



**Philly
HopeLine**

A service of Uplift Center for Grieving Children

833-PHL-HOPE
(833-745-4673)

PHLHope@UpliftPhilly.org

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

Call if you'd like to:

- Sign up for grief groups
- Receive emotional or grief support
- Identify community resources
- Get on the list for an in-school grief group
- Make a referral of a youth or family
- Request a training

Service Hours

Monday – Thursday, 10 a.m. – 4 p.m.

Interpretation service is available for more than 100 languages.

Youth and caregivers who prefer to email may reach out via **PHLHope@UpliftPhilly.org**. (If you are part of an organization, please call to make a referral.)

The Philly HopeLine is closed on all federal holidays and Uplift office closure dates. Please check our social media for our closing schedule. Messages left during closures are promptly returned by Uplift clinicians.

About Uplift

Uplift Center for Grieving Children offers free therapeutic grief groups led by Master's-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





Use Uplift's **Philly HopeLine** as a connection point to sign up for grief groups, receive emotional or grief support, and connect with community resources.

Service providers who wish to make a referral: please call **833-PHL-HOPE** to speak with 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



**GRIEF SERVICES
AND PHILLY HOPELINE**

Uplift's Services

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

Uplift's grief groups are for **youth in grades K–12 and their caregivers** who have experienced a significant death(s) from **any** cause. This death can be of **any significant person**—a family, friend, loved one, and more—and can be from **any amount of time ago**.



In-School Grief Groups

Held in partnering K-12 schools in Philadelphia (District, charter, private, and religious).

Students are grouped by age and developmental level.

When: During the school day for about one hour a week, for 6 weeks.

Where: In-person at their school.



Family Grief Groups

Open to families from throughout the Greater Philadelphia region.

Ongoing groups run from September through May every year.

Youth (K-12 grades) are grouped by developmental level with separate groups for caregivers.

When: Evenings, once a week for an hour.

Where: Held virtually on Zoom and/or in person.

Specialized Services *Offered at select times in the year*



Español Grief Groups are for Spanish-speaking children and their caregivers to attend together in the evenings. Held virtually.



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



LGBTQIA+ Groups are for youth in grades 8-12 to also explore the losses relevant to the LGBTQIA+ community. Held virtually.



Uplift can offer **Legacy Grief Groups** for the students most significantly impacted by the death of a student or staff member. Held in person.



Uplift provides grief groups at the **Philadelphia Juvenile Justice Services Center** for youth in detention. Held in person.



Uplift's **Professional Development and Trainings** equip teachers, counselors, social workers, and therapists to better understand grief and trauma and to support grieving children. Held virtually and in person, both in and beyond Philadelphia.

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:

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

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

North Philadelphia
Temple/Episcopal:
215-707-2577