



Philly HopeLine

833-PHL-HOPE

(833-745-4673)

PHLHope@UpliftPhilly.org

Uplift's Philly HopeLine is a free, confidential helpline staffed by our Master's degree-level clinicians. The Philly HopeLine is open to all youth and caregivers in the Philadelphia region.

2024 Schedule

Uplift's clinicians, including staff who self-identify as Spanish speakers or LGBTQIA+, are available throughout the year. Uplift's Philly HopeLine also includes an interpretation service for over 100 languages.

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| Monday – Thursday | 10 a.m. – 7 p.m. |
| Friday | 1 p.m. – 4 p.m. |
| Holidays | CLOSED |

Dates Closed in 2024

Our Philly HopeLine is closed on all federal holidays and Uplift office closures, including Fridays in June-August. Messages left during closures are promptly returned by Uplift clinicians.

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| January 1, 15 | August 2, 9, 16, 23, 30 |
| February 19 | September 2 |
| May 27 | October 14 |
| June 14, 19, 21, 28 | November 11, 28, 29 |
| July 1-5, 12, 19, 26 | December 24-31 |

About Uplift

Uplift Center for Grieving Children offers **free grief groups** that are led by Master's degree-level clinicians who provide trauma-responsive and healing-centered support. Groups allow youth and families to express their grief through non-judgmental discussions, creative activities, grounding techniques, and other forms of therapeutic support. **All grief services are free for youth and families**, regardless of immigration status, and do not require insurance.

Our Mission

Uplift Center for Grieving Children helps children grieving a death to heal and grow through their grief while strengthening families, communities and professionals' understanding of how best to respond to their needs.

How To Sign Up

Uplift's **Philly HopeLine** is a connection point for youth and families to sign up for grief groups, receive emotional or grief support, and connect with community resources. Service providers can call to make referrals. Dial **833-PHL-HOPE** to speak to an Uplift clinician.

Uplift Center for Grieving Children

Office: 267-437-3123

Philly HopeLine: 833-745-4673

    @upliftcenter

www.UpliftPhilly.org

Healing-Centered Services for Children, Teens and Caregivers



2024 GRIEF SERVICES AND PHILLY HOPELINE SCHEDULE

Uplift's Services

All grief groups are led by a Master's degree-level Uplift Clinician and may include trained volunteers or clinical interns.



In-School Grief Groups

Uplift holds peer support grief groups for youth in grades K-12 at partnering schools in Philadelphia, including School District of Philadelphia-operated public schools, charter, private, and religious schools.

All In-School Grief Groups are held in partnership with school counselors and/or school social workers. Students are placed into groups with peers around the same developmental age. Groups take place for about one hour once a week for six weeks during the school day.



Family Grief Groups

Family Services grief groups take place in the late afternoon or early evening. Groups are held virtually via Zoom and in person.

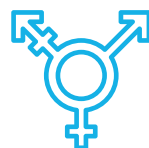
Uplift offers both grief groups for children and teens that are divided by developmental levels, as well as caregiver grief groups for adults supporting a grieving child. Groups are held each week for an hour over five weeks, every year from September through May. Participating families come from throughout the region.



Specialized Services

(Offered at select times in the year)

Español Grief Groups are held as in-school grief groups and as family groups for Spanish-speaking children and their caregivers to attend together in the evenings.



LGBTQIA+ Groups are for grieving youth to also explore the losses associated with being LGBTQIA+. Younger teens (ages 11-13) attend **Free To Be Me With You** with a trusted adult, while older teens (ages 14-18) meet with their peers.



Resilient Parenting for Bereaved Families offers proven parenting tools over 10 weeks to caregivers that support and enrich relationships with their grieving children.



Uplift can offer a **Legacy Grief Group** for the students most significantly impacted by the death of a student or staff member from a partnering school.



Training and Professional Development are provided to professionals in and beyond the City of Philadelphia to equip teachers, counselors, social workers, and therapists to better understand grief and trauma and to support grieving children.

Hotline Directory

Mental Health Emergencies
Call or text 988, operates 24/7

Non-Emergency Mental Health Support
NAMI Philadelphia Warm-Line
855-507-9276

Children & Teens Under 18

PATH Children's Urgent Care Center
215-728-4651

Philadelphia Children's Crisis Response Center
215-878-2600

Philadelphia's Mobile Crisis Team
215-685-6440

The Trevor Project
866-488-7386

Adults 18+

National Crisis Text Line
Text "HOME" to 741741

Philadelphia's Mental Health Delegate Line
215-685-6440

Crisis Response Centers in Philadelphia:

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| North Phila., Logan | Center City |
| Einstein Medical Center: 215-951-8300 | Pennsylvania Hospital: 215-829-5433 |

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| Northeast Philadelphia | West Philadelphia |
| Friends Hospital Crisis Response Center: 215-831-2600 | Penn Emergency Medicine HUP - Cedar: 215-748-9525 |

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| North Philadelphia |
| Temple/Episcopal: 215-707-2577 |