



Community Resource Guide

For mental wellness

2023

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*

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

Statewide302-427-0787

The Arc of Delaware

Focus: To promote and protect the human rights of people with intellectual and 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 County302-736-6140

CLASI– Disabilities Law Program

Provides advocacy services to Delaware residents with physical or mental disabilities

New Castle County.....302-575-0690

Kent County.....302-674-850

Sussex County.....302-856-3742

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COUNSELING SERVICES

Brandywine Counseling & Community Services (Wilmington).....	302-656-2348
Brandywine Counseling & Community Services (Newark).....	302-454-3020
Brandywine Counseling & Community Services (Milford).....	302-856-4700
Catholic Charities (Wilmington).....	302-655-9624
Catholic Charities (Kent).....	302-674-1600
Catholic Charities (Sussex).....	302-856-9578
CHILD, Inc.....	302-221-0662
Amanacer (Spanish Speaking Counseling).....	302-576-4136
Jewish Family Services of Delaware.....	302-478-9411
Peoples Place.....	302-422-8026
The Bridge Clinic.....	302-515-3310
Sean's House (UD Campus).....	302-294-6134

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

Rachel Brandenburg

*Child custody evaluation, parent coordination and therapeutic reunification.
Qualified as expert witness in the Delaware Family Courts.
Particular interest in psychological and psychoeducational evaluation.
302-314-3101*

Laura Cooney-Koss

*Conducts psychological evaluations
Testifies as expert witness in Superior and Family court
302-584-2672*

Dr. Harris Finkelstein

*Custody evaluations
302-594-9000*

The Mind and Body Consortium

*Therapy for individuals, couples, family, addiction
Psychiatric assessments
Medical management
Court-ordered evaluations
Separating/divorcing parents seminar
Middletown/Dover/Milford
302-674-2380
mindandbodyde.com*

Robin Timme

*Board-certified forensic psychologist
302-383-4099*

Joseph Zingaro

*People's Place Counseling Center
Offices in Milford and Smyrna
302-422-8026 Ext:116
Peoplesplace2.com*

Dover Air Force Base**Counseling**

Mental Health Clinic.....302-730-4633

Domestic Violence Services

Family Advocacy Office302-677-2711

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.

To enroll, contact the EEU for eligibility 302-255-9458

Promise NCC302-391-3500

Promise Kent302- 857-5060

Promise SU302-515-3310

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).....302-424-5550

3. Crisis Intervention Service (Toll Free NCC)...800-652-2929

Children & Adolescents

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

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 Speaking at People's Place).....302-745-9874

Catholic Charities302-655-9624

CHILD, Inc.302-832-5451

Delaware Coalition Against Domestic Violence New Castle.....302-762-6110

Delaware Coalition Against Violence Kent County.....302-422-8058

Delaware Volunteer Legal Services.....302-478-8680

KE/SU888-225-0582

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

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.....302-658-5177
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 Services302-478-9411
MeadowWood Behavioral Health Hospital.....888-915-1521
New Behavioral Network Delaware, Inc. (NC).....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.....732-365-3798
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).....	302-422-8026

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).....	888-306-0333

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.....	302-397-8077

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.....	302-654-0961
Rose Hill Community Center, Inc.....	302-656-8513
SUN Behavioral Health.....	732-365-3798
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.

Aquila (Adolescents).....	302-999-1106
Aquila (Middletown).....	302-376-8610
Aquila (SU).....	302-856-9746
Dover Air Force Alcohol and Drug Abuse Prevention.....	302-677-2674
Brandywine Counseling & Community Services.....	302-656-2348
Child Mental Health Services.....	302-633-2600
Claymont Comprehensive Treatment Center.....	302-308-8534
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.....	302-397-8077
SODAT (KE/SU).....	800-551-6464
SUN Behavioral Health.....	302-397-8077
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.....	http://www.celebraterecovery.com
Delaware Council On Gambling Problems.....	302-655-3261
Gamblers Anonymous.....	213-386-8789
Gambling Helpline.....	888-850-8888
Sex & Love Addicts Anonymous.....	609-621-7522

Anxiety

Mental Health Association in Delaware.....	302-654-6833
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Depression

Mental Health Association in Delaware.....	302-654-6833
New Directions Delaware.....	888-427-2643

Eating Disorders Support

Renfrew Center.....	800-736-3739
Thriveworks Counseling.....	302-724-6662
AFRID treatment in Delaware.....	855-387-4378

Grief Support

Compassionate Friends (Loss of child).....	877-969-0010
Delaware Hospice.....	302-478-5707
Grief Share.....	800-395-5755
Grief Share online.....	http://www.griefshare.org/findagroup
Peter's Place for Grieving Child., Teens, & Families.....	610-687-5150
Safe Spaces.....	302-691-7946
Supporting KIDDS.....	302-235-5544
Survivors of Suicide Group (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.....	212-695-8650

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/
Help is Here Crisis Line.....	833-0-HOPEDE

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 Newcastle.....	800-262-9800
(KE/SU).....	302-761-9800
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
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VETERANS AFFAIRS

Crisis Intervention

Veterans Crisis Hotline1-800-273-8255

Hospitals

VA Medical Center (Wilmington).....302-994-2511

VA Clinic (Dover).....302-994-2511 ext. 2400

VA Clinic (Georgetown).....800-461-8262 ext. 2300

Information & Referral

Delaware Joining Forces (New Castle).....1-800-652-2929

Delaware Joining Forces (Kent/Sussex).....1-800-345-6785

Veterans Housing

Home of the Brave.....302-424-1681

Connections Community Support Program302-442-6622

Delaware Veterans Nursing Home.....302-424-6000

People's Place (KE).....302-422-8033

Veterans Readjustment Counseling

Sussex Vet Center.....302-225-9110

Wilmington Vet Center302-994-1660

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 10th Street, Suite 600, Wilmington, DE 19801
 302-654-6833 www.mhainde.org

Crisis

Adult
 Crisis Intervention Service(NCC).....302-577-2484
 Crisis Intervention Service (KE/SU).....800-345-6785
 Text DE to 741741 for the Crisis Text line

Children & Adolescents
 Child Priority Response (Crisis Intervention Service Statewide)
1- 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
 CHILD, Inc.....302-221-0662
 Children & Families. First (KE).....302-658-5177
 Children & Families First (SU).....800-220-3092
 Connections.....302-656-8326
 Delaware Guidance (Dover).....302-645-5338
 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
 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.....302-653-2341

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
Fuller Center for Justice Housing (Victim).....	302-827-3596
Domestic Violence Coordinating Counsel.....	302-255-1700
National Domestic Violence Hotline.....	800-799-7233
Delaware Volunteer Legal Services.....	302-478-8680
Peoples Place Turning Point.....	302-424-2420
The Safe Program of People's Place.....	302-422-5326

Evaluation

Bayhealth	302-674-4700
Delaware Psychiatric Center.....	302-255-2700
Recovery Innovations(NCC).....	302-318-6070
Promise Program/Bridge Clinic.....	302-255-9458

Hospitals

Bayhealth (Mitchel Bldg.).....	302-674-4700
Beebe Medical Center (SU).....	302-645-3300
Christiana Care Psychiatry.....	302-454-9900
Delaware Psychiatric Center.....	302-255-2700
Dover Behavioral Health System (KE/SU).....	302-741-0140
MeadowWood Behavioral Health Hospital.....	855-978-2986
Nanticoke Memorial Hospital (SU).....	302-629-6611
Rockford Center.....	302-996-5480
SUN Behavioral Health.....	302-604-5600

Hotlines/Helplines

Christiana Psych. Services.....	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).....	800-656-4673
RAINN.....	800-656-4673

Housing

Wilmington Housing Authority.....	302-429-0954
Dover Housing Authority.....	302-678-1965
Newark Housing Authority.....	302-255-9458
Eligibility Enrollment Unit	302-255-9458
Hope Center	302-650-3045
Housing Alliance Delaware.....	302-654-0126
NAMI-DE.....	302-427-0787
Salvation Army (Emergency Shelter).....	302-472-0750
United Cerebral Palsy.....	302-764-2400
Home of the Brave (veterans)	302-424-1681
Taton House.....	302-684-4400
Delaware 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.....	866-935-0407
Legal Services Corporation of Delaware Wilmington.....	302-575-0408
KE/SU.....	302-734-8820

Licensing

Division of Professional Regulation	302-739-4522
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Professional Referral

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

Resources - National

ADA Information Center.....	800-949-4232
American Academy 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.....	302-559-4688
Aquila of Delaware Inc.....	302-518-9686
Brandywine Counseling & Community Services.....	302-656-2348
Connections.....	833-886-2277
Division of Prevention and Behavioral Health Services.....	302-633-2571
Division of Substance Abuse & Mental Health.....	302-255-9399
Dover Air Force Base Alcohol & Drug Abuse Prevention....	800-481-6965
Dover Behavioral Health System (KE/SU).....	302-741-0140
Family Counseling Center of St. Paul's.....	302-576-4136
Bilingual Counselors.....	302-576-4136
Latin American Community Center.....	302-655-7338
Limen House for Men.....	302-652-7969
Limen House for Women.....	302-571-1216
MeadowWood Behavioral Health	302-213-3568
Pace, Inc.	302-999-9812
SODAT	302-397-8077
SUN Behavioral Health.....	302-297-9176
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
Brandywine Counseling & Community Services.....	302-656-2348
Open Door, Inc. (DUI Program).....	302-731-1504
SODAT.....	302-397-8077

Kent 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..... <https://www.celebraterecovery.com/>
- Gambling Hotline 1-800-426-237

Attention Deficit Disorder

- CHADD of Greater Newark302-737-5063

Anxiety

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

Depression

- Mental Health Association.....302-654-6833
- NAMI-DE.....302-4270787

Eating Disorders Support

- Celebrate Recovery online.....<https://www.celebraterecovery.com/>
- Renfrew Center.....800-736-3739

Grief Support

- Compassionate Friends (Loss of child).....877-969-0010
- Delaware Hospice.....302-478-5707
- Grief Share800-395-5755
- 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).....202-467-8180
- Trevor Helpline for Crisis and Suicide.....866-488-7386
- Parents of Trans KidsPTKDelaware@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 Assault302-761-9100
- Rape-Sexual Assault (KE/SU).....800-262-9800
- SOAR (NC & KE).....302-655-3953
- RAINN.....<https://www.rainn.org/>

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A	
Abriendo Puertas	(302) 745-9874
A.I. DuPont Hospital for Children	(302) 651-4200
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)	Temporarily Closed
Aquilla (NC adolescent)	(302) 999-1106
Aquilla (SU)	(302) 856-9746
ARC for Intellectual and Developmental Disability	(302) 996-9400
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	(646)-681-4888
C	
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	Temporarily closed
Children and Families First of DE	(302) 658-5177
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
D	
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) 577-5002
DE State Housing Authority (Bridgeville)	(302) 337-3266
Dover State Housing Authority	(302)-739-4263
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	(800) 799-7233
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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E	
Eldercare Locator	(800) 677-1116
Emergency Shelter (Salvation Army)	(302) 472-0700
F	
Family Counseling Center of St. Paul's	(302) 576-4136
Fellowship Health Resources	(302) 854-0626
Felton Residential	(302) 284-8370
G	
Gamblers Anonymous	(302) 761-9100
Gambling Hotline	1-800-426-2537
Group homes– Georgetown	(302) 856-7642
H	
Help is Here	https://www.helpisherede.com/
Hilltop Lutheran Neighborhood, Inc.	(302) 656-3224
Horizon House	(302) 655-7108
Hope House	(302) 422-6699
Housing Alliance Delaware	(302) 654-0126
I	
Ingleside Senior Services	(302) 575-0250
J	
Jewish Family Services	(302) 478-9411
K	
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
L	
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
Limen House for Women	(302)-571-1216

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M	
Martin Luther King Community Center	(302) 655-2832
MeadowWood Behavioral Health Hospital	(888) 915-1521
Medicaid (Children/Adolescents)	(302) 552-3530
Medicaid Office	(800) 372-2022
Mental Health America	(800) 969-6642
N	
NAMI - DE	(302) 427-0787
Nanticoke Memorial Hospital	(302) 629-6611
Neighborhood House, Inc.	(302) 658-5404
Neighborhood House, Inc.	(302) 378-7217
Newark Housing Authority	(302) 366-0826
Newark Senior Center	(302) 737-2336
O	
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
P	
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	Closed
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) 56-5490
Psychological Services Training Center (U.D.)	(302) 831-2717
R	
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	1-800-786-2929

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S	
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) 207-9176
Supporting KIDDS	(302) 235-5544
T	
Taton House	(302) 684-4400
The Bridge Clinic	(302) 255-1650
The Trevor Helpline	(866) 488-7386
Thresholds Inc.	(302) 478-3053
TRIAD	(302) 655-1153
Trinity Counseling Group, LLC	(302)-354-7862
U	
UD Student Wellness (Administrative)	(302) 831-3457
UD Sexual Offense Support (24hr. Hotline)	(302) 831-1001
United Cerebral Palsy	(202) 776-0406
V	
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
W	
West End Neighborhood House, Inc.	(302) 658-4171
Westside Health	(302) 455-0900
Wilmington Hospital - Psychiatric	(302) 428-2352
Wilmington Housing Authority	(302) 429-6700
https://www.celebraterecovery.com/	https://www.rainn.org
http://www.griefshare.org/findagroup	
http://www.helpisherede.com	

NOTES



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2023