



City of

Philadelphia Department of Behavioral Health and Intellectual disAbility Services

Public Transit Travel Plan

A self-help plan to get from point A to point B using public transportation.
Fill out the form for reference on what routes you can take and what to do in case transit routes are disrupted.

Point A: Where are you starting from?

Route: Bus, train, trolley, rideshare, etc.
(include number or license plate)

Route: Where to catch your ride
(street, station, or stop)

Arrival: When to be at the route location.

Travel Time: How long it will take?

Backup Plan: Alternative route if your ride is late or unavailable

Cost:**Point B: Where are you starting from?**

Route: Bus, train, trolley, rideshare, etc.
(include number or license plate)

Route: Where to catch your ride
(street, station, or stop)

Arrival: When to be at the route location.

Travel Time: How long it will take?

Backup Plan: Alternative route if your ride is late or unavailable

Cost:

Contact Person: Name and phone number in case you're running late.

Help Line: Who can you call for assistance?

Coping Plan: Three things I can do if I start feeling anxious or overwhelmed:

 1 2 3

Need to talk or find resources? Call the **NAMI WarmLine** at **844-PHL-HOPE** or visit **HealthyMindsPhilly.org** for free mental health screenings and support.

RESOURCES

1. Find directions and estimated travel times: **maps.google.com**
2. Plan your trip using bus, train, or trolley routes: **plan.septa.org**
3. Find directions and estimated travel times: **SEPTA.org/maps**
4. Check live arrival and departure times: **ng-realttime.septa.org**
5. Get transit schedules, alerts, and step-by-step directions: **transitapp.com**
6. Find carpool, vanpool, bike, or telecommute options: **sharearide.agilemile.com**
7. SEPTA Customer Service **215-580-7800**; M-F 7am to 7pm | Sat-Sun 8am to 5pm

SCAN ME