



Community Resource Guide

For mental wellness



2018

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.

Support 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, accident or homicide.

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

TABLE OF CONTENTS

Advocacy _____	4
Counseling Services _____	5
Crisis Intervention _____	6
Domestic Violence _____	6
Hospitals _____	7
Hotlines/Helplines _____	7
Information and Referral _____	8
Licensing and Complaints _____	8
Mental Health Services (Adults) _____	9
Mental Health Services (Children & Adolescents) _____	10
Mental Health Services (Senior Citizens) _____	12
Substance Abuse Treatment _____	13
Support Groups _____	14
Veterans Affairs _____	15
Types of Care _____	15
Types of Mental Health Professionals _____	15
Quick Index to Services _____	16
Advocacy _____	16
Counseling _____	16
Day Treatment _____	16
Domestic Violence Services _____	17
Evaluation _____	17
Hospitals _____	17
Hotlines/Helplines _____	17
Housing _____	17
Information and Referral _____	17
Insurance _____	18
Legal Problems _____	18
Licensing _____	18
Professional Referral _____	18
Resources (National) _____	18
Resources (State) _____	18
Substance Abuse _____	19
Support Groups _____	20
Quick Index to Agencies (A to Z) _____	20

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

New Castle County.....302-654-6833
Kent & Sussex.....800-287-6423

National Alliance on Mental Illness in Delaware (NAMI-DE)

Focus: support for family members and housing for consumers

New Castle County.....302-427-0787
Kent & Sussex.....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.

New Castle County.....302-996-9400

Community Legal Aid Society – Disabilities Law Program

Focus: Investigation of abuse and neglect in residential mental health facilities; legal assistance in non-criminal matters such as housing, social security payments, employment rights, etc.

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

Client Assistance Program

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

DE Volunteer Legal Service.....302-478-8850
New Castle County.....302-764-6216

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
Children and Families First of Delaware Help Line.....	800-734-2388
Dover Behavioral Health System	302-741-0141
Family Counseling Center of St. Paul's.....	302-576-4136
Bilingual Counselors.....	302-576-4136
Georgetown Mental Health Center.....	302-856-5490
Holcolmb Behavioral Health Systems.....	610-363-1488
Horizon House.....	302-655-2814
Jewish Family Services.....	302-478-9411
Latin American Community Center	302-655-7338
Middletown Horizon House Echo Center.....	302-449-3246
Newark Echo Center.....	302-266-3246
Pathways of Delaware.....	302-573-5073
Peoples Place (KE/SU).....	302-422-8026
Psychological Services Training Center (U.D.).....	302-831-2717
Wilmington Mental Health Center.....	302-778-6900

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

Dr. Toni Hickman Psy.D.....	302-660-3682
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.....302-255-9458

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
Crisis Intervention Service..... 302-577-2484
Crisis Intervention Service (KE/SU).....800-345-6785
Crisis Intervention Service (Statewide).....800-652-2929

Children & Adolescents
Child Priority Response (Crisis Intervention Service)..... 800-969-HELP
Child Priority Response (KE/SU).....302-424-HELP

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
Aid in Dover Inc.....	302-734-7610
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 Hotlinel.....	302-762-6110
KE/SU.....	302-422-8058
Latin American Community Center.....	302-655-7338
Peoples Place Turning Point.....	302-424-2420
Prevent Child Abuse Delaware.....	302-425-7490
KE/SU.....	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

Delaware Psychiatric Center	302-255-2700
MeadowWood Hospital.....	302-328-3330
Rockford Center	302-996-5480
Wilmington Hospital.....	302-733-1000

Kent/Sussex County

Dover Behavioral Health System.....	302-741-0140
MeadowWood KE/SU.....	800-289-8336
Rockford Center KE/SU.....	800-847-4357

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.....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.

AIDS Hotline.....	800-422-0429
Child Abuse and Neglect Reporting Line.....	800-292-9582
Children & Families First Helpline.....	800-734-2388
Christiana Care Psychiatry.....	302-320-2352
Christiana Care Psych. Crisis Line.....	302-320-2118
ContactLifeline, Inc.....	302-761-9100
ContactLifeline, Inc. (KE/SU).....	800-262-9800
Delaware Coalition Against Domestic Violence.....	302-658-2958
Domestic Violence Hotline.....	302-762-6110
Bilingual.....	302-762-6110
Rape Crisis (New Castle).....	302-761-9100
Runaway Youth Hotline.....	302-762-6373
The Trevor Helpline (Sexual Orientation).....	866-488-7386
UD Sexual Offense Hotline.....	302-831-1001

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 / 800-287-6423
 Delaware 211.....800-560-3372 or 2-1-1
 Latin American Community Center.....302-655-7338

Div. of Substance Abuse & Mental Health

General Information.....302-255-9399
 DE Academy of Medicine, Inc.....302-733-3900
 Delaware Health & Human Services Referrals.....800-560-3372 or 2-1-1

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 WITHOUT Insurance

Behavioral Health Services

Christiana Care Wilmington Hospital.....302-320-2100
 Dover Behavioral Health System.....302-741-0140
 Horizon House Inc.....302-655-2814
 MeadowWood Behavioral Health Hospital.....302-328-3330
 New Behavioral Network Delaware, Inc.....302-892-9210
 New Behavioral Network Delaware, Inc (SU).....302-730-0720
 Rockford Center.....302-996-5480
 Thurman Adams State Service Center.....302-856-5490
 Wilmington Hospital.....302-320-2100

Non-Profit Mental Health Centers

Catholic Charities (NC).....302-655-9624
 Catholic Charities (KE).....302-674-1600
 Catholic Charities (SU).....302-856-9578
 Chesapeake Voyagers Inc.....410-822-1601
 Children and Families First of Delaware.....800-220-3092
 Family Counseling Center of St. Paul's.....302-576-4136
 Bilingual Counselors.....302-576-4136
 Jewish Family Services.....302-478-9411
 Latin American Community Center.....302-655-7338
 Peoples Place (KE&SU).....302-422-8033

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

Alpha Behavioral Health.....	302-736-6135
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

Alpha Behavioral Health.....	302-736-6135
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

Alpha Behavioral Health.....	302-736-6135
Catholic Charities.....	302-856-9578
Children and Families First	302-856-2388
Delaware Guidance	302-645-5338
People’s Place	302-422-8026

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
------------------------------	--------------

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

Alpha Behavioral Health.....	302-736-6135
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
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 disposition 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. Numerous studies show that:

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
Thresholds, Inc. (SU).....	302-856-1835

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

Alpha Behavioral Health	302-736-6135
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 and Survivors of Accidents and Murders Support groups for family members and friends who have lost a loved one to suicide or to an accident or murder are also offered in New Castle and Sussex Counties. Although mutual help groups do not replace therapy, often they can offer ongoing peer support that 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
Supporting KIDDS.....	302-235-5544
Survivors of Suicide (MHA).....	302-654-6833
KE/SU.....	800-287-6423

Sexual Orientation

PFLAG (Parents, Family, & Friends of Lesbians & Gays).....	302-654-2995
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

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 (NC & KE).....	302-655-3953

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

Connections Community Support Program.....302-250-5868

Connections Community Support Program (SU).....302-332-0913

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

People’s Place (KE).....302-422-8033

Veterans Readjustment Counseling

Dover Outstation.....302-893-0785

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

Vet Center.....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 10th Street, Suite 600, Wilmington, DE 19801
 (302) 654-6833 Kent/Sussex (800) 287-6423 www.mhainde.org

Crisis

<i>Adult</i>	
Crisis Intervention Service.....	302-577-2484
Crisis Intervention Service (KE/SU).....	800-345-6785
Crisis Intervention Service (Statewide).....	800-652-2929
<i>Children & Adolescents</i>	
Child Priority Response (Crisis Intervention Service).....	
.....	800-969-HELP
Child Priority Response (KE/SU).....	302-424-4357

Advocacy

Addictions Coalition.....	302-559-4688
ARC.....	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
NAMI-DE.....(KE/SU).....	302-427-0787
Ombudsman.....	800-223-9074

Counseling

AIDS Delaware.....	302-652-6776
Brandywine Pastoral Institute Inc.....	302-651-0223
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.....	800-734-2388
Community Mental Health (Gen. Info).....	302-255-9399
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
Division of Prevention and Behavioral Health Services	302-633-2600
Division of Vocational Rehab.....	302-761-8300
Family Counseling Center of St. Paul's.....	302-576-4136
Bilingual Counselors.....	302-576-4136
Georgetown Mental Health Center.....	302-856-5490
Horizon House.....	302-655-7108
Jewish Family Service of Delaware.....	302-478-9411
MeadowWood Hospital-Senior Outpt. Services.....	302-328-3330
Pathways of Delaware.....	302-573-5073
People's Place (Milford).....	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
Wilmington Hospital-Transitional Care Program.....	302-428-2357

QUICK INDEX TO SERVICES

The Mental Health Association in Delaware

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

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.....	302-318-6070
Recovery Innovations (KE/SU).....	302-424-5660

Hospitals

Bayhealth	302-674-4700
Beebe Medical Center (SU).....	302-645-3300
Christiana Care Psychiatry.....	302-428-2961
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

Hotlines/Helplines

Christiana Psych. Crisis.....	302-320-2118
Contact Lifeline.....	302-761-9100
Contact Lifeline (KE/SU).....	800-262-9800
Trevor Helpline (Sexual Orientation).....	866-488-7386
Delaware Helpline.....	800-464-4357
UD Sexual Offense Support Hotline (24hrs).....	302-831-1001

Housing

Aid in Dover, Inc.....	302-734-7610
Connections.....	866-477-5345
Delaware Helpline.....	800-464-4357
Delaware State Housing Authority.....	302-577-5001
Dover Housing Authority.....	302-678-1965
Newark Housing Authority.....	302-366-0826
Fellowship Health Resources.....	302-255-9458
NAMI-DE.....	302-427-0787
Recovery Innovation.....	302-300-3105
(KE/SU).....	302-424-5660
Salvation Army (Emergency Shelter).....	302-472-0750
United Cerebral Palsy.....	302-764-2400
Wilmington Housing Authority.....	302-429-6700

Information & Referral

Delaware Helpline.....	800-464-4357
Mental Health Assoc. In Del.....	302-654-6833
Parent Information Center.....	302-999-7394
(KE/SU).....	302-856-9880

QUICK INDEX TO SERVICES

The Mental Health Association in Delaware

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

Insurance (Medicaid)

Customer Relations.....	800-843-7271
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

State Board of Licensing.....	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
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
Center for Mental Health Services.....	800-789-2647
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.....	800-615-6464
Office of Disease Prevention.....	301-827-5561

Resources - State

Alcoholics Anonymous.....	302-655-5113
Dept. 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

QUICK INDEX TO SERVICES

The Mental Health Association in Delaware

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

Substance Abuse

Addictions Coalition of DE, Inc.....	302-984-2322
Aquila (Adolescents).....	302-999-1106
Aquila (Middletown).....	302-376-8610
Aquila (SU).....	302-856-9746
Brandywine Counseling & Community Services.....	302-656-2348
Claymont Community Center.....	302-792-2757
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 ext2170
Limen House for Men.....	302-652-7969
Limen House for Women.....	302-571-1216
MeadowWood.....	302-328-3330
Open Door, Inc. (DUI Program).....	302-798-9555
Pace, Inc.	302-999-9812
SODAT.....	302-656-4044
SODAT (KE/SU).....	800-551-6464
Thresholds, Inc. (SU).....	302-856-1835

Children & Adolescent Substance Abuse Treatment

New Castle County

Aquila.....	302-999-1106
Crossroads.....	302-652-1405
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.....	302-656-4044

Kent County

Alpha Behavioral Health.....	302-736-6135
Aquila.....	302-376-8610

Sussex County

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

QUICK INDEX TO SERVICES

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

Support Groups

Addiction

Celebrate Recovery online.....<http://www.celebraterecovery.com>
Gamblers Anonymous302-761-9100
Gambling Hotline888-850-8888
Sex & Love Addicts Anonymous215-731-9760

Attention Deficit Disorder

CHADD of Greater Newark.....302-737-5063

Anxiety

Mental Health Association302-654-6833
Obsessive-Compulsive Disorder302-731-4339

Depression

Depression (MHA in DE)654-6833 or 800-287-6423
NAMI-DE.....(888) 427-2643 x116
New Directions Delaware302-286-1161

Eating Disorders Support

Celebrate Recovery online.....<http://www.celebraterecovery.com>
Overeaters Anonymous302-777-7678
Renfrew Center.....800-736-3739

Grief Support

Compassionate Friends (Loss of child).....877-969-0010
Delaware Hospice302-478-5707
Grief Share302-478-2575
Grief Share302-658-6117
Grief Share online.....<http://www.griefshare.org/findagroup>
Peter's Place for Grieving Child., Teens, & Families.....610-687-5150
Supporting KIDDS.....302-235-5544

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

Substance Abuse Support

Alcoholics Anonymous.....302-655-5113
Alcoholics Anonymous (KE).....302-736-1567
Alcoholics Anonymous (SU).....302-856-6452
Celebrate Recovery online.....<http://www.celebraterecovery.com>
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 Group302-737-2336
NAMI- DE.....302-427-0787
NAMI-DE (KE/SU).....302-226-3334
Parenting Classe.....302-762-8989

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 Kent/Sussex (800) 287-6423 www.mhainde.org*

A	
Abriendo Puertas	(302)-745-9874
A.I. DuPont Hospital for Children	(302) 651-4500
Aid in Dover Inc.	(302) 734-7610
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
Alpha Behavioral Health	(302) 736-6135
American Academy of Child/Adolescent Psychiatry	(202) 966-7300
American Association of Suicidology	(202) 237-2280
American Psychological Association	(202) 336-5500
Aquilla (Middletown)	(302) 376-8610
Aquilla (NC)	(302) 999-1106
Aquilla (SU)	(302) 856-9746
ARC	(302) 996-9400
B	
Bayhealth	(302) 674-4700
Beebe Medical Center	(302) 645-3300
Bellevue Community Center	(302) 762-1391
Brain & Behavior Research Foundation	(516) 829-0091
Brandywine Counseling & Community Services	(302) 656-2348
Brandywine Pastoral Institute, Inc.	(302) 651-0223
C	
Catholic Charities (KE)	(302) 674-1600
Catholic Charities (NC)	(302) 655-9624
Catholic Charities (SU)	(302) 856-9578
Catholic Social Services (SU)	(302) 856-9578
Cancer Support Community	(302) 995-2850
Center for Mental Health Services	(800) 789-2647
Child Inc.	(302) 762-8989
Child Priority Response	(800) 969-4357
Child Priority Response (KE/SU)	(302) 424-4357
Children and Families First of DE	(800) 734-2388
Chinese American Community Center	(302) 239-0432
Christiana Care Psychiatry	(302) 320-2352
Community Legal Aid Society (KE)	(302) 674-8500
Community Legal Aid Society (NC)	(302) 575-0660
Community Legal Aid Society (SU)	(302) 856-0038
Community Mental Health (General Info)	(302) 255-9399
Community MH Center (Claymont)	(302) 792-2757
Community MH Center (Dover)	(302) 857-5060
Community MH Center (Georgetown)	(302) 856-5490
Community MH Center (Newark)	(302) 266-3246
Community MH Center (Wilmington)	(302) 778-6900
Compassionate Friends	(877) 969-0010
Connections Community Support Program	(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

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 Kent/Sussex (800) 287-6423 www.mhainde.org

Crisis Intervention Service –Children	(302) 577-5128
Crisis Intervention Service –Children (KE)	(800) 969-4357
Crisis Intervention Service –Children (SU)	(302) 424-4357
Crossroads	(302) 652-1405
D	
DE Academy of Medicine	(302) 733-3900
DE Center for Justice (Victim)	(302) 658-7174
DE Coalition Against Domestic Violence	(302) 658-3246
DE Council on Gambling Problems, Inc.	(302) 655-3261
DE Council on Gambling Problems, Inc. (SU)	(302) 226-5041
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 Helpline	(800) 464-4357
DE Hospice	(302) 478-5707
DE Physicians Care	(866) 543-2167
DE 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
DE State Housing Authority (KE)	(302) 739-4269
DE Volunteer Legal Service	(302) 478-8680
Delaware Aging & Disability Resource Center	(800) 223-9074
Delaware Medical Assistance Bureau	(302) 674-7364
Depression and Related Affect Disorder	(401) 955-4647
Division of Aging	(302) 453-3820
Division of Prevention and Behavioral Health Services	(302) 633-2600
Division of Aging (Client Svc)	(800) 223-9074
Division of Aging (KE/SU)	(302) 424-7310
Division of Vocational Rehab	(302) 761-8300
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 Air Force Base - ADAPT	(302) 677-2674
Dover Behavioral Health System	(302) 741-0140
Dover Housing Authority	(302) 678-1965
DSAMH (General Info)	(302) 255-9398

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 Kent/Sussex (800) 287-6423 www.mhainde.org

E	
Eldercare Locator	(800) 677-1116
Emergency Shelter (Salvation Army)	(302) 472-0750
F	
Family Counseling Center of St. Paul's	(302) 576-4136
Fellowship Health Resources	(302) 856-1066
G	
Gamblers Anonymous	(302) 761-9100
Gambling Hotline	(888) 850-8888
Geriatric Service of DE– Home Care (KE)	(302) 734-7005
Geriatric Service of DE– Home Care (NC)	(302) 658-6731
Geriatric Service of DE– Home Care (SU)	(302) 856-7774
Grief Share	(302) 658-6117
H	
Hilltop Lutheran Neighborhood, Inc.	(302) 656-3224
Horizon House	(302) 655-7108
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) 295-2169
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

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 Kent/Sussex (800) 287-6423 www.mhainde.org*

M	
Martin Luther King Community Center	(302) 655-2832
MeadowWood Behavioral Health Hospital	(302) 328-3330
Medicaid (Children/Adolescents)	(302) 577-2174
Medicaid Office	(800) 372-2022
Mental Health America	(800) 969-6642
N	
NAMI - DE	(302) 427-0787
NAMI - DE (KE/SU)	(302) 226-3334
Nanticoke Memorial Hospital	(302) 629-6611
National Institute of Mental Health	(800) 421-4211
National Manic Dep. & Dep. Association	(800) 826-3632
Neighborhood House, Inc.	(302) 652-3928
Neighborhood House, Inc.	(302) 378-7217
New Directions Delaware	(302) 286-1161
Newark Housing Authority	(302) 366-0826
Newark Senior Center	(302) 737-2336
O	
Obsessive-Compulsive Disorder	(302) 731-4339
Office of Disease Prevention	(240) 453-8280
Open Door, Inc. (DUI Program)	(302) 798-9555
Open Door, Inc. (KE) (DUI Program)	(302) 678-4911
Open Door, Inc. (NC) (DUI Program)	(302) 731-1504
Overeaters Anonymous	(302) 777-7678
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	(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
Psychological Services Training Center (U.D.)	(300) 831-2717
R	
Rape Crisis	(302) 761-9100
Recovery Innovations	(302) 318-6070
Renfrew Center	(800) 736-3739
Richardson Park Community Action Program	(302) 428-1247
Rockford Center	(302) 996-5480
Rose Hill Community Center, Inc.	(302) 656-8513
Runaway Helpline	(302) 762-8989
Runaway Youth Hotline	(302) 762-6373

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 Kent/Sussex (800) 287-6423 www.mhainde.org*

S	
SOAR	(302) 655-3953
SODAT	(302) 656-4044
SODAT (KE/SU)	(800) 551-6464
St. Francis Hospital	(302) 421-4100
Supporting KIDDS	(302) 235-5544
T	
Terry Center	(302) 577-4270
The Trevor Helpline	(866) 488-7386
Thresholds Inc.	(302) 856-1835
U	
United Healthcare Community Plan	(877) 877-8159
UD Student Wellness (Administrative)	(302) 831-3457
UD Sexual Offense Support (24hr. Hotline)	302-831-1001
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 (Dover Outstation)	(302) 893-0785
Vet Center (SU)	(302) 225-9110
Veterans Crisis Hotline	(800) 273-8255
Veterans Home– Delaware	(302) 424-6000
Veterans Housing– People's Place	(302) 422-8033
W	
Washington Street Behavioral Health	(302) 984-5338
West End Neighborhood House, Inc.	(302) 658-4171
Westside Health	(302) 655-5822
Widowed Persons Service (AARP)	(866) 571-4266
William "Hicks" Anderson Community Center	(302) 571-4266
Wilmington Hospital - Psychiatric	(302) 428-2352
Wilmington Housing Authority	(302) 429-6700
http://www.celebraterecovery.com	
http://www.griefshare.org/findagroup	
http://www.helpisherede.com	

NOTES



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

2018