



Mental Health Association in Delaware

Mental Health Community Resources Directory

Compiled by:
The Mental Health Association in Delaware
Community Services Building
100 West 10th Street, Suite 600
Wilmington, DE 19801
302-654-6833, KE & SU 800-287-6423

January 5, 2007

The Mission of the Mental Health Association is to deliver mental health education, support and advocacy and to collaborate in providing mental health leadership in Delaware. We do this in many ways.

Support Groups are available throughout the state for people who are experiencing Depression, Bipolar Disorder, Dual Disorders, or an Anxiety Disorder. In addition, the Mental Health Association sponsors groups for people who have lost a friend or family member to suicide. In addition, MHA sponsors a group for people who have lost a loved one to a murder. This group is through the Delaware Criminal Justice Council by the U.S. Department of Justice, Office for Victims of Crime.

The Association helps improve community awareness of these illnesses through various education programs. We provide education for the community at large through **Community Workshops, Conferences and Health Fairs**. We partner with the National Institute of Mental Health and the National Mental Health Association through the **Campaign on for America's Mental Health to provide Depression and National Depression Screening Day** – a program that provides Depression Screening at no cost.

Beyond Stress Teen is an ongoing mental health education program designed to help adolescents reduce the risks of stress and depression. This is done through presentations in Delaware high schools, wellness centers, community programs and the juvenile justice system.

The **Primary Care Initiative** is part of a national initiative in which MHA offers free educational materials on depression and related mental health topics to primary care physicians for their patients.

MHA's **Advocacy** efforts include monitoring the implementation of state mental health parity legislation and advocacy on the federal level for consumer protection legislation and comprehensive mental health parity. MHA has taken a leadership role to coordinate the Mental Health Consortium, a coalition of agencies working together on common goals.

Each year our **Information and Referral Service** responds to over a thousand callers who have questions or concerns regarding mental health services or issues. This toll free service is available from 8:30 a.m. to 4:30 p.m., Monday through Friday.

Also, MHA and Delaware State University are partners in developing the **Center for Mental Health Education and Research**.

This **Mental Health Services Directory** is produced as part of our Information and Referral Service. We believe it is a very useful resource and hope you will feel the same way after using the Directory.

James Lafferty
Executive Director

Table of Contents

ADVOCACY _____	5
CRISIS INTERVENTION SERVICE _____	4
DOMESTIC VIOLENCE _____	7
HELPLINES _____	4
HOSPITALS _____	7
INFORMATION AND REFERRAL _____	4
MENTAL HEALTH SERVICES - MEDICAID _____	6
MENTAL HEALTH SERVICES FOR CHILDREN AND ADOLESCENTS _____	7
MENTAL HEALTH SERVICES FOR SENIOR CITIZENS _____	8
NON-PROFIT COUNSELING CENTERS _____	6
REFERRALS FOR COUNSELORS _____	4
SUPPORT GROUPS _____	4
SUBSTANCE ABUSE TREATMENT _____	5
TYPES OF CARE _____	9
TYPES OF MENTAL HEALTH PROFESSIONALS _____	9
QUICK INDEX TO SERVICES _____	10
Advocacy _____	10
Counseling _____	10
Crisis _____	10
Day Treatment _____	10
Domestic Violence Services _____	10
Evaluation _____	10
Helpline _____	10
Hospitals _____	10
Information & Referral _____	10
Insurance _____	11
Licensing _____	11
Professional Referral _____	11
Resources - National _____	11
Resources - State _____	11
Substance Abuse Treatment _____	5
Support Groups _____	5

CRISIS INTERVENTION SERVICE

If you feel that you are experiencing a mental health crisis, you can call Crisis Intervention Services 7 days a week, 24 hours per day. This mobile emergency service is run by the state of Delaware and is offered free to all residents of the state.

Adult

Crisis Intervention Service	577-2484
Crisis Intervention Service(KE/SU).....	800-652-2929

Children & Adolescents

Crisis Intervention Service	633-5128
Crisis Intervention Service(KE).....	800-969-4357
Crisis Intervention Service(SU).....	800-969-4357

HELPLINES

If you are experiencing a personal or mental health problem and feel that you need to speak with a trained volunteer immediately, you can call CONTACT which offers 7 days a week, 24 hours a day telephone listening and crisis intervention service.

Many hospitals also offer free crisis intervention, assessment and referral services to the community:

Addiction Psychiatry.....	996-5480
Christiana Care Psychiatry	428-2118
Contact - Delaware.....	761-9100
Contact - Delaware(KE/SU)	800-262-9800
Meadowood Hospital	328-3330
Meadowood Hospital (KE/SU)	800-289-8336
Rockford Center Respond (KE/SU).....	866-847-4357
Runaway Helpline (Child Inc.).....	762-6373
Dover Behavioral Health System (KE).....	741-0140
The Trevor Helpline (Sexual Orientation).....	800-850-8078
Widowed Persons Service (AARP).....	674-7398
Widowed Persons Services (AARP) Milford.....	424-5435

INFORMATION AND REFERRAL

If you have questions or concerns pertaining to mental health problems or you need assistance in locating a service in the community, you can call the Mental Health Association in Delaware. The following organizations also offer information and referral.

Mental Health Association.....	654-6833 or 800-287-6423
Delaware Helpline	800-464-4357
LaLinea – Latinos in Need of Assistance	800-221-2266
Call-A-Nurse.....	428-4100
Div. of Substance Abuse & Mental Health	
General Information.....	255-9399
Parenting Information	
Parent Information Center	366-0152
DE Psychiatric Center Library.....	255-2789
DE Academy of Medicine, Inc.....	733-3900

REFERRALS FOR COUNSELORS

If you would like a referral for a mental health provider, you can contact any of the following organizations. Some of the organizations can give you names of mental health professionals based on information such as gender, specialty areas, location, types of insurance accepted, etc.

Licensed Clinical Social Worker Association.....	651-9424
Delaware Psychological Association.....	475-1574

Delaware Psychological Association

Online Referral Service.....www.depsych.org

LICENSING AND COMPLAINTS

If you would like information on educational and professional requirements for the various types of mental health professionals who are licensed in the state of Delaware, or a list of all professionals that are licensed in a particular field, you can obtain this information for a fee from the state Board of Professional Regulation. In addition, if you feel that a professional has been unethical in their practice or have concerns regarding a patient's treatment in a healthcare facility, you can file a complaint with the board:

Health Care Facility Licensing.....	995-8521
State Board of Licensing	739-4522

The following are the types of mental health professionals that are licensed in the State of Delaware:

- Clinical Social Workers
- Nurses
- Professional Counselors of Mental Health
- Psychologists
- Psychiatrists

SUPPORT GROUPS

The Mental Health Association in Delaware offers free support groups for **Depression, Bipolar Disorder, Dual Disorders, and Anxiety Disorders** in New Castle, Kent and Sussex Counties.

Survivors of Suicide Support groups for family members and friends who have lost a loved one to suicide are also offered in New Castle and Sussex Counties. Although mutual help groups do not replace therapy, often they can offer ongoing peer support that can not be provided by a therapist. In addition, many support groups provide ongoing education to group members.

SUPPORT GROUPS (continued)

Updated 8/29/07

To join a group contact:

Mental Health Association in Delaware

.....654-6833
or (KE/SU).....800-287-6423

MHA also provides telephone referral for many other mutual help support groups in the community. Groups include:

Addiction

Gamblers Anonymous (Contact DE).....761-9100
Gambling Hotline.....888-850-8888
Sex & Love Addicts Anonymous.....215-731-9760
H.E.R.O.I.N. Hurts.....378-0229

Attention Deficit Disorder

Chadd of Greater Newark 737-5063
Chadd of Brandywine Valley 376-0900

Anxiety

Mental Health Association.....654-6833
Obsessive-Compulsive Disorder.....731-4339
Panic/Phobia and Obsessive Compulsive.....479-5266
Recovery Inc.....998-6705

Child Abuse

Prevent Child Abuse Delaware (PCAD).....254-4611
Prevent Child Abuse Delaware (KE).....674-1112
Prevent Child Abuse Delaware (SU).....644-4374

Depression

Depression (MHA in DE).....654-6833 or 800-287-6423
New Directions 286-1161
Depression/Manic Depression (SU).....629-0619
Children& Families First.....800-734-2388

Eating Disorders Support

Food Addicts Anonymous.....892-3336
Overeaters Anonymous.....777-7678
Renfrew Center.....800-736-3739

Grief Support

Death, Divorce (Supporting KIDDS).....658-5433
Delaware Hospice.....478-5707
Compassionate Friends (Loss of child).....376-0300
Going On After Loss.....478-7100
Pathways Through Grief.....368-5738
Survivors of Suicide (MHA in DE).....654-6833
Widowed Persons Service (AARP) (KE).....424-5435
You Are Not Alone.....655-9624
Grief Share.....478-2575

Sexual Orientation

Coming Out Gay Men.....652-6776
HIV & Men.....652-6776
Gay Youth.....800-810-6776
PFLAG.....654-2995
Trevor Helpline for Crisis and Suicide.....800-850-8078
LGBTQ Delaware Youth Hotline.....800-810-6776

Substance Abuse Support

Al-Anon Teen/Family Groups.....366-8484
Al-Anon Teen/Family Groups (KE).....734-8010
Al-Anon Family Groups (SU).....422-8010
Alcoholics Anonymous.....655-5113
Alcoholic Anonymous (Spanish).....295-2172
Alcoholics Anonymous (KE).....736-1567
Alcoholics Anonymous (SU).....856-6452
Delaware Association for Children of Alcoholics.....656-5554
DE Association for Children of Alcoholics (KE).....736-6619
DE Association for Children of Alcoholics (SU).....856-6477

Support Groups for Family Members in Delaware

National Alliance for the Mentally Ill in DE.....427-0787
Kent and Sussex.....226-3334
Parenting Classes.....762-8989
Parents of children w/MI.....427-0787
Parents Anonymous.....225-1040
DE Federation of Families.....584-5244
Family Support Network.....366-0152
Family Caregiver Support Group.....737-2336ext.21
Kids Circle/Teen Talk.....995-2850

Survivors and Victims Support

SOAR (NC & KE).....655-3953
Rape-Sexual Assault (Contact).....761-9800

SUBSTANCE ABUSE - TREATMENT

Several organizations offer in-patient and outpatient treatment for substance abuse issues. Services may include vocational counseling, mental health counseling, etc.

Aquila (adolescents).....999-1106
Aquila (KE).....376-8610
Aquila (SU).....856-9746
Addictions Coalition of DE, Inc.....984-2322
Connections.....866-477-5345
Division of Substance Abuse & Mental Health.....255-9399
Brandywine Counseling.....656-2348
Child Mental Health Services.....633-2600
Pyle Health & Social Service Center (SU).....856-5237
Latin American Community Center.....295-2172
Limen House for Men.....652-7969
Limen House for Women.....571-1216
MeadowWood.....328-3330
Net Counseling.....800-359-1367
New Castle County Detoxification.....856-5236
KE/SU County Detoxification.....422-1395
Open Door, Inc.....798-9555
Pace, Inc.....999-9812
Pace, Inc (KE).....678-4911
People's Place (KE & SU).....422-8026
Rockford Center (Addiction Psychiatry).....996-5480
Sodat.....656-4044
Sodat (KE/SU).....800-551-6464
Sojourners' Place, Inc.....764-4713
Dover Behavioral Health System (KE).....741-0140
Sussex Co. Counseling Services (SU).....854-6981
Thresholds, Inc. (SU).....856-1835

ADVOCACY ORGANIZATIONS

There are a number of community organizations that provide advocacy for persons with mental health disorders. These organizations work to improve the lives of both people with mental illness and their families. Some provide individual advocacy, while others work to improve the mental health system as a whole in areas such as health care reform, access to services, etc.

Mental Health Association in Delaware
Focus: support, education and advocacy 654-6833
Kent & Sussex1-800-287-6423

Addictions Coalition
Focus: education and advocacy for chemically addicted individuals and families.....984-2322

ADVOCACY (continued)

National Alliance for the Mentally Ill in Delaware
Focus: support for family members and housing
for consumers
..... 427-0787
Kent & Sussex.....226-3334

ARC/De-Association for the Rights of Citizens
with Mental Retardation in Delaware
Focus: improve and enhance the quality of life
for individuals with mental retardation and their
families
.....996-9400

Federation of Families
for Children’s Mental Health.....1-866-994-0000

Community Legal Aid Society – Disabilities Law
Program
Focus: Investigation of abuse and neglect in
residential mental health facilities; legal
assistance in non-criminal matters such as
housing, social security payments, employment
rights, etc.

New Castle County..... 575-0660
Kent County 674-8500
Sussex County 856-0038

Client Assistance Program
Focus: Advocacy for persons with disabilities
who are having difficulties with a vocational
training or employment situation.

DE Volunteer Legal Service 478-8680
New Castle County (United Cerebral Palsy).....764-2400

MENTAL HEALTH SERVICES – MEDICAID

Delaware now offers insurance coverage for
Medicaid recipients. This new plan contracts
with several insurance providers and mental
health professionals. If you are a Medicaid
recipient you need to call to sign up with an
insurance provider offered by the First State
Health Plan or Diamond State Partners.

Delaware Physicians Care.....866-543-2167
Diamond State Partners.....800-996-9969
Health Benefits Manager.....800-996-9969
Child Medicaid.....577-2174.or.368-6610

NON-PROFIT COUNSELING CENTERS

Mental Health counseling can be obtained in any
number of counseling centers that are operated
as nonprofit organizations. These centers are
often supported by churches, community
centers, United Way, etc. Because they are not
in business to make a profit, they can offer some
services at reduced cost. Their fees are often
based on factors such as income, number of
family members, type of insurance coverage,
amount of debt and other financial obligations.
Even when a church operates a nonprofit
counseling center, its services are available to
all that may need them, regardless of religious
affiliation. A person seeking counseling should
call the organization to determine the type of
services they offer:

Community Mental Health Centers

Fernhook Mental Health Center.....255-9450
Wilmington Mental Health Center577-6490
Newark Mental Health Center.....453-4101
Dover Mental Health Center.....739-4170
Georgetown Mental Health Center856-5490

Catholic Charities (NC).....656-0651
Catholic Charities (KE).....674-1600
Catholic Charities (SU).....856-9578
CHILD, Inc.....762-8989
Children and Families First of Delaware.....800-734-2388
Claymont Community Center792-2757
Connections.....866-477-5345
Carelink.....429-6693
Delmarva Rural Ministries (KE).....678-2000
Jewish Family Services478-9411
Latin American Community Center.....295-2169
Mood & Anxiety Disorders Program.....800-422-7000
Peoples Place (KE&SU).....422-8026
Psychological Services Training Center (U.D.).....831-2717
Washington Street Behavioral Health.....984-3388

Delaware Guidance for Children and Youth
Newark.....455-9333
Wilmington.....652-3948
Dover.....678-3020
Seaford.....262-3505
Lewes.....6455338

Dover Air Force Base

Counseling
Life Skill Support Center.....677-2674

Domestic Violence Services
Family Advocacy Office.....677-2711

Substance Abuse Treatment
Alcohol and Drug Abuse Prevention and Treatment
(ADAPT)
.....677-2674

DOMESTIC VIOLENCE

The following agencies offer services to victims and perpetrators of domestic violence. Services may include counseling, shelters, and/or anger management.

Aid in Dover Inc.	734-7610
Catholic Charities	655-9624/203
Child Inc.	762-8989
Children & Families First.....	658-5177
Delaware Volunteer Legal Services	478-8680
Delaware Center for Justice(Victim)	658-7174
Domestic Violence Coord. Council	577-2684
Domestic Violence Hotline (Child Inc.)	762-6110
Families in Transition.....	422-8058
Latin American Community Center	655-7338
Peoples Place Turning Point.....	424-2420
Prevent Child Abuse Delaware.....	254-4611
Prevent Child Abuse Delaware (KE).....	674-1112
Prevent Child Abuse Delaware (SU).....	644-4374

Legal services for victims of domestic violence:

Delaware Volunteer Legal Services.....	478-8680
--	----------

HOSPITALS

(Inpatient, Partial, Day and Evening Programs)
Hospitalization is usually recommended when a person is experiencing severe, treatment resistant depression, anxiety or mania, is feeling suicidal, is having severe difficulty with medication management, or is in need of intensive treatment for another reason. Today, many hospitals offer day and evening treatment programs as an alternative to inpatient hospitalization. The following hospitals offer psychiatric care:

New Castle County

Christiana Care	
Wilmington Hospital.....	428-2229
MeadowWood Hospital	328-3330
MeadowWood Hospital (KE/SU).....	800-289-8336
Rockford Center	996-5480
Rockford Center (KE/SU).....	800-847-4357
Delaware Psychiatric Center.....	255-2700
St. Francis Hospital.....	421-4100

Kent County

Dover Behavioral Health System (KE).....	741-0140
--	----------

Sussex County

Nanticoke Memorial Hospital.....	629-6611
Beebe Medical Center.....	645-3300

MENTAL HEALTH SERVICES FOR CHILDREN AND ADOLESCENTS

The state of Delaware provides mental health services for children and adolescents that are funded by our tax dollars. These services include crisis intervention, day treatment, intensive residential treatment, and consultation and assessment services. These services are available for families that have little to no income.

Division of Child Mental Health

Intake Number

(New Castle County).....	633-2571
(Kent /Sussex)	1-800-722-7710

American Psych Services

(Children With Medicaid).....	877-239-8789
-------------------------------	--------------

Terry Center – Services

This is a children's psychiatric hospital that is operated by the state of Delaware and funded by our tax dollars. The Terry Center offers Crisis Services including crisis response and crisis beds (also available for adolescents age 12-18), residential treatment and day treatment. Serves children up to the age of 12.

Call for more information	577-4270
Emergency Referral Number (NCC).....	633-5128
Emergency Referral Number (KE & SU).....	424-HELP
Non-emergency	
Referral number:	800-722-7710

RESIDENTIAL TREATMENT CENTERS -

Division of Child Mental Health

Residential treatment centers are group homes for adolescents with severe psychiatric disabilities who require extended 24-hour treatment outside of their home. Most are located in residential neighborhoods.

Division of Child Mental Health..

Intake Number- Castle County

New Castle County	633-2573
Kent/Sussex	1-800-722-7710

DIAGNOSTIC & EVALUATION SERVICES

A.I. duPont Hospital for Children.....	651-4000
--	----------

A.I. dupont Hospital for Children offers clinical psychological testing and evaluation for children through their Psychological Services Department. Both the Psychology and Psychiatry Departments provide limited outpatient counseling services to children.

MENTAL HEALTH SERVICES FOR CHILDREN AND ADOLESCENTS (continued)

NET Children & Family Services.....368-2070

Federation of Families
for Children's Mental Health.....1-866-994-0000

<p>Crisis Intervention – Children and Youth Division of Child Mental Health New Castle.....633-5128</p> <p>Brandywine Project Mobile Crisis Unit.....995-2002</p>

<p>Crisis Center Kent County.....302-678-3782 Sussex County.....800-969-4357</p>
--

ADDITIONAL MENTAL HEALTH SERVICES FOR CHILDREN AND ADOLESCENTS

Several of the other services described in the directory serve children, adolescents and their families. The following is an abbreviated list of these services. Please refer to the appropriate section of the directory for complete information.

REFERRAL FOR A MENTAL HEALTH PROFESSIONAL

Many mental health professionals in private practice specialize in treatment of children with mental health disorders.
(Please see "Referral Services" for telephone numbers.)

Additionally, most High School Wellness Centers provide individual and group counseling services free of charge for adolescents.

NON-PROFIT COUNSELING CENTERS

Most of the counseling centers listed in this section of the directory serve children, adolescents and families. Some focus specifically on the needs of children as opposed to treatment of adult mental health problems.
(Please see "Non-profit Counseling Centers" for telephone numbers.)

HOSPITALS AND DAY TREATMENT PROGRAMS FOR CHILDREN

New Castle County
MeadowWood Hospital 328-3330
Rosenblum Adolescent Center 428-6366
Rockford Center (Addiction Psychiatry).....996-5480

Kent County
Delaware Guidance Day Treatment
For Children (6-12 yrs)..... 678-9316

SUBSTANCE ABUSE TREATMENT PROGRAMS FOR CHILDREN

New Castle County
Aquila 999-1106
Net/Brandywine Counseling..... 656-2348

Kent County
Aquila376-8610
Phoenix Mental Health 736-6135
People's Place(KE&SU).....422-8026

Sussex County
Aquila 856-9746
Children & Families First 856-2388
People's Place..... 422-8026

MENTAL HEALTH SERVICES FOR SENIOR CITIZENS

INSURANCE INFORMATION

Elder Info:.....800-336-9500

The Division of Aging offers a counseling and assistance program for Medicare beneficiaries with questions about Medicare, Medicaid, Medicare supplement insurance, long term care insurance and other insurance.

Client Services.....800-223-9074

OUTPATIENT COUNSELING SERVICES

A number of outpatient counseling centers offer special programs for adults 60 and older. Some of these programs offer home-based counseling services. All are designed to meet the special mental health needs of older adults:

Children & Families First
Grand Parenting Program 658-5177
Jewish Family Service of Delaware
Services to the Aged
and their families..... 478-9411
Visiting Nurses Association 323-8200
Catholic Charities Elderly
Counseling Program..... 674-1600

Community and Senior Centers provide a variety of programs and services for the elderly.

Casa San Francisco684-8694
Chinese American Community Center..... 239-0432
Claymont Community Center792-2757
Edgemoor Community Center.....762-1391
Dover Airforce Base - Family Support Center 677-6930
Hilltop Lutheran Neighborhood, Inc. 656-3224
Kent County Community Action Agency, Inc. 678-1949
Kingswood Community Center, Inc.....764-9022
La Esperanza Community Center.....854-9262
Latin American Community Center 655-7338
Martin Luther King Community Center..... 655-2832
Neighborhood House, Inc..... 652-3928
Neighborhood House, Inc..... 378-7217
Union Baptist Community Services..... 764-0137
People's Settlement Association 658-4133
Richardson Park Community Action Program, Inc. 428-1247
Rose Hill Community Center, Inc. 656-8513
Southwest Wilmington Community Center, Inc. 652-2111
West End Neighborhood House, Inc..... 658-4171
William "Hicks" Anderson Community Center..... 571-4266
Care Van of Ingleside Homes.....888-2273

TYPES OF CARE

Outpatient - This refers to regularly scheduled sessions with a mental health professional for counseling or psychotherapy. It can be for individual children or adults, couples, families or groups.

Inpatient Hospitalization - This refers to being admitted into a hospital that provides psychiatric care for a period of time.

Partial hospitalization - This is also called day treatment or day hospital and provides intensive outpatient treatment. Length of stay and number of hours per day/week may vary.

Medication - Medications are prescribed by psychiatrists to change the brain chemistry. They can either reduce or control symptoms of depression.

Self-Help - Support groups are not a substitute for therapy, however are viewed as a crucial addition or alternative to the traditional services provided by a mental health professional. Mutual help groups often offer ongoing peer support and education that professional may not be able to provide

TYPES OF MENTAL HEALTH PROFESSIONALS

Psychiatrists - are medical doctors (M.D., D.O.) who specialize in mental disorders. They can evaluate and diagnose all types of mental disorders, prescribe medication and provide therapy. In Delaware, a psychiatrist must be licensed to practice medicine and must complete three years of specialty training.

Psychologists - hold a doctoral degree in psychology (Ph.D., Psy.D., and Ed.D). They conduct psychotherapy, evaluate and diagnose mental disorders and conduct psychological testing. Current law in Delaware requires that a psychologist hold a doctoral degree and complete two years of supervised experience.

Licensed Clinical Social Workers - provide evaluation, diagnosis, referral, individual counseling and group therapy (L.C.S.W., D.S.W., and M.S.W.). In Delaware, an L.C.S.W. must hold a master's degree in social work and complete two years of supervised practice.

Licensed Professional Counselors of Mental Health - provide professional counseling services to individuals, groups and families (L.P.C.M.H.). In Delaware, a licensed professional counselor of mental health must hold a master's degree and work three full years in a mental health setting with supervision.

Certified Mental Health Counselors - provide individual, group and family counseling (M.A., M.S., M.C., and M.Ed). They must hold a master's degree and pass a national certification exam.

Psychiatric Nurses - are registered professional nurses (M.S.N., B.S.N.) who work in a hospital or clinical setting. In addition to a medical background, they have specialized training or education in the treatment of mental disorders.

Marriage and Family Therapists - focus on premarital, marital, parent-child and sibling relationships, as well as larger family systems. A certified family therapist must hold a master's degree with specialized courses and must work in a mental health setting with supervision.

Pastoral Counselors - are ministers or lay people who hold good standing in a recognized denomination or religious faith. They provide counseling based on the theological and psychological dimensions of human problems. A certified pastoral counselor must hold a master's degree, complete clinical pastoral education and complete a period of supervised practice.

School Psychologists- are specialists (Masters +30) and Doctoral level professionals that in Delaware must meet or exceed national standards for certification including a one year internship. While they have a psychology background, they also are skilled in the areas of counseling, crisis intervention and therapy within the schools or in related settings. School Psychologists also conduct psychological and psycho-educational evaluations. In addition, they often do case management with students and can act as community liaisons.

QUICK INDEX TO SERVICES

The Mental Health Association in Delaware

Community Services Building, 100 West 10th Street, Suite 600, Wilmington, DE 19801
(302) 654-6833 Kent/Sussex (800) 287-6423 www.mhainde.org

Crisis

Adult

Crisis Intervention Service577-2484
Crisis Intervention Service (KE/SU)...800-345-6785

Children & Adolescents

Crisis Intervention Service.....577-5128
Crisis Intervention Service (KE).....800-969-4357
Crisis Intervention Service (SU).....302-424-4357

Advocacy

Ombudsman.....453-3820
Addictions Coalition984-2322
National Alliance for the Mentally Ill in DE.....427-0787
(Kent and Sussex).....226-3334
ARC996-9400
Community Legal Aid Society(KE).....674-8500
Community Legal Aid Society(NC)575-0660
Community Legal Aid Society(SU).....856-0038
Delaware Volunteer Legal Service.....478-8680
Federation of Families
for Children's Mental Health.....1-866-994-0000

Counseling

AIDS Delaware.....652-6776
Brandywine Pastoral Institute Inc.....651-0223
Catholic Char. Day Treat. (KE)674-8211
Catholic Charities(NC).....655-9624
Catholic Charities-Coun. & Children Svcs.....674-1600
Catholic Social Services(SU)856-9578
Child Inc.....762-8989
Child. & Fam. First of DE.....800-734-2388
Claymont Community Center.....792-2757
Community Mental Health
(General Information).....255-9399
Connections.....866-477-5345
Delmarva Rural Ministries (Dover).....678-2000
Delaware Guidance (Dover).....678-3020
Delaware Guidance (Lewes).....645-5338
Delaware Guidance (Wilmington)652-3948
Delaware Guidance (Newark).....455-9333
Delaware Guidance (Seaford).....262-3505
Division of Child Mental Health633-2571
Division of Vocational Rehab.761-8300
Dover Mental Health Center.....739-4170
Fam. and Child Serv. of DE(Newark)738-3305
Family and Child Serv. of DE(Lewes).....645-7302
Georgetown Mental Health Center856-5490
Geriat. Serv. Of De-Home Care(KE)734-7005
Geriat. Serv. of DE-Home Care(SU).....856-7774
Geriat. Serv. Of De.-Home Care(NC).....658-6731
Independent Living/Carelink.....429-6693
Jewish Family Service of Delaware478-9411
Kent/Sussex Mental Health Center.....422-1395
MeadowWood Hospital-Senior Outpt. Serv...328-3330
People's Place(Milford).....422-8011

Day Treatment

Delaware Day Treat. (6-12yrs)(KE)678-9316
Dover Behavioral Health System (KE).741-0140
Meadowwood Hospital (NC).....328-3330
Rockford Center (NC).....996-5480
Rosenblum Adolescent Center (NC)428-6366
Wilmington Hospital-Transitional Care Prg...428-2357

Domestic Violence Services

Delaware Center for Justice(Victim)658-7174
Delaware Volunteer Legal Services.....478-8680
Domestic Violence Coord. Council577-2684
Domestic Violence Hotline762-6110
Children and Families First.....800-734-2388
Families in Transition.....422-8058
Peoples Place Turning Point.....424-2420

Evaluation

A.I. DuPont Institute651-4000
Pathways428-2100

Helplines

Contact - Delaware761-9100
Contact - Delaware(KE/SU)800-262-9800
Delaware Helpline.....800-464-4357
Kent General Hospital.....744-7499
Meadowwood Hospital.....328-3330
Christiana Care Emergency428-2118
Rockford Center Respond996-5480
Trevor Helpline (Sexual Orientation).....800-850-8078

Hospitals

Adult Treatment Options.....234-9882
Christiana Care.....428-2961
Beebe Medical Center645-3300
Delaware Psychiatric
Center255-2700
Kent General Hospital.....674-4700
Meadowwood Hospital.....328-3330
Meadowwood Intensive Treatemnt Opt.678-1414
Nanticoke Memorial Hospital.....629-6611
Rockford Center.....996-5480
Rosenblum Adolescent Center428-6366
St. Francis Hospital.....421-4100
Dover Behavioral Health System (KE).741-0140
Terry Children's Psychiatric Center577-4270
Wilmington Hospital.....428-2100

QUICK INDEX TO SERVICES

The Mental Health Association in Delaware

Community Services Building, 100 West 10th Street, Suite 600, Wilmington, DE 19801
(302) 654-6833 Kent/Sussex (800) 287-6423 www.mhainde.org

Information & Referral

Delaware Helpline 800-464-4357
Mental Health Assoc. In Del. 654-6833
Parent Information Center 366-0152

Insurance

Amerihealth First 800-573-4100
EDS Corporation 800-996-9969
Elder Info 800-336-9500
First State Health Plan 800-752-7242
Insurance Commissioner 800-282-8611
Medicaid Office 800-372-2022
Quality Insights of Delaware 800-422-8804

Licensing

Health Care Facility Licensing 995-8521
State Board of Licensing 739-4522

Professional Referral

Delaware Psychological Assoc. 475-1574
Delaware Psychological Association
Online Referral Service www.depsych.org
Licensed Clinical Social Worker Assoc 651-9424
Psychologists Referral Network 529-1776

Resources - National

Am. Acad. Child & Adol. Psy. 202-966-7300
Center for Mental Health Services 800-789-2647
Nat. Manic Dep. and Dep. Assoc. 800-826-3632
ADA Information Center 800-949-4232
American Association of Suicidology 202-237-2280
American Psychological Association 202-336-5500
Anxiety Disorders Assoc. Of America 240-487-1020
Depression and Related Aff. Disorder ... 401-955-4647
NARSAD 516-829-0091
National Alliance for the Men. Ill. 800-950-6264
National Dep. and Manic Dep. Assoc. 800-826-3632
National Institute of Mental Health 800-421-4211
National Mental Health Association 800-969-6642
Office of Disease Prevention 800-336-4797
Washington Business Group on Health. 202-408-9320

Resources - State

Alcoholics Anonymous 655-5113
Division of Aging 453-3820
Division of Aging(Admin) 577-4791
Division of Aging(KE/SU) 422-1386
Division of Substance Abuse & MH 255-9399
Division of Child Mental Heal. Serv. 633-2600
Division of Social Services 577-4400
Division of Vocational Rehab. 761-8300

Support Groups

Addiction

Gamblers Anonymous (Contact DE) 761-9100
Gambling Hotline 888-850-8888
Sex & Love Addicts Anonymous 215-731-9760
H.E.R.O.I.N. Hurts 378-0229

Attention Deficit Disorder

Chadd of Greater Newark 737-5063
Chadd of Brandywine Valley 376-0900

Anxiety

Mental Health Association 654-6838
Obsessive-Compulsive Disorder 731-4339
Panic/Phobia and Obsessive Compulsive 479-5266
Recovery Inc. 998-6705

Child Abuse

Prevent Child Abuse Delaware (PCAD) 254-4611
Prevent Child Abuse Delaware (KE) 674-1112
Prevent Child Abuse Delaware (SU) 644-4374

Depression

Depression(MHA in DE) 654-6833 or 800-287-6423
New Directions 286-1161
Depression/Manic Depression (SU) 629-0619
Children & Families First 800-734-2388

Eating Disorders Support

Food Addicts Anonymous 892-3336
Overeaters Anonymous 777-7678
Renfrew Center 800-736-3739

Grief Support

Death, Divorce(Supporting KIDDS) 658-5433
Compassionate Friends (Loss of child) 376-0300
Delaware Hospice 478-5707
Going On After Loss 478-7100
Pathways Through Grief 368-5738
Survivors of Suicide (MHA in DE) 654-6833
Widowed Persons Service (AARP) (KE) 424-5435
You Are Not Alone 655-9624
Grief Share 478-2575

Sexual Orientation

Coming Out Gay Men 652-6776
HIV & Men 652-6776
Gay Youth 800-810-6776
PFLAG 654-2995

Substance Abuse Support

Al-Anon Teen/Family Groups 366-8484
Al-Anon Teen/Family Groups (KE) 734-8010
Al-Anon Family Groups (SU) 422-8010
Alcoholics Anonymous 655-5113
Alcoholics Anonymous (KE) 736-1567
Alcoholics Anonymous (SU) 856-6452
Delaware Association for Children of Alcoholics 656-5554
DE Association for Children of Alcoholics (KE) 736-6619
DE Association for Children of Alcoholics (SU) 856-6477
Thresholds, Inc. (SU) 856-1835