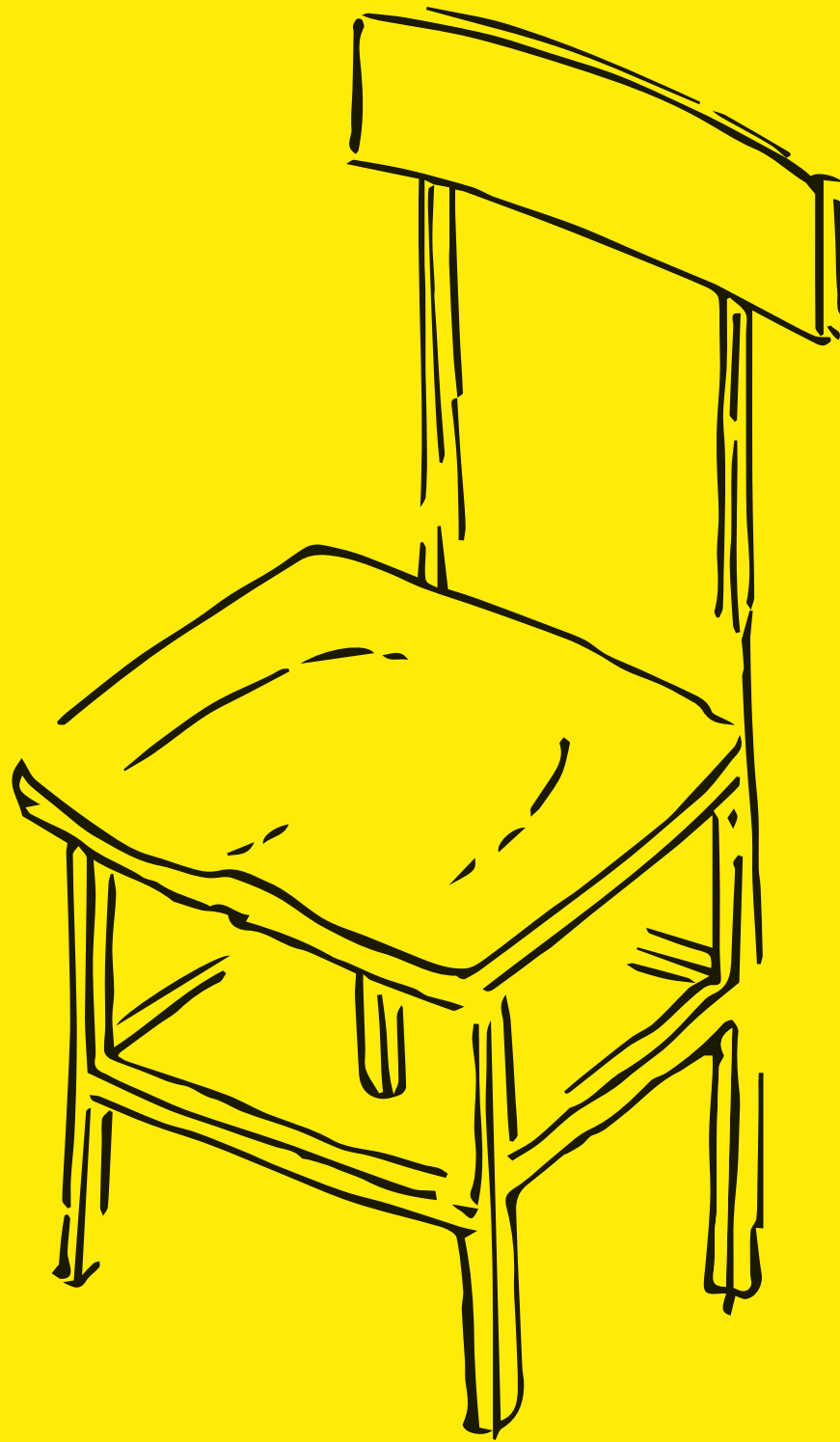
**Endless Mountains Extended Care
Mens Inpatient Care**
endlessmtncare.com
570-219-4401

**Little Creek Lodge & Little Creek
Outpatient Services**
570-689-2644

Clearbrook Treatment Centers
877-792-0902

Just Believe Recovery Center
877-978-1208

CHOICES
800-762-9492



Feel free to approach the Resource Advocates
wearing yellow buttons for further help or information



EVERHART MUSEUM

NATURAL HISTORY. SCIENCE. ART.
e s t 1 9 0 8



electric city

The Frieder
Foundation

The Kiser
Family



an interactive agency