Community Resource Guide

For mental wellness

2020
The Mission of the Mental Health Association is to promote improved mental well-being for all individuals and families in Delaware through education, support, and advocacy.

Wellness Groups are available throughout the state for people who are experiencing Depression, Bipolar Disorder, or an Anxiety Disorder. In addition, the Mental Health Association sponsors groups for people who have lost a friend or family member to suicide.

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 provide free mental health screenings through Screening for Mental Health.

MHA’s Suicide Prevention Initiative is focused on reducing the rates of suicide by enhancing knowledge, skills and competencies. We offer evidence-based gatekeeper trainings such as ASIST (Applied Suicide Intervention Skills Training), a two day training and safeTALK, a three hour training. In addition, we provide suicide prevention awareness trainings and programs to schools and the community.

MHA’s Advocacy efforts include monitoring the implementation of state mental health legislation and advocacy on the federal level for consumer protection legislation and comprehensive mental health parity. 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 form 8 a.m. to 4 p.m., Monday through Friday.

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.

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Executive Director, Mental Health Association in Delaware
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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

Statewide ................................................................. 302-654-6833

**National Alliance on Mental Illness in Delaware (NAMI-DE)**
Focus: support for family members and housing for consumers

Statewide ................................................................. 302-427-0787

**The Arc of Delaware**
Focus: To promote and protect the human rights of people with intellectual/ developmental disabilities and actively support full inclusion and participation in the community through advocacy & services to individuals and their families.

New Castle County ..................................................... 302-996-9400
Kent County (302) 736-8140

**CLASI– Disabilities Law Program**
Provides advocacy services to Delaware residents with physical or mental disabilities

New Castle County ..................................................... 302-575-0690
Kent County ............................................................... 302-674-8503
Sussex County ............................................................ 302-856-3742
COUNSELING SERVICES

Brandywine Counseling & Community Services .................................................. 302-656-2348
Catholic Charities (NC) ...................................................................................... 302-655-9624
Catholic Charities (KE) ...................................................................................... 302-674-1600
Catholic Charities (SU) ...................................................................................... 302-856-9578
Connections ....................................................................................................... 866-477-5345
CHILD, Inc. ....................................................................................................... 302-762-8989
Dover Behavioral Health System ........................................................................ 302-741-0141
Family Counseling Center of St. Paul’s ............................................................. 302-576-4136
Bilingual Counselors ......................................................................................... 302-576-4136
Jewish Family Services ....................................................................................... 302-478-9411
Peoples Place (KE/SU) ....................................................................................... 302-422-8033
Psychological Services Training Center (U.D.) ................................................ 302-831-2717
SUN Behavioral ................................................................................................. 302-604-5600
The Bridge Clinic NCC ...................................................................................... 302-255-1650
Kent 302-857-5060
Sussex 302-515-3310
The Bridge Clinic offers fast services to individuals who are struggling with mental health and/or substance use disorders.

Delaware Guidance for Children and Youth
Newark ................................................................................................................. 302-455-9333
Wilmington ......................................................................................................... 302-652-3948
Dover ................................................................................................................... 302-678-3020
Seaford ............................................................................................................... 302-262-3505
Lewes .................................................................................................................. 302-645-5338

Court Ordered Evaluations
One time psychiatric court ordered evaluations are available at the following locations

The Mind and Body Consortium ...................................................................... 302-674-2380
People’s Place .................................................................................................... 302-422-8026

Dover Air Force Base
Counseling
Mental Health Clinic .......................................................................................... 302-677-2674

Domestic Violence Services
Family Advocacy Office ..................................................................................... 302-677-2711

The PROMISE program (Promoting Optimal Mental Health for Individuals through Supports and Empowerment) will target individuals with behavioral health needs and functional limitations to offer an array of home and community-based services (HCBS) that are person-centered, recovery-oriented, and aimed at supporting beneficiaries in the community. PROMISE will help improve clinical and recovery outcomes and reduce unnecessary institutional care through better care coordination, and thereby also reduce the growth in overall program costs.
Promise NCC ....302-391-3500
Promise Kent ....302-857-5060
Promise Sussex ....302-515-3310

To enroll, contact the EEU for eligibility 302-255-9458
Promise NCC 302-391-3500
Promise Kent 302– 857-5060
Promise SU 302-515-3310
CRISIS INTERVENTION
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
1. Crisis Intervention Service (NCC) ......................... 302-577-2484
2. Crisis Intervention Service (KE/SU) .................. 800-345-6785
3. Crisis Intervention Service (Toll Free NCC) ........... 800-652-2929

Children & Adolescents
Child Priority Response (Crisis Intervention Service Statewide) ....... 800-969-4357

Domestic Violence Hotlines NCC......302-762-6110
Domestic Violence Hotlines KE/SU.....302-422-8058

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

Abriendo Puertas (Spanish) .......................................................... 302-745-9874
Catholic Charities ........................................................................ 302-655-9624
CHILD, Inc. ................................................................................ 302-762-8989
Delaware Coalition Against Domestic Violence .................... 302-658-2958
Delaware Volunteer Legal Services ......................................... 302-478-8680
KE/SU ........................................................................................ 888-225-0582
Delaware Center for Justice (Victim) .......................................... 302-658-7174
Domestic Violence Coordinating Council ............................... 302-255-0405
Domestic Violence Hotline .......................................................... 302-762-6110
KE/SU ........................................................................................ 302-422-8058
Peoples Place Turning Point ...................................................... 302-424-2420
Prevent Child Abuse Delaware .................................................. 302-425-7490
Statewide Toll Free ................................................................. 866-925-7223

Legal services for victims of domestic violence
Delaware Volunteer Legal Services ............................................ 302-478-8680
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.

New Castle County
Christiana Care Behavioral Health 302-320-2100
Christiana Care inpatient Psych (7N)302-320-2352
Delaware Psychiatric Center ..........................................................302-255-2700
MeadowWood Behavioral Health Hospital ..................302-328-3330/866-695-0923
Rockford Center Statwide ..................................................302-996-5480/800-847-4357
Wilmington Hospital Capes Unit ..............................................302-320-2118
Wilmington Hospital General 302-733-1000

Kent/Sussex County
Dover Behavioral Health System.................................302-741-0140
SUN Behavioral Health...............................................................302-604-5600

Eligibility and Enrollment Unit - The Eligibility and Enrollment Unit (EEU) functions as the "gatekeeper" for the Division of Substance Abuse and Mental Health's (DSAMH) long term care system. DSAMH offers a variety of long term care services and those who wish to enroll in a DSAMH long-term care program must apply for services through the Eligibility and Enrollment Unit. The EEU evaluates each individual's need for these services based on a variety of criteria such as diagnosis, their history of mental illness and/or substance abuse, history of previous hospitalizations, and their ability to successfully function independently in the community. When the EEU determines that a person is eligible for long term care services, they will authorize a specific quantity of services and link the eligible person to a community provider.

To enroll, contact 302-255-9458

HOTLINES/HELPLINES
If you need to speak with someone, you can call the National Suicide Prevention Lifeline number by dialing 1-800-273-TALK (8255) or contact Crisis Text Line by texting DE to 741741. Both offer free and confidential support to those in crisis 24 hours a day, 7 days a week.

Child Abuse and Neglect Reporting Line.................................800-292-9582
Children & Families First Resource Behavioral Health Helpline.
.................................................................................................800-734-2388
Christiana Care ........................................................................302-320-2100
ContactLifeline, Inc.................................................................302-761-9100
ContactLifeline, Inc. (KE/SU)..................................................800-262-9800
Children and Families First of Delaware Help Line..................800-734-2388
Domestic Violence Hotline NCC ..............................................302-658-2958
Domestic Violence Hotline KE/SU ..302-762-6110
Bilingual (Abriendo Puertas) ..................................................302-745-9874
Rape Crisis (New Castle)..........................................................302-761-9100
Runaway Youth Hotline ..........................................................302-762-6373
The Trevor Helpline (Sexual Orientation) .........................866-488-7386
UD Sexual Offense Support Hotline ........................................302-831-1001
RAINN .....................................................................................800-656-4673
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......................................................302-654-6833 / Delaware 211.............................................................800-560-3372 or 2-1-1

Div. of Substance Abuse & Mental Health
General Information........................................................................302-255-9399

Counseling Referral Services
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.

Delaware Psychological Association........................................302-475-1574
Online Referral Service.............................................................www.depsych.org

LICENCING 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.

State Board of Licensing.........................................................302-739-4522

MENTAL HEALTH SERVICES—ADULTS

Counseling/Access to Mental Health Treatment

Catholic Charities (NC)...............................................................302-655-9624
Catholic Charities (KE)...............................................................302-674-1600
Catholic Charities (SU)...............................................................302-856-9578
Children and Families First of Delaware....................................800-220-3092
Christiana Care Behavioral Health..............................................302-320-2100
Dover Behavioral Health System..............................................302-741-0140
Family Counseling Center of St. Paul’s.....................................302-576-4136
Bilingual Counselors...............................................................302-576-4136
Jewish Family Services............................................................302-478-9411
MeadowWood Behavioral Health Hospital..............................302-328-3330
New Behavioral Network Delaware, Inc. (NCC).........................302-892-9210
New Behavioral Network Delaware, Inc (Kent)..........................302-730-0720
Peoples Place (KE&SU)...........................................................302-422-8033
Rockford Center........................................................................302-996-5480
SUN Behavioral Health............................................................302-604-5600
TRIAD......................................................................................302-655-1153
Counseling/Access to Mental Health Treatment with MEDICAID
Customer Relations.................................................................800-843-7271
Provider Relations.................................................................800-999-3371
Health Benefits Manager.........................................................800-996-9969

Counseling/Access to Mental Health Treatment WITH Private Insurance
Most insurance ID cards provide a telephone number on the card for mental health treatment.

MENTAL HEALTH SERVICES - 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.

Child Priority Response (Crisis Intervention)
Division of Child Mental Health
Statewide........................800-969-HELP
KE/SU county................302-424-4357

Terry Center
This is a children's psychiatric facility that is operated by the state of Delaware and funded by our tax dollars. The
Terry Center offers residential treatment and day treatment services. The Center serves children up to the age of 12.

Call for more information...........................302-577-4270
Emergency Referral Number (NC & KE & SU).............................302-633-2571
Non-emergency Referral number (KE & SU)..............................800-722-7710

Residential Treatment Centers
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
NCC.................................................................302-633-2571
KE/SU........................................................................800-722-7710

Diagnostic and Evaluation Services
A.I. DuPont Hospital for Children..........................302-651-4500
Rockford Center.....................................................302-996-5480

Outpatient Treatment Services for Children and Adolescents

New Castle County
Aquila.................................................................302-999-1106
Catholic Charities..........................................................302-655-9624
Children and Families First............................................302-658-5177
Delaware Guidance.......................................................302-652-3948
Family Counseling Center of St. Paul’s.................................302-576-4136
Bilingual Counselors.....................................................302-576-4136
Jewish Family Services ..............................................302-478-9411
Open Door (DUI Program).............................................302-731-1504

Kent County
Catholic Charities..........................................................302-674-1600
Children and Families First............................................302-674-8384
Delaware Guidance.......................................................302-678-3020
Open Door (DUI Program).............................................302-678-4911
People’s Place (KE&SU)..............................................302-653-2341
MENTAL HEALTH SERVICES FOR CHILDREN AND ADOLESCENTS (continued)

Sussex County
Catholic Charities ................................................................. 302-856-9578
Children and Families First ..................................................... 302-856-2388
Delaware Guidance .................................................................. 302-645-5338
People’s Place ......................................................................... 302-422-8026
SUN Behavioral Health ......................................................... 302-604-5600

Hospitals and Day Treatment Programs for Children and Adolescents

New Castle County
Rockford Center ....................................................................... 302-996-5480
MeadowWood Behavioral Health Hospital (12-17 years old) ............ 302-328-3330

Kent County
Delaware Guidance for Children (6-12 yrs.) ............................... 302-678-3020
Dover Behavioral Health .......................................................... 302-741-0140

Sussex County
Dover Behavioral Health .......................................................... 302-741-0140
SUN Behavioral Health ............................................................ 302-604-5600

Referral for a Mental Health Professional
Many mental health professionals in private practice specialize in treatment of children with mental health disorders. (Please contact your insurance for mental health provider list). Additionally, most High School Wellness Centers provide individual and group counseling services free of charge for adolescents.

Substance Abuse Treatment Programs for Children and Adolescents

New Castle County
Aquila ....................................................................................... 302-999-1106
Crossroads ............................................................................... 302-652-1405
Family Counseling Center of St. Paul’s ..................................... 302-576-4136
Bilingual Counselors (Spanish) ................................................ 302-576-4136
Open Door (DUI Program) ...................................................... 302-731-1504
SODAT ...................................................................................... 302-656-2810

Kent County
Open Door (DUI Program) ...................................................... 302-678-4911
Dover Behavioral Health System .............................................. 302-741-0140

Sussex County
Aquila ....................................................................................... 302-856-9746
Dover Behavioral Health System .............................................. 302-741-0140
MENTAL HEALTH SERVICES - SENIOR CITIZENS

Insurance Information
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.

Aging & Disabilities Resource Center .......................................................... 800-223-9074
Elder Info ........................................................................................................... 800-336-9500

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 .................................. 302-658-5177
Catholic Charities Elderly Counseling Program ........................................ 302-674-1600
Jewish Family Service of Delaware Services .............................................. 302-478-9411
MeadowWood Hospital Senior Outpatient Services ............................... 302-462-3213
Open Door Incorporated (DUI Program) .................................................... 302-731-1504
Open Door Incorporated (KE) (DUI Program) ............................................ 302-678-4911

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

William "Hicks" Anderson Community Center ........................................... 302-571-4266
Bellevue Community Center ........................................................................ 302-762-1391
Chinese American Community Center ..................................................... 302-239-0432
Dover Air Force Base - Family Support Center ......................................... 302-677-6930
Fram Senior Center ..................................................................................... 302-658-8420
Hilltop Lutheran Neighborhood, Inc ......................................................... 302-656-3224
Ingleside Senior Services ........................................................................... 302-575-0250
Kent County Community Action Agency, Inc ......................................... 302-678-1949
King Center ................................................................................................... 302-655-2832
Kingswood Community Center, Inc ......................................................... 302-764-9022
La Esperanza Community Center (SU) ....................................................... 302-854-9262
Latin American Community Center ......................................................... 302-655-7338
Neighborhood House, Inc .......................................................................... 302-658-5404
Neighborhood House, Inc. (Middletown) .................................................. 302-378-5569
Newark Senior Center ............................................................................... 302-737-2336
People’s Settlement Association ................................................................. 302-658-4133
Richardson Park Community Action Program, Inc ................................ 302-428-1247
Rose Hill Community Center, Inc ............................................................... 302-656-8513
SUN Behavioral Health .............................................................................. 302-604-5600
Veterans Center .......................................................................................... 302-994-1680
West End Neighborhood House, Inc ......................................................... 302-658-4171
SUBSTANCE ABUSE - TREATMENT

TASC performs initial assessments on referrals and provides preliminary treatment recommendations to the Court and attorneys for use in depositions as well as for sentence modifications. Once a case is engaged, TASC ensures that treatment placement occurs in a timely fashion, and follows the client through treatment and recovery. The philosophy of TASC is based on the evidence-based practice that compulsory treatment is effective. This means that the resources of the criminal justice system are used to encourage the client to participate in and benefit from substance abuse treatment.

Addictions Coalition of DE, Inc. ................................................................. 302-984-2322
Aquila (Adolescents) .......................................................... 302-999-1106
Aquila (Middletown) ........................................................... 302-376-8610
Aquila (SU) .................................................................302-856-9746
Dover Air Force Alcohol and Drug Abuse Prevention. ................. 302-677-3000
Brandywine Counseling & Community Services........................................ 302-656-2348
Child Mental Health Services ......................................................... 302-633-2600
Claymont Comprehensive Treatment Center ....................................... 302-261-3422
Connections. ........................................................................ 302-442-6622
Division of Prevention and Behavioral Health Services ..................... 302-633-2600
Division of Substance Abuse & Mental Health .................................... 302-255-9399
Dover Behavioral Health System (KE/SU) ........................................ 302-741-0140
Family Counseling Center of St. Paul’s ............................................. 302-576-4136
Bilingual Counselors ............................................................... 302-576-4136
Kirkwood Detox (NCC). ............................................................... 302-691-0140
Latin American Community Center ............................................. 302-655-7338 ext.2170
Limen House for Men ................................................................. 302-652-7969
Limen House for Women ............................................................ 302-571-1216
MeadowWood Behavioral Health Hospital ........................................ 302-462-3213
Open Door, Inc. (DUI Program) .................................................. 302-798-9555
Pace, Inc. ............................................................................ 302-999-9812
Partners In Health &Wellbeing. ..................................................... 302-655-2627
People’s Place (KE & SU) ............................................................... 302-422-8033
Rockford Center (Addiction Psychiatry) .......................................... 302-996-5480
SODAT .................................................................302-656-4044
SODAT (KE/SU) .................................................................800-551-6464
SUN Behavioral Health ................................................................. 302-604-5600
Thresholds, Inc. (SU) ................................................................. 302-856-1835
The Bridge Clinic .................................................................302-255-1650
TRIAD .................................................................302-655-1153

Children and Adolescent Treatment

New Castle County
Aquila .................................................................302-999-1106
Family Counseling Center of St. Paul’s ............................................. 302-576-4136
Bilingual Counselors ............................................................... 302-576-4136
Open Door, Inc. (DUI )Program .................................................. 302-731-1504
Net/Brandywine Counseling ......................................................... 302-656-2348
SODAT .................................................................302-656-4044

Kent County
Dover Behavioral Health System ..................................................... 302-741-0140
Open Door, Inc. (DUI) ............................................................... 302-678-4911

Sussex County
Aquila .................................................................302-856-9746
Dover Behavioral Health System (SU) ............................................. 302-741-0140
SUPPORT GROUPS
The Mental Health Association in Delaware (302-654-6833) offers free support groups for Depression, Bipolar Disorder, and Anxiety Disorders in New Castle, Kent and Sussex Counties.

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

Addiction
Celebrate Recovery online........................................................................http://www.celebraterecovery.com
Gamblers Anonymous .............................................................................855-222-5542
Gambling Hotline ....................................................................................888-850-8888
Sex & Love Addicts Anonymous..............................................................609-621-7522

Anxiety
Mental Health Association........................................................................302-654-6833

Depression
Mental Health Association in Delaware.................................................302-654-6833 or 800-287-6423
New Directions Delaware........................................................................302-286-1161

Eating Disorders Support
Overeaters Anonymous.............................................................................302-777-7678
Renfrew Center .......................................................................................800-736-3739

Grief Support
Compassionate Friends (Loss of child).....................................................877-969-0010
Delaware Hospice ...................................................................................302-478-5707
Grief Share ..............................................................................................302-478-2575
Grief Share online ..................................................................................http://www.griefshare.org/findagroup
Peter’s Place for Grieving Child, Teens, & Families...............................610-687-5150
Safe Spaces ..............................................................................................302-658-7174
Supporting KIDDS ..................................................................................302-235-5544
Survivors of Suicide (MHA) .....................................................................302-654-6833

Sexual Orientation/Gender
PFLAG (Parents, Family, & Friends of Lesbians & Gays).........................302-654-2995
PTK (Parents of Transgender Kids).........................................................PTKDelaware@gmail.com
(KE/SU) .................................................................................................parentsoftranskidssouth@gmail.com
Trevor Helpline for Crisis and Suicide ..................................................866-488-7386

Substance Abuse Support
Alcoholics Anonymous ............................................................................302-655-5113
Alcoholics Anonymous (KE) ...................................................................302-736-1567
Alcoholics Anonymous (SU) ...................................................................302-856-6452
Delaware Association for Children of Alcoholics.................................302-656-5554
Help is Here.............................................................................................https://www.helpisherede.com/

Support Groups for Family Members in Delaware
NAMI- DE ...............................................................................................302-427-0787
(KE/SU) .................................................................................................302-226-3334
Parenting Classes ...................................................................................302-762-8989

Survivors of Sexual Abuse and Victims Support
Contact Lifeline .......................................................................................302-761-9800 ext.1006
(KE/SU) .................................................................................................302-761-9800 ext.1006
Crisis Helpline & Rape Crisis Program....................................................302-761-9100
SOAR (NCC) ..........................................................................................302-655-3953
.............................................................. Dover 302-422-3811
.............................................................. Georgetown 302-645-4903
RAINN .................................................................................................https://www.rainn.org/

Trauma
Seeking Safety..........................................................................................302-761-0438
VETERANS AFFAIRS

Crisis Intervention
Veterans Crisis Hotline (Press 1).................................................................800-273-8255

Hospitals
VA Medical Center.........................................................................................302-994-2511
VA Clinic (Dover)..........................................................................................302-994-2511 ext. 2400
VA Clinic (Georgetown)..................................................................................800-461-8262 ext. 2300

Information & Referral
Delaware Joining Forces................................................................................302-326-7582

Veterans Housing
Home of the Brave...............................................................302) 424-1681
Connections Community Support Program (Veterans and Families)........302-250-5868
Connections Community Support Program (SU)......................................302-332-0913
Delaware Veterans Nursing Home.................................................................302-424-6000
People’s Place (KE).......................................................................................302-422-8033

Veterans Readjustment Counseling
Sussex Vet Center..........................................................................................302-225-9110
Vet Center (NCC)...........................................................................................302-994-1660
**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 if 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. & 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 www.mhainde.org

Crisis

**Adult**
Crisis Intervention Service (NCC)….302-577-2484/800-652-2929
Crisis Intervention Service (KE/SU)………..800-345-6785

**Children & Adolescents**
Child Priority Response (Crisis Intervention Service Statewide) ……………………800-969-4357

Advocacy

ARC for intellectual & Developmental Disabilities……………………………………………………………302-996-9400
Community Legal Aid Society (KE)………….302-674-8500
Community Legal Aid Society (NC)…………..302-575-0660
Community Legal Aid Society (SU)………….302-856-0038
Delaware Volunteer Legal Services………………302-478-8680
NAMI-DE………………………………………………………………………….302-427-0787

Counseling

Catholic Charities (NC)……………………………302-655-9624
Catholic Charities (KE)…………………………302-674-1600
Catholic Social Services (SU)…………………..302-856-9578
CHILD, Inc…………………………………………………………302-762-8989
Children & Families, First of DE 302-658-5177
Children & Families, First of DE KE/SU ……………………..800-220-3092
Connections……………………………………………………………866-477-5345
Delaware Guidance (Dover)………………….302-678-3020
Delaware Guidance (Lewes)…………………302-645-5338
Delaware Guidance (Newark)…………………302-455-9333
Delaware Guidance (Seaford)………………..302-262-3505
Delaware Guidance (Wilmington) 302-652-3948
Family Counseling Center of St. Paul’s……..302-576-4136
Bilingual Counselors……………………………………302-576-4136
Jewish Family Service of Delaware……….302-478-9411
People’s Place (KE/SU)……………………………..302-422-8011

Day Treatment

Dover Behavioral Health System (KE/SU)……302-741-0140
MeadowWood Hospital (NC)…………………..302-328-3330
Rockford Center (NC)………………………………302-996-5480
SUN Behavioral Health……………………………302-604-5600
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 www.mhainde.org

Domestic Violence Services
Abriendo Puertas (Spanish).......................... 302-745-9874
Delaware Center for Justice (Victim)........... 302-658-7174
Domestic Violence Coordinating Counsel..... 302-255-0405
Domestic Violence Hotline....................... 302-762-6110
Delaware Volunteer Legal Services.......... 302-478-8680
Peoples Place Turning Point ................... 302-424-2420
The Safe Program of People’s Place .......... 302-422-8058

Evaluation
Bayhealth .................................................. 302-363-5515
Delaware Psychiatric Center .................... 302-255-2700
Recovery Innovations(NCC) ..................... 302-318-6070
Recovery Innovations (KE/SU) ................. 302-424-5660
Promise Program/Bridge Clinic (Kent) ....... 302-856-5490

Hospitals
Bayhealth (Mitchel Bldg.) ......................... 302-674-4700
Beebe Medical Center (SU) ...................... 302-645-3300
Christiana Care Psychiatry ....................... 302-320-2352
Delaware Psychiatric Center .................... 302-255-2700
Dover Behavioral Health System (KE/SU) ... 302-741-0140
MeadowWood Behavioral Health Hospital... 302-328-3330
Nanticoke Memorial Hospital (SU) .......... 302-629-6611
Rockford Center ....................................... 302-996-5480
SUN Behavioral Health ......................... 302-604-5600

Hotlines/Helplines
Christiana Psych. Crisis ......................... 302-320-2118
Contact Lifeline ....................................... 302-761-9100
Contact Lifeline (KE/SU) ......................... 800-262-9800
DE Gambling Hotline 8888508888 ............. 866-488-7386
Trevor Helpline (Sexual Orientation) ....... 866-488-7386
UD Sexual Offense Support Hotline (24hrs) . 302-831-1001
RAINN .................................................. 800-656-4673

Housing
Connections ............................................. 866-477-5345
Delaware StateHousing Authority(Wilmington) ................. 302-577-5001
Dover Housing Authority ......................... 302-678-1965
Newark Housing Authority ...................... 302-366-0826
Eligibility Enrollment Unit 302-255-9458
Felton Residential 302-284-8370
Hope House 302-422-6699

Housing Alliance Delaware ...................... 1-833-346-3233
NAMI-DE ............................................... 302-427-0787
Salvation Army (Emergency Shelter) ....... 302-472-0750
United Cerebral Palsy ............................. 302-764-2400
Wilmington Housing Authority ............... 302-429-6700

Home of the Brave (veterans) 302-424-1681
Taton House302-684-4400
Veterans Home– Nursing Home (302) 424-6000

Information & Referral
Mental Health Assoc. In Del........................ 302-654-6833
Parent Information Center ...................... 302-999-7394
Insurance (Medicaid)

Customer Relations ........................................... 866-843-7212
Provider Relations ........................................... 800-999-3371
Health Benefits Manager ..................................... 800-996-9969

Legal Problems

Community Legal Aid Society (NC) ......................... 302-575-0660
   Kent ......................................................... 302-674-8500
   Sussex ...................................................... 302-856-0038
Delaware Volunteer Legal Services ......................... 302-478-8680
Legal Help Link ............................................. 302-478-8850
Legal Services Corporation of Delaware ................. 302-575-0408
   KE/SU ...................................................... 302-734-8820

Licensing

Division of Professional Regulation .......................... 302-739-4522

Professional Referral

Delaware Psychological Assoc. .............................. 302-475-1574
Online Referral Service ...................................... www.depsych.org

Resources - National

ADA Information Center ..................................... 800-949-4232
American Association of Suicidology ....................... 202-237-2280
American Psychological Association ....................... 202-336-5500
Brain & Behavior Research Foundation .................... 516-829-0091
Depression and Bipolar Support Alliance ................ 800-826-3632
Mental Health America ...................................... 800-969-6642
National Alliance on Mental Illnesses .................... 800-950-6264
National Institute of Mental Health ......................... 866-615-6464
Office of Disease Prevention ............................... 301-827-5561

Resources - State

Alcoholics Anonymous ....................................... 302-655-5113
Division of Prevention and Behavioral Health Services 302-633-2600
Division of Aging (Admin) .................................. 302-255-9390
Division of Substance Abuse & MH ......................... 302-255-9399
Division of Vocational Rehab ............................... 302-761-8300
## Substance Abuse

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<td>Aquila (Adolescents)</td>
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<td>Brandywine Counseling &amp; Community Services</td>
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<td>Division of Prevention and Behavioral Health Services</td>
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<td>Kirkwood Detox (NCC)</td>
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<td>Latin American Community Center</td>
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<td>SODAT</td>
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<td>Thresholds, Inc. (SU)</td>
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## Children & Adolescent Substance Abuse Treatment

### New Castle County

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<td>Open Door, Inc. (DUI Program)</td>
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<td>Children &amp; Families First</td>
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### Support Groups

#### Addiction
- **Addiction**
  - **AA**
    - Celebrate Recovery online. [http://www.celebraterecovery.com](http://www.celebraterecovery.com)
  - **Gamblers**
    - **Gambling Hotline**. 888-850-8888
  - **NA**

#### Attention Deficit Disorder
- **CHADD of Greater Newark** 302-737-5063

#### Anxiety
- **Mental Health Association** 302-654-6833

#### Depression
- **Mental Health Association** 302-654-6833
- **NAMI-DE** 302-4270787
- **New Directions Delaware** 302-286-1161

#### Eating Disorders Support
- **Celebrate Recovery online** [http://www.celebraterecovery.com](http://www.celebraterecovery.com)
- **Overeaters Anonymous** 302-777-7678
- **Renfrew Center** 800-736-3739

#### Grief Support
- **Compassionate Friends (Loss of child)** 877-969-0010
- **Delaware Hospice** 302-478-5707
- **Grief Share** 302-478-2575
- **Grief Share** 302-658-6117
- **Grief Share online** [http://www.griefshare.org/findagroup](http://www.griefshare.org/findagroup)
- **Mental Health Association**
- **Peter’s Place for Grieving Child, Teens, & Families** 610-687-5150
- **Safe Spaces**
- **Supporting KIDDS** 302-235-5544
- **Trinity Counseling Group LLC** 302-354-7862

#### Hearing Voices
- **Hopes and Dreams** 215-264-2859

#### Sexual Orientation
- **PFLAG (Parents, Family, & Friends of Lesbians & Gays)** 302-654-2995
- **Trevor Helpline for Crisis and Suicide** 866-4-u-trevor
- **Parents of Trans Kids** [PTKDelaware@gmail.com](mailto:PTKDelaware@gmail.com)
- **LGBTQ+ "ASK" Youth Group** 302-438-1545

#### Substance Abuse Support
- **Alcoholics Anonymous** 302-655-5113
- **Alcoholics Anonymous (KE)** 302-736-1567
- **Alcoholics Anonymous (SU)** 302-856-6452
- **Delaware Association for Children of Alcoholics** 302-656-5554
- **DE Association for Children of Alcoholics (KE)** 302-736-6619

#### Support Groups for Family Members in Delaware
- **Family Caregiver Support Group** 302-737-2336
- **NAMI-DE** 302-427-0787
- **Parenting Classes** 302-762-8989

#### Survivors and Victims Support
- **Celebrate Recovery online** [http://www.celebraterecovery.com](http://www.celebraterecovery.com)
- **Contact Lifeline** 302-761-9800 Ext. 1006
- **Rape-Sexual Assault** 302-761-9100
- **Rape-Sexual Assault (KE/SU)** 800-262-9800
- **SOAR (NC & KE)** 302-655-3953
- **RAINN** [https://www.rainn.org/](https://www.rainn.org/)
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<td>Abriendo Puertas</td>
<td>(302) 745-9874</td>
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<td>A.I. DuPont Hospital for Children</td>
<td>(302) 651-4500</td>
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<td>AIDS Delaware</td>
<td>(302) 652-6776</td>
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<td>AIDS Hotline</td>
<td>(800) 422-0429</td>
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<tr>
<td>Alcoholics Anonymous</td>
<td>(302) 655-5113</td>
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<tr>
<td>Alcoholics Anonymous (KE)</td>
<td>(302) 736-1567</td>
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<td>Alcoholics Anonymous (SU)</td>
<td>(302) 856-6452</td>
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<tr>
<td>American Academy of Child/Adolescent Psychiatry</td>
<td>(202) 966-7300</td>
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<tr>
<td>American Association of Suicidology</td>
<td>(202) 237-2280</td>
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<tr>
<td>American Psychological Association</td>
<td>(202) 336-5500</td>
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<td>Aquilla (Dover)</td>
<td>(302) 376-8610</td>
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<td>Aquilla (NC adolescent)</td>
<td>(302) 999-1106</td>
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<td>Aquilla (SU)</td>
<td>(302) 856-9746</td>
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<td>ARC for Intellectual and Developmental Disability</td>
<td>(302) 996-9400</td>
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<td>Bayhealth</td>
<td>(302) 674-4700</td>
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<td>Beebe Medical Center</td>
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<td>Bellevue Community Center</td>
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<td>Bridge Clinic NCC</td>
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<td>Bridge Clinic Kent</td>
<td>(302) 857-5060</td>
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<td>Bridge Clinic Sussex</td>
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<td>Brain &amp; Behavior Research Foundation</td>
<td>(516) 829-0091</td>
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<td>Catholic Charities (KE)</td>
<td>(302) 674-1600</td>
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<td>Catholic Charities (NC)</td>
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<td>(302) 856-9578</td>
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<td>Cancer Support Community</td>
<td>(302) 995-2850</td>
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<td>Child Inc.</td>
<td>(302) 762-8989</td>
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<td>Child Priority Response</td>
<td>(800) 969-4357</td>
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<td>Children and Families First of DE</td>
<td>302-658-5177/800-220-3092/800734-2388</td>
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<td>Chinese American Community Center</td>
<td>(302) 239-0432</td>
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<td>Community Legal Aid Society (KE)</td>
<td>(302) 674-8500</td>
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<td>Community Legal Aid Society (SU)</td>
<td>(302) 856-3742</td>
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<td>Claymont) Community CEnter</td>
<td>(302) 792-2757</td>
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<tr>
<td>Division of Social Services</td>
<td>(302) 778-6900</td>
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<td>Compassionate Friends</td>
<td>(877) 969-0010</td>
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<td>Connections Veterans and Families</td>
<td>(302) 250-5868</td>
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<td>Connections Community Support Program (SU)</td>
<td>(302) 332-0913</td>
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<td>Contact Lifeline, Inc.</td>
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<td>Contact Lifeline, Inc. (KE/SU)</td>
<td>(800) 262-9800</td>
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<td>Crisis Intervention Service - Adult</td>
<td>(302) 577-2484</td>
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<tr>
<td>Crisis Intervention Service - Adult (KE/SU)</td>
<td>(800) 652-2929</td>
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QUICK INDEX TO AGENCIES
The Mental Health Association in Delaware
Community Services Building, 100 West 10th Street, Suite 600, Wilmington, DE 19801
(302) 654-6833 www.mhainde.org

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<td>DE Academy of Medicine</td>
<td>(302) 733-3900</td>
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<td>DE Center for Justice (Victim)</td>
<td>(302) 658-7174</td>
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<td>DE Coalition Against Domestic Violence</td>
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<td>DE Council on Gambling Problems, Inc.</td>
<td>(302) 655-3261</td>
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<td>DE Guidance (Dover)</td>
<td>(302) 678-3020</td>
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<td>DE Guidance (Lewes)</td>
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<td>DE Guidance (Newark)</td>
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<td>Gambling Hotline</td>
<td>(888) 850-8888</td>
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<tr>
<td><strong>Group homes– Georgetown</strong></td>
<td>302-856-7642</td>
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<td>Help is Here</td>
<td><a href="https://www.helpisherede.com/">https://www.helpisherede.com/</a></td>
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<tr>
<td>Hilltop Lutheran Neighborhood, Inc.</td>
<td>(302) 656-3224</td>
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<tr>
<td>Horizon House</td>
<td>(302) 655-7108</td>
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<tr>
<td>Hope House</td>
<td>302-422-6699</td>
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<tr>
<td>Housing Alliance Delaware</td>
<td>(833)-346-3233</td>
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<tr>
<td>Ingleside Senior Services</td>
<td>(302) 575-0250</td>
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<tr>
<td>Jewish Family Services</td>
<td>(302) 478-9411</td>
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<tr>
<td>Kent County Community Action Agency, Inc.</td>
<td>(302) 678-1949</td>
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<tr>
<td>Kent General Hospital-Bayhealth Medical Center</td>
<td>(302) 674-4700</td>
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<td>Kingswood Community Center, Inc.</td>
<td>(302) 764-9022</td>
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<td>Kirkwood Detox</td>
<td>(302) 691-0140</td>
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<tr>
<td>La Esperanza Community Center</td>
<td>(302) 854-9262</td>
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<tr>
<td>Latin American Community Center</td>
<td>(302) 655-7338.</td>
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<td>Legal Help Link</td>
<td>(302) 478-8850</td>
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<td>Legal Services Corporation of Delaware</td>
<td>(302) 575-0408</td>
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<td>Legal Services Corporation of Delaware (KE/SU)</td>
<td>(302) 734-8820</td>
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<td>Limen House for Men</td>
<td>(302) 652-7969</td>
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<tr>
<td>Agency</td>
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<tr>
<td>The Mental Health Association in Delaware</td>
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<tr>
<td>Community Services Building, 100 West 10th Street, Suite 600, Wilmington, DE 19801</td>
<td>(302) 654-6833 <a href="http://www.mhainde.org">www.mhainde.org</a></td>
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<td>Martin Luther King Community Center</td>
<td>(302) 655-2832</td>
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<td>MeadowWood Behavioral Health Hospital</td>
<td>(302) 328-3330</td>
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<td>Medicaid (Children/Adolescents)</td>
<td>(302) 552-3530</td>
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<td>Medicaid Office</td>
<td>(800) 372-2022</td>
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<td>Mental Health America</td>
<td>(800) 969-6642</td>
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<td>NAMI - DE</td>
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<td>Nanticoke Memorial Hospital</td>
<td>(302) 629-6611</td>
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<td>Neighborhood House, Inc.</td>
<td>(302) 652-3928</td>
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<td>Neighborhood House, Inc.</td>
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<td>Newark Housing Authority</td>
<td>(302) 366-0826</td>
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<td>Newark Senior Center</td>
<td>(302) 737-2336</td>
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<tr>
<td>Office of Disease Prevention</td>
<td>(240) 453-8280</td>
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<tr>
<td>Open Door, Inc. Wilm (DUI Program)</td>
<td>(302) 654-1920</td>
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<td>Open Door, Inc. (SU) (DUI Program)</td>
<td>(302) 629-7900</td>
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<td>Open Door, Inc. (NC) (DUI Program)</td>
<td>(302) 731-1504</td>
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<td>Pace, Inc.</td>
<td>(302) 999-9812</td>
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<td>Parent Information Center</td>
<td>(302) 999-7394</td>
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<td>Parent Information Center (KE/SU)</td>
<td>(302) 856-9880</td>
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<td>Parenting Classes</td>
<td>(302) 762-8989</td>
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<td>Pathways of Delaware</td>
<td>(302) 573-5073</td>
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<td>People's Place (KE/SU)</td>
<td>(302) 422-8026</td>
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<td>People's Settlement Association</td>
<td>(302) 658-4133</td>
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<td>Peter's Place-for Grieving Children &amp; Families</td>
<td>(610) 687-5150</td>
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<td>Prevent Child Abuse Delaware</td>
<td>(302) 425-7490</td>
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<td>Promise</td>
<td>(302) 453-3820</td>
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<td>Promise Center (Kent)</td>
<td>302-857-5060</td>
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<td>Promise Center (Sussex)</td>
<td>302-856-5490</td>
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<tr>
<td>Psychological Services Training Center (U.D.)</td>
<td>(300) 831-2717</td>
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<td>RAINN</td>
<td>(800) 656-4673</td>
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<td>Rape Crisis</td>
<td>(302) 761-9100</td>
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<td>Recovery Innovations NCC</td>
<td>(302) 318-6070</td>
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<td>Recovery Innovations KE/SU</td>
<td>302-424-5660</td>
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<td>Renfrew Center</td>
<td>(800) 736-3739</td>
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<td>Rockford Center</td>
<td>(302) 996-5480</td>
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<td>Rose Hill Community Center, Inc.</td>
<td>(302) 656-8513</td>
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<td>Runaway Youth Hotline</td>
<td>(302) 762-6373</td>
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<td>Seeking Safety</td>
<td>(302) 761-0438</td>
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<tr>
<td>SOAR (Survivors of Abuse and Recovery)</td>
<td>(302) 655-3953</td>
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<td>SODAT</td>
<td>302-397-8077</td>
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<td>St. Francis Hospital</td>
<td>(302) 421-4100</td>
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<td>SUN Behavioral Health</td>
<td>(302) 604-5600</td>
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<td>Supporting KIDDs</td>
<td>(302) 235-5544</td>
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<td>Taton House</td>
<td>302-684-4400</td>
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<td>The Bridge Clinic</td>
<td>(302) 255-1650</td>
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<td>The Trevor Helpline</td>
<td>(866) 488-7386</td>
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<td>Thresholds Inc.</td>
<td>(302) 856-1835</td>
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<td>TRIAD</td>
<td>(302) 655-1153</td>
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<td>Trinity Counseling Group, LLC</td>
<td>(302)-354-7862</td>
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<td>UD Student Wellness (Administrative)</td>
<td>(302) 831-3457</td>
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<tr>
<td>UD Sexual Offense Support (24hr. Hotline)</td>
<td>(302) 831-1001</td>
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<td>United Cerebral Palsy</td>
<td>302-764-2400</td>
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<td>VA Medical Center</td>
<td>(302) 994-2511</td>
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<td>VA Clinic (Dover)</td>
<td>ext. 2400 (302) 994-2511</td>
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<td>VA Clinic (Georgetown)</td>
<td>ext. 2300 (800) 461-8262</td>
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<td>Vet Center</td>
<td>(302) 994-1660</td>
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<td>Vet Center (SU)</td>
<td>(302) 225-9110</td>
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<td>Veterans Crisis Hotline</td>
<td>(800) 273-8255</td>
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<td>Veterans Home–Nursing Home</td>
<td>(302) 424-6000</td>
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<td>Veterans Housing–People’s Place</td>
<td>(302) 422-8033</td>
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<td>West End Neighborhood House, Inc.</td>
<td>(302) 658-4171</td>
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<td>Westside Health</td>
<td>(302) 655-5822</td>
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<td>Wilmington Hospital - Psychiatric</td>
<td>(302) 428-2352</td>
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<td>Wilmington Housing Authority</td>
<td>(302) 429-6700</td>
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<td><a href="https://www.celebraterecovery.com/">https://www.celebraterecovery.com/</a></td>
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Statewide: (302) 654-6833
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