



New

Online Appointment Program

Make an appointment with

A CISM team member or a Mental Health professional.

At: <https://cism-ccdes.appointlet.com>

Appointments may be made for one-on-one or for groups.

self care

Need Help Now

Valley Creek Crisis Center

24 Hours • 7 Days

610-918-2100

Crisis Text Line

741741

National Suicide
Prevention Talk Line

1-800-273-TALK

Para ayuda en español

1-888-628-9454