



Mental Health Resources

483 East County Line Rd.
Hatboro, PA 19040

Psychologists and Psychiatrists			
System	Website	Phone Number	Notes
Springfield Psychological Associates	www.springpsych.com	610-544-2110	Child & adolescent evaluations, accepts insurance
CEPD Psychological Associates	www.cepdpyschologicalservices.com	215-497-0204	Child & adolescent evaluations, accepts insurance
Southampton Psychiatric Associates	www.southamptonpsychiatric.com	215-355-2011	Child, adolescent
LifeStance Health	www.lifestance.com		Adolescents only, accepts insurance
Complete Mind Care of PA	www.completemindcareofpa.com	215-254-6000	
P.S. Psychiatry	www.pennpsychiatry.com	267-884-1824	

Psychologists Only			
System	Website	Phone Number	Notes
Hatboro Pediatric Behavioral Health	www.hpbhealth.com	215-714-9360	Child & adolescent evaluations
New Leaf Psychology	www.newleafpsych.com	215-497-0204	Accepts insurance
ADD Solutions	www.addsolutions.com		Part of CEPD – ADHD focus, Accepts insurance
F.L.O.W. Wellness Center - Abington	flowwellnesscenter.org	267.209.0449	

Books/Workbooks, CBT Focus

My Anxious Mind – Tompkins

Think Good, Feel Good – Stallard (children)

Thinking Good, Feeling Better – Stallard (adolescents)

Mind Over Mood – Greenberger

Please Explain Anxiety to Me- Laurie Zelinger (5-8 years)

Anxiety Relief Workbook for Kids: 40 Mindfulness, CBT and ACT Activities to Find Peace from Anxiety and Worry - Dr Selinger

The Worry Workbook (8-12 yo)- Imogen Harrison

Websites

maps.anxietycanada.com

copingcatparents.com

childmind.org/topics-a-z

namimainlinepa.org/support/services-for-children-and-teens

speakup.org/resources

Apps for Kids:

What's Up
Stop, Breathe, Think
Headspace
Finch

Calm
Insight Timer
Mightier
Sleep Meditations for Kids