



# 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 from 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.

Emily Vera, LCSW  
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) 736-6140

## **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
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#### **Domestic Violence Services**

Family Advocacy Office .....	302-677-2711
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**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
StatewideToll 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  
Delaware Coalition Against Domestic Violence.....302-658-2958  
Domestic Violence Hotline NCC.....302-762-6110  
KE/SU.....302-422-8058  
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

# 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.

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 (12-17years 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
Fraim 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.....	302-994-1660
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.

**Survivors of Suicide** 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.....	<a href="http://www.celebraterecovery.com">http://www.celebraterecovery.com</a>
Gamblers Anonymous .....	855-222-5542
Gambling Hotline.....	888-850-8888
Sex & Love Addicts Anonymous.....	609-621-7522

### Anxiety

Mental Health Association.....	302-654-6833
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### 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.....	<a href="http://www.griefshare.org/findagroup">http://www.griefshare.org/findagroup</a>
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).....	parentsofranskidssouth@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.....	<a href="https://www.helpisherede.com/">https://www.helpisherede.com/</a>

### 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.....	<a href="https://www.rainn.org/">https://www.rainn.org/</a>

### Trauma

Seeking Safety.....	302-761-0438
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## 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 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. & 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 10<sup>th</sup> Street, Suite 600, Wilmington, DE 19801  
(302) 654-6833 [www.mhainde.org](http://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 ServiceStatewide)  
.....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 DE302-658-5177  
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



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### **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	
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 House	302-684-4400
Veterans Home– Nursing Home	(302) 424-6000

### **Information & Referral**

Mental Health Assoc. In Del.....	302-654-6833
Parent Information Center.....	302-999-7394

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### **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
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### **Professional Referral**

Delaware Psychological Assoc.....	302-475-1574
Online Referral Service.....	<a href="http://www.depsych.org">www.depsych.org</a>

### **Resources - National**

ADA Information Center.....	800-949-4232
Am. Acad. Child & Adolescent. Psychiatry.....	202-966-7300
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

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**Substance Abuse**

Addictions Coalition of DE, Inc.....	302-984-2322
Aquila (Adolescents).....	302-999-1106
Aquila (Dover).....	302-664-7664
Aquila (SU).....	302-856-9746
Brandywine Counseling & Community Services.....	302-656-2348
Connections.....	866-477-5345
Division of Prevention and Behavioral Health Services.....	302-633-2600
Division of Substance Abuse & MH.....	302-255-9399
Dover AFB Alcohol & Drug Abuse Prevention.....	302-677-2674
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
Limen House for Men.....	302-652-7969
Limen House for Women.....	302-571-1216
MeadowWood Behavioral Health.....	302-328-3330
Pace, Inc. ....	302-999-9812
SODAT.....	302-656-4044
SODAT (KE/SU).....	800-551-6464
SUN Behavioral Health.....	302-604-5600
Thresholds, Inc. (SU).....	302-856-1835

**Children & Adolescent Substance Abuse Treatment**

**New Castle County**

Aquila.....	302-999-1106
Family Counseling Center of St. Paul's.....	302-576-4136
Bilingual Counselors.....	302-576-4136
Brandywine Counseling & Community Services.....	302-656-2348
Open Door, Inc. (DUI Program).....	302-731-1504
SODAT.....	302-397-8077 <b>Kent</b>

**County**

Aquila.....	302-376-8610
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**Sussex County**

Aquila.....	302-856-9746
Children & Families First.....	302-856-2388

**Addiction**

AA  
 Celebrate Recovery online.....<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>  
 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>  
 Mental Health Association.....302-654-6833  
 Peter's Place for Grieving Child., Teens, & Families.....610-687-5150  
 Safe Spaces.....302-658-7174  
 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  
 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>  
 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/>

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<b>A</b>	
Abriendo Puertas	(302) 745-9874
A.I. DuPont Hospital for Children	(302) 651-4500
AIDS Delaware	(302) 652-6776
AIDS Hotline	(800) 422-0429
Alcoholics Anonymous	(302) 655-5113
Alcoholics Anonymous (KE)	(302) 736-1567
Alcoholics Anonymous (SU)	(302) 856-6452
American Academy of Child/Adolescent Psychiatry	(202) 966-7300
American Association of Suicidology	(202) 237-2280
American Psychological Association	(202) 336-5500
Aquilla (Dover)	(302) 376-8610
Aquilla (NC adolescent )	(302) 999-1106
Aquilla (SU)	(302) 856-9746
ARC for Intellectual and Developmental Disability	(302) 996-9400
<b>B</b>	
Bayhealth	(302) 674-4700
Beebe Medical Center	(302) 645-3300
Bellevue Community Center	(302) 762-1391
Bridge Clinic NCC	302-255-1650
Bridge Clinic Kent	(302) 857-5060
Bridge Clinic Sussex	302-5115-3310
Brain & Behavior Research Foundation	(516) 829-0091
<b>C</b>	
Catholic Charities (KE)	(302) 674-1600
Catholic Charities (NC)	(302) 655-9624
Catholic Charities (SU)	(302) 856-9578
Cancer Support Community	(302) 995-2850
Child Inc.	(302) 762-8989
Child Priority Response	(800) 969-4357
Children and Families First of DE	302-658-5177/800-220-3092/800734-2388
Chinese American Community Center	(302) 239-0432
Community Legal Aid Society (KE)	(302) 674-8500
Community Legal Aid Society (NC)	(302) 575-0660
Community Legal Aid Society (SU)	(302) 856-3742
Claymont) Community Center	(302) 792-2757
Division of Social Services	(302) 778-6900
Compassionate Friends	(877) 969-0010
Connections Veterans and Families	(302) 250-5868
Connections Community Support Program (SU)	(302) 332-0913
Contact Lifeline, Inc.	(302) 761-9100
Contact Lifeline, Inc. (KE/SU)	(800) 262-9800
Crisis Intervention Service - Adult	(302) 577-2484
Crisis Intervention Service - Adult (KE/SU)	(800) 652-2929

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Crisis Intervention Service –Children	800-969-4357
<b>D</b>	
DE Academy of Medicine	(302) 733-3900
DE Center for Justice (Victim)	(302) 658-7174
DE Coalition Against Domestic Violence	(302) 658-2958
DE Council on Gambling Problems, Inc.	(302) 655-3261
DE Guidance (Dover)	(302) 678-3020
DE Guidance (Lewes)	(302) 645-5338
DE Guidance (Newark)	(302) 455-9333
DE Guidance (Seaford)	(302) 262-3505
DE Guidance (Wilmington)	(302) 652-3948
DE Hospice	(302) 478-5707
Delaware Psychiatric Center	302-255-2700
DE Psychological Association	(302) 475-1574
DE State Housing Authority	(302) 577-5001
DE State Housing Authority ( Bridgeville)	(302) 337-0219
Dover State Housing Authority	(302) 678-1965
DE Volunteer Legal Service	(302) 478-8680
Delaware Aging & Disability Resource Center	(800) 223-9074
Delaware Medical Assistance Bureau	(302) 674-7364
Depression and Bipolar Support Alliance	(800) 826-3632
Depression and Related Affect Disorder	(401) 955-4647
Division of Aging (Client Svc)	(800) 223-9074
Division of Aging (KE/SU)	(302) 424-7310
Division of Substance Abuse and Mental Health	302-255-9399
Domestic Violence Hotline	(302) 762-6110
Domestic Violence Hotline (KE/SU)	(302) 422-8058
Dover Air Force Counseling	(302) 677-2674
Dover Air Force Family Support Center	(302) 677-6930
Dover Behavioral Health System	(302) 741-0140
Dover Housing Authority	(302) 678-1965
DSAMH (General Info)	(302) 255-9398

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<b>E</b>	
Eldercare Locator	(800) 677-1116
Emergency Shelter (Salvation Army)	(302) 472-0750
<b>F</b>	
Family Counseling Center of St. Paul's	(302) 576-4136
Fellowship Health Resources	(302) 856-0626
Felton Residential	302-284-8370
<b>G</b>	
Gamblers Anonymous	(302) 761-9100
Gambling Hotline	(888) 850-8888
Group homes– Georgetown	302-856-7642
<b>H</b>	
Help is Here	<a href="https://www.helpisherede.com/">https://www.helpisherede.com/</a>
Hilltop Lutheran Neighborhood, Inc.	(302) 656-3224
Horizon House	(302) 655-7108
Hope House	302-422-6699
Housing Alliance Delaware	(833)-346-3233
<b>I</b>	
Ingleside Senior Services	(302) 575-0250
<b>J</b>	
Jewish Family Services	(302) 478-9411
<b>K</b>	
Kent County Community Action Agency, Inc.	(302) 678-1949
Kent General Hospital-Bayhealth Medical Center	(302) 674-4700
Kingswood Community Center, Inc.	(302) 764-9022
Kirkwood Detox	(302) 691-0140
<b>L</b>	
La Esperanza Community Center	(302) 854-9262
Latin American Community Center	(302) 655-7338.
Legal Help Link	(302) 478-8850
Legal Services Corporation of Delaware	(302) 575-0408
Legal Services Corporation of Delaware (KE/SU)	(302) 734-8820
Limen House for Men	(302) 652-7969

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<b>M</b>	
Martin Luther King Community Center	(302) 655-2832
MeadowWood Behavioral Health Hospital	(302) 328-3330
Medicaid (Children/Adolescents)	(302) 552-3530
Medicaid Office	(800) 372-2022
Mental Health America	(800) 969-6642
<b>N</b>	
NAMI - DE	(302) 427-0787
Nanticoke Memorial Hospital	(302) 629-6611
Neighborhood House, Inc.	(302) 652-3928
Neighborhood House, Inc.	(302) 378-7217
Newark Housing Authority	(302) 366-0826
Newark Senior Center	(302) 737-2336
<b>O</b>	
Office of Disease Prevention	(240) 453-8280
Open Door, Inc. Wilm ( DUI Program)	(302) 654-1920
Open Door, Inc. (SU) (DUI Program)	(302) 629-7900
Open Door, Inc. (NC) (DUI Program)	(302) 731-1504
<b>P</b>	
Pace, Inc.	(302) 999-9812
Parent Information Center	(302) 999-7394
Parent Information Center (KE/SU)	(302) 856-9880
Parenting Classes	(302) 762-8989
Pathways of Delaware	(302) 573-5073
People's Place (KE/SU)	(302) 422-8026
People's Settlement Association	(302) 658-4133
Peter's Place-for Grieving Children & Families	(610) 687-5150
Prevent Child Abuse Delaware	(302) 425-7490
Promise (302) 453-3820	
Promise Center (Kent)	302-857-5060
Promise Center (Sussex)	302-856-5490
Psychological Services Training Center (U.D.)	(300) 831-2717
<b>R</b>	
RAINN	(800) 656-4673
Rape Crisis	(302) 761-9100
Recovery Innovations NCC	(302) 318-6070
Recovery Innovations KE/SU	302-424-5660
Renfrew Center	(800) 736-3739
Rockford Center	(302) 996-5480
Rose Hill Community Center, Inc.	(302) 656-8513
Runaway Youth Hotline	(302) 762-6373



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<b>S</b>	
Seeking Safety	(302) 761- 0438
SOAR (Survivors of Abuse and Recovery)	(302) 655-3953
SODAT	302-397-8077
St. Francis Hospital	(302) 421-4100
SUN Behavioral Health	(302) 604-5600
Supporting KIDDS	(302) 235-5544
<b>T</b>	
Taton House	302-684-4400
The Bridge Clinic	(302) 255-1650
The Trevor Helpline	(866) 488-7386
Thresholds Inc.	(302) 856-1835
TRIAD	(302) 655-1153
Trinity Counseling Group, LLC	(302)-354-7862
<b>U</b>	
UD Student Wellness (Administrative)	(302) 831-3457
UD Sexual Offense Support (24hr. Hotline)	(302) 831-1001
United Cerebral Palsy	302-764-2400
<b>V</b>	
VA Medical Center	(302) 994-2511
VA Clinic (Dover) ext. 2400	(302) 994-2511
VA Clinic (Georgetown) ext. 2300	(800) 461-8262
Vet Center	(302) 994-1660
Vet Center (SU)	(302) 225-9110
Veterans Crisis Hotline	(800) 273-8255
Veterans Home– Nursing Home	(302) 424-6000
Veterans Housing– People’s Place	(302) 422-8033
<b>W</b>	
West End Neighborhood House, Inc.	(302) 658-4171
Westside Health	(302) 655-5822
Wilmington Hospital - Psychiatric	(302) 428-2352
Wilmington Housing Authority	(302) 429-6700
<a href="https://www.celebraterecovery.com/">https://www.celebraterecovery.com/</a>	<a href="https://www.rainn.org">https://www.rainn.org</a>
<a href="http://www.griefshare.org/findagroup">http://www.griefshare.org/findagroup</a>	
<a href="http://www.helpisherede.com">http://www.helpisherede.com</a>	

## NOTES



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Statewide: (302) 654-6833  
[www.mhainde.org](http://www.mhainde.org)*

2020