

Mental Health

Community Resources Directory



**Mental Health
Association
in Delaware**

2012

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 murder.

The Association helps improve community awareness of these illnesses through various education programs. We provide education for the community at large through **Community Workshops, Conferences and Health Fairs**. We partner with the National Institute of Mental Health and Mental Health America through the **Campaign on for America's Mental Health to provide free depression screenings for National Depression Screening Day**.

MHA's **Suicide Prevention Initiative** is focused on reducing the rates of suicide by enhancing knowledge, skills and competencies. The two evidence-based gatekeeper trainings that we offer are: **ASIST** (Applied Suicide Intervention Skills Training) and **safeTALK** (Suicide Alertness for Everyone). In addition, we provide suicide prevention awareness trainings and programs to schools and the community. **Lifelines** is a comprehensive suicide awareness and responsiveness program for middle schools made up of three components: Prevention, Intervention, and Postvention that MHA utilizes.

MHA's **Advocacy** efforts include monitoring the implementation of state mental health parity legislation and advocacy on the federal level for consumer protection legislation and comprehensive mental health parity. Each year our **Information and Referral Service** responds to over a thousand callers who have questions or concerns regarding mental health services or issues. This toll free service is available from 8:30 a.m. to 4:30 p.m., Monday through Friday.

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

James Lafferty
Executive Director, 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

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

National Alliance on Mental Illness (NAMI-DE)

Focus: support for family members and housing for consumers

New Castle County.....302-427-0787
Kent & Sussex.....302-226-3334

Association for the Rights of Citizens with Mental Retardation in Delaware (ARC-DE)

Focus: improve and enhance the quality of life for individuals with mental retardation and their families

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.....302-575-0660
Kent County.....302-674-8500
Sussex County..... 302-856-0038

Client Assistance Program

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

DE Volunteer Legal Service.....302-478-8680
New Castle County.....302-764-2400

COUNSELING SERVICES (NON-PROFIT)

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

Community Mental Health Centers

Dover Mental Health Center	302-857-5060
Georgetown Mental Health Center.....	302-856-5490
Middletown Horizon House ECHO Center.....	302-449-3246
Newark Mental Health Center.....	302-453-4101
Wilmington Mental Health Center.....	302-778-6900

Counseling Services

Brandywine Counseling & Community Services.....	302-472-0381
Catholic Charities (NC)	302-656-0651
Catholic Charities (KE)	302-674-1600
Catholic Charities (SU)	302-856-9578
CHILD, Inc.....	302-762-8989
Children and Families First of Delaware	800-734-2388
Claymont Community Center.....	302-792-2757 ext. 118
Holcolmb Behavioral Health Systems.....	610-363-1488
Jewish Family Services	302-478-9411
Latin American Community Center	302-655-7338
Peoples Place (KE&SU)	302-422-8026
Psychological Services Training Center (U.D.).....	302-831-2717

Delaware Guidance for Children and Youth

Dover.....	302-678-3020
Lewes.....	302-645-5338
Newark.....	302-455-9333
Seaford.....	302-262-3505
Wilmington.....	302-652-3948

Dover Air Force Base

Counseling

Life Skill Support Center.....	302-677-2674
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Domestic Violence Services

Family Advocacy Office	302-677-2711
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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

Crisis Intervention Service (NCC)	302-633-5128
Child Priority Response	800-722-7710
Crisis Intervention Service (Statewide)	800-969-HELP
Crisis Intervention Service (KE/SU)	302-424-4357

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).....	302-855-9515
Aid in Dover Inc.	302-734-7610
Catholic Charities	302-655-9624
Child Inc.	302-762-8989
Children & Families First.....	302-658-5177
KE	302-674-8384
SU	302-629-6996
Delaware Volunteer Legal Services	302-478-8680
KE/SU.....	800-773-0606
Delaware Center for Justice (Victim).....	302-658-7174
Domestic Violence Coord. Council.....	302-255-0405
Domestic Violence Hotline (Child Inc.)	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.....	866-925-4223

Legal services for victims of domestic violence

Delaware Volunteer Legal Services	302-478-8680
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HOSPITALS

(Inpatient, Partial, Day and Evening Programs)

New Castle County

MeadowWood Hospital.....	302-328-3330
KE/SU.....	800-289-8336
Rockford Center	302-996-5480
KE/SU.....	800-847-4357
Wilmington Hospital.....	302-428-2229

Kent & Sussex County

Dover Behavioral Health System	302-741-0140
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HOTLINES/HELPLINES

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

Addiction Psychiatry (Rockford Center)	302-996-5480
AIDS Hotline.....	800-422-0429
Child Abuse and Neglect Reporting Line	800-292-9582
Christiana Care Psychiatry	302-428-2352
ContactLifeline, Inc.....	302-761-9100
ContactLifeline, Inc (KE/SU)	800-262-9800
Delaware Coalition Against Domestic Violence.....	302-658-2958
National Suicide Prevention Helpline.....	800-273-TALK
Runaway Helpline (Child Inc.).....	302-762-8989
Domestic Violence Hotline	302-762-6110
Runaway Youth Hotline	302-762-6373
The Trevor Helpline (Sexual Orientation).....	866-488-7386
UD Sexual Offense Support.....	302-831-3457

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 Helpline.....	2-1-1 / 800-464-4357
Latin American Community Center.....	302-655-7338
NAMI (National Alliance on Mental Illness).....	302-427-0787
Div. of Substance Abuse & Mental Health	
General Information.....	302-255-9398
Parent Information Center.....	302-366-0152
DE Academy of Medicine, Inc.....	302-733-3900

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

Clinical Social Workers, Nurses, Professional Counselors of Mental Health, Psychologists, and Psychiatrists

MENTAL HEALTH SERVICES - ADULTS

Counseling/Access to Mental Health Treatment WITHOUT Insurance

State-Funded Community Mental Health Centers

Dover Mental Health Center	302-857-5060
Georgetown Mental Health Center	302-856-5490
Middletown Horizon House ECHO Center	302-449-3246
Newark Mental Health Center	302-453-4101
Wilmington Mental Health Center	302-778-6900

Non-Profit Mental Health Centers

Catholic Charities (NC)	302-656-0651
Catholic Charities (KE)	302-674-1600
Catholic Charities (SU):	302-856-9578
CHILD, Inc.	302-762-8989
Children and Families First of Delaware	800-734-2388
DE Elwyn	302-658-8860
Jewish Family Services	302-478-9411
Latin American Community Center	302-295-2169
Peoples Place (KE&SU)	302-422-8026

Counseling/Access to Mental Health Treatment with MEDICAID

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

Delaware Physicians Care	866-543-2167
Diamond State Partners	800-996-9969
Health Benefits Manager	800-996-9969
Child Medicaid	302-577-2174
Division of Medicaid	302-368-6610
Unison	877-877-8159

Counseling/Access to Mental Health Treatment WITH Private Insurance

Refer caller to their insurance provider. 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.

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. Serves children up to the age of 12.

Call for more information	302-633-2571
Emergency Referral Number (NC)	302-633-5128
Emergency Referral Number (KE & SU).....	302-424-HELP
Non-emergency Referral number	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 offers clinical psychological testing and evaluation for children through their Psychological Services Department. Both the Psychology and Psychiatry Departments provide limited outpatient counseling services to children.

A.I. duPont Hospital for Children	302-651-4500
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Outpatient Treatment Services for Children and Adolescents

New Castle County

Aquila	302-999-1106
Catholic Charities	302-655-9624
Children and Families First	800-734-2388
Delaware Guidance	302-652-3948
Jewish Family Services	302-478-9411
Open Door	302-731-1504
Phoenix	302-736-6135

Kent County

Catholic Charities	302-674-1600
Children and Families First	800-734-2388
Delaware Guidance	302-678-3020
Open Door	302-678-4911
People's Place (KE&SU).....	302-422-8026
Phoenix Mental Health.....	302-736-6135

Sussex County

Catholic Charities	302-856-9578
Children and Families First	800-734-2388
Delaware Guidance	302-645-5338
People's Place	302-422-8026
Phoenix Mental Health.....	302-736-6135

MENTAL HEALTH SERVICES FOR CHILDREN AND ADOLESCENTS (continued)

Hospitals and Day Treatment Programs for Children and Adolescents

New Castle County

Rockford Center 302-996-5480
 Rosenblum Adolescent Center..... 302-428-6366

Kent County

Delaware Guidance Services (children 6-12 yrs) 302-678-9316
 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
 Open Door..... 302-731-1504
 Phoenix 302-736-6135
 SODAT..... 302-656-4044

Kent County

Open Door..... 302-678-4911
 People's Place (KE&SU)..... 302-422-8026
 Phoenix Mental Health..... 302-736-6135

Sussex County

Aquila 302-856-9746
 People's Place..... 302-422-8026
 Phoenix Mental Health..... 302-736-6135

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.

Elder Info: 800-336-9500
Client Services 800-223-9074

Outpatient Counseling Services

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

Catholic Charities Elderly Counseling Program 302-674-1600
Children & Families First Grand Parenting Program 302-658-5177
Jewish Family Service of Delaware Services 302-478-9411
Open Door Incorporated 302-731-1504
Open Door Incorporated (KE) 302-678-4911

Community and Senior Centers

Provides a variety of programs and services for the elderly

Chinese American Community Center 302-239-0432
Claymont Community Center 302-792-2757
Dover Airforce Base - Family Support Center 302-677-6930
Edgemoor Community Center 302-762-1391
Fram Senior Center 302-658-8420
Hilltop Lutheran Neighborhood, Inc. 302-656-3224
Ingleside Senior Services 302-575-0250
Kent County Community Action Agency, Inc. 302-678-1949
Kingswood Community Center, Inc. 302-764-9022
La Esperanza Community Center 302-854-9262
Latin American Community Center 302-655-7338
Martin Luther King Community Center 302-655-2832
Neighborhood House, Inc. 302-652-3928
Neighborhood House, Inc (Middletown). 302-378-7217
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
William "Hicks" Anderson Community Center 302-571-4266

SUBSTANCE ABUSE - TREATMENT

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

Addictions Coalition of DE, Inc.....	302-984-2322
Aquila (adolescents)	302-999-1106
Aquila (SU).....	302-856-9746
Alcohol and Drug Abuse Prevention and Treatment.....	302-677-2674
Brandywine Counseling.....	302-656-2348
Child Mental Health Services.....	302-633-2600
Connections	866-477-5345
Division of Substance Abuse & Mental Health.....	302-255-9399
Dover Behavioral Health System (KE).....	302-741-0140
Kirkwood Detox (NCC)	302-691-0140
Latin American Community Center.....	302-6557338 ext210
Limen House for Men and Women.....	302-652-7969
MeadowWood.....	302-328-3330
Open Door, Inc	302-798-9555
Pace, Inc	302-999-9812
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
Net/Brandywine Counseling.....	302-656-2348

Kent County

Phoenix Mental Health.....	302-736-6135
People's Place (KE&SU).....	302-422-8026

Sussex County

Aquila	302-856-9746
Children & Families First.....	302-856-2388
People's Place.....	302-422-8026

SUPPORT GROUPS

The Mental Health Association in Delaware 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 can not be provided by a therapist. In addition, many support groups provide ongoing education to group members.

To join a group contact:

Mental Health Association in Delaware.....302-654-6833
or (KE/SU).....800-287-6423

Addiction

Gamblers Anonymous 302-761-9100
Gambling Hotline 888-850-8888
Sex & Love Addicts Anonymous 215-731-9760

Attention Deficit Disorder

Chadd of Greater Newark 302-737-5063

Anxiety

Mental Health Association..... 302-654-6833
Obsessive-Compulsive Disorder 302-731-4339

Depression

Children& Families First..... 800-734-2388
Depression (MHA in DE).....302-654-6833 / 800-287-6423
New Directions Delaware..... 302-286-1161

Eating Disorders Support

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

Grief Support

Center for Grieving Child., Teens, & Families.....215-744-4025
Compassionate Friends (Loss of child).....877-969-0010
Delaware Hospice 302-478-5707
Grief Share 302-478-2575
Supporting KIDDS.....302-235-5544
Survivors of Accidents and Murder (MHA).....302-654-6833
(KE/SU)..... 800-287-6423
Survivors of Suicide (MHA).....302-654-6833
(KE/SU)..... 800-287-6423

Sexual Orientation

Coming Out Gay Men 302-652-6776
Gay Youth..... 800-810-6776
HIV Men & Women.....302-652-6776
LGBTQ Delaware Youth Hotline 800-810-6776
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
Delaware Association for Children of Alcoholics..... 302-656-5554

Support Groups for Family Members in Delaware

Family Caregiver Support Group 302-737-2336 ext21
Kids Circle/Teen Talk..... 302-995-2850
National Alliance for the Mentally Ill in DE..... 302-427-0787
Kent and Sussex.....302-226-3334
Parenting Classes 302-762-8989

Survivors and Victims Support

SOAR (NC & KE)..... 302-655-3953
Rape-Sexual Assault 302-761-9100

VETERANS AFFAIRS

VA Medical Center.....302-994-2511
VA Clinic (Dover).....302-994-2511 ext. 2400
VA Clinic (Georgetown).....302-994-2511 ext. 5251
VA Regional Office..... 800-827-1000
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 to the traditional services provided by a mental health professional. Mutual help groups often offer ongoing peer support and education that professionals 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

Advocacy

Addictions Coalition	302-984-2322
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 Service	302-478-8680
National Alliance for the Mentally Ill in DE	302-427-0787
KE/SU	302-226-3334
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	302-674-1600
Catholic Social Services (SU)	302-856-9578
Child Inc.	302-762-8989
Child. & Fam. First of DE	800-734-2388
Claymont Community Center	302-792-2757
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 (Wilmington)	302-652-3948
Delaware Guidance (Newark)	302-455-9333
Delaware Guidance (Seaford)	302-262-3505
Division of Child Mental Health	302-633-2571
Division of Vocational Rehab	302-761-8300
Georgetown Mental Health Center	302-856-5490
Geriat. Serv. Of De-Home Care (KE)	302-734-7005
Geriat. Serv. of DE-Home Care (SU)	302-856-7774
Geriat. Serv. Of De.-Home Care (NC)	302-658-6731
Jewish Family Service of Delaware	302-478-9411
MeadowWood Hospital-Senior Outpt. Serv	302-328-3330
People's Place (Milford)	302-422-8011

Day Treatment

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

Domestic Violence Services

Children and Families First	800-734-2388
Delaware Center for Justice (Victim)	302-658-7174
Delaware Volunteer Legal Services	302-478-8680
Domestic Violence Coord. Council	302-255-0405
Domestic Violence Hotline	302-762-6110
Families in Transition	302-422-8058
Peoples Place Turning Point	302-424-2420

Evaluation

A.I. DuPont Institute	302-651-4000
Pathways	302-428-2100

Helplines/Hotlines

Christiana Care Emergency	302-428-2118
ContactLifeline	302-761-9100
ContactLifeline (KE/SU)	800-262-9800
Delaware Helpline	800-464-4357
Kent General Hospital	302-674-4700
Meadowwood Hospital	302-328-3330
Rockford Center Respond	302-996-5480
Trevor Helpline (Sexual Orientation)	866-488-7386

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

Hospitals

Beebe Medical Center (SU)	302-645-3300
Christiana Care	302-428-2961
Delaware Psychiatric Center	302-255-2700
Dover Behavioral Health System (KE & SU)	302-741-0140
MeadowWood Hospital	302-328-3330
Nanticoke Memorial Hospital (SU)	302-629-6611
Rockford Center	302-996-5480
Rosenblum Adolescent Center	302-428-6366
St. Francis Hospital	302-421-4100
Terry Children's Psychiatric Center	302-577-4270
Wilmington Hospital	302-428-2100

Housing

Connections	866-477-5345
Delaware Helpline	800-464-4357
Delaware State Housing Authority	302-577-5001
KE	302-739-4269
SU	302-337-0219
Dover Housing Authority	302-678-1965
NAMI-DE	302-427-0787
Newark Housing Authority	302-366-0826
Salvation Army (Emergency Shelter)	302-472-0760
Wilmington Housing Authority	302-429-6700

Information & Referral

Delaware Helpline	800-464-4357
Mental Health Assoc. In Del.	302-654-6833
Parent Information Center	302-366-0152

Insurance

Amerihealth First	800-573-4100
EDS Corporation	800-996-9969
Elder Info	800-336-9500
First State Health Plan	800-752-7242
Insurance Commissioner	800-282-8611
Keystone Mercy Health Plans	800-573-4100
Medicaid Office	800-372-2022

Legal Problems

Community Legal Aid society	302-575-0660
Kent	302-674-8500
Sussex	302-856-0038
Delaware Volunteer Legal Services (civil only)	302-478-8680
Legal Help Link	302-478-8850
Victims Advocacy Program	302-575-0408
KE/SU	302-734-8820

Licensing

State Board of Licensing	302-739-4522
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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 & Adol. Psy.	202-966-7300
American Association of Suicidology	202-237-2280
American Psychological Association	202-336-5500
Center for Mental Health Services	800-789-2647
NARSAD	516-829-0091
Nat. Manic Dep. and Dep. Assoc.	800-826-3632
NAMI - National Alliance on Mental Illness	800-950-6264
National Institute of Mental Health	800-421-4211
National Mental Health Association	800-969-6642
Office of Disease Prevention	800-336-4797

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Resources - State

Alcoholics Anonymous.....	302-655-5113
Division of Aging.....	302-453-3820
Division of Aging (Admin).....	302-255-9390
Division of Aging (KE/SU).....	302-424-7310
Division of Substance Abuse & MH.....	302-255-9399
Division of Child Mental Heal. Serv.....	302-633-2600
Division of Vocational Rehab.....	302-761-8300

Substance Abuse

Information and Referral.....	302-571-6975
KE.....	302-735-7530
SU.....	302-853-0197
Addictions Coalition of DE, Inc.....	302-984-2322
Aquila (adolescents).....	302-999-1106
Aquila (SU).....	302-856-9746
Brandywine Counseling.....	302-656-2348
Child Mental Health Services.....	302-633-2600
Connections.....	866-477-5345
Division of Substance Abuse & MH.....	302-255-9399
Dover AFB Alcohol & Drug Abuse Prevention.....	302-677-2674
Dover Behavioral Health System (KE).....	302-741-0140
Kirkwood Detox (NCC).....	302-691-0140
Latin American Community Center.....	302-655-7338 ext210
Limen House for Men and Women.....	302-652-7969
MeadowWood.....	302-328-3330
Net Counseling.....	302-657-8100
New Castle County Detoxification.....	302-856-5236
Open Door, Inc.....	302-798-9555
Pace, Inc.....	302-999-9812
People's Place (KE & SU).....	302-422-8033
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
Net/Brandywine Counseling.....	302-656-2348

Kent County

Aquila.....	302-376-8610
Phoenix Mental Health.....	302-736-6135
People's Place (KE&SU).....	302-422-8026

Sussex County

Aquila.....	302-856-9746
Children & Families First.....	302-856-2388
People's Place.....	302-422-8026

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Support Groups

Addiction

Gamblers Anonymous 302-761-9100
Gambling Hotline 888-850-8888
Sex & Love Addicts Anonymous 215-731-9760

Attention Deficit Disorder

Chadd of Greater Newark 302-737-5063

Anxiety

Mental Health Association..... 302-654-6833
Obsessive-Compulsive Disorder..... 302-731-4339

Depression

Depression (MHA in DE)..... 654-6833 or 800-287-6423
New Directions Delaware..... 302-286-1161
Children & Families First..... 800-734-2388

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
Supporting KIDDS 302-235-5544

Sexual Orientation

Coming Out Gay Men 302-652-6776
Gay Youth..... 800-810-6776
HIV Men & Women..... 302-652-6776
LGBTQ Delaware Youth Hotline 800-810-6776
PFLAG..... 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
Delaware Association for Children of Alcoholics 302-656-5554

Support Groups for Family Members in Delaware

Family Caregiver Support Group 302-737-2336 ext21
Kids Circle/Teen Talk..... 302-995-2850
National Alliance for the Mentally Ill in DE..... 302-427-0787
Kent and Sussex..... 302-226-3334
Parenting Classes 302-762-8989

Survivors and Victims Support

SOAR (NC & KE)..... 302-655-3953
Rape-Sexual Assault (ContactLifeline)..... 302-761-9100
Rape-Sexual Assault K/SU (ContactLifeline)..... 800-262-9800

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A	
A.I. duPont Hospital for Children	(302) 651-4000
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
American Academy of Child/Adol Psy	(202) 966-7300
American Association of Suicidology	(202) 237-2280
American Psychological Association	(202) 336-5500
Aquilla (NC)	(302) 999-1106
Aquilla (SU)	(302) 856-9746
ARC	(302) 996-9400
B	
Beebe Medical Center	(302) 645-3300
Brandywine Counseling	(302) 656-2348
Brandywine Pastoral Institute, Inc	(302) 651-0223
C	
Catholic Charities (KE)	(302) 674-8211
Catholic Charities (NC)	(302) 655-9624
Catholic Charities (SU)	(302) 856-9578
Catholic Social Services (SU)	(302) 856-9578
Center for Mental Health Services	(800) 789-2647
Child Inc	(302) 762-8989
Child Mental Health	(302) 633-2600
Child Mental Health (KE/SU)	(800) 969-4357
Children and Families First of DE	(800) 734-2388
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) 856-0038
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) 453-4101
Community MH Center (Wilmington)	(302) 778-6900
Compassionate Friends	(877) 969-0010
ContactLifeline, Inc	(302) 761-9100
ContactLifeline, Inc (KE/SU)	(800) 262-9800
Crisis Intervention Service - Adult	(302) 577-2484
Crisis Intervention Service - Adult (KE/SU)	(800) 652-2929
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

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D	
DE Academy of Medicine	(302) 733-3900
DE Center for Justice (Victim)	(302) 658-7174
DE Coalition Against Domestic Violence	(302) 577-2684
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 Pschiatric Center	(302) 255-2700
DE Psychiatric Center Library	(302) 255-2789
DE Psychological Association	(302) 475-1574
DE State Housing Authority	(302) 577-5001
DE State Housing Authority	(302) 337-0219
DE State Housing Authority (KE)	(302) 739-4269
DE Volunteer Legal Service	(302) 478-8680
Depression and Related Affect Disorder	(401) 955-4647
Diamond State Partners	(800) 996-9969
Division of Aging	(302) 453-3820
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	(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 Airforce Base - ADAPT	(302) 677-2674
Dover Behavioral Health System	(302) 741-0140
Dover Housing Authority	(302) 678-1965
DSAMH (General Info)	(302) 255-9398
E	
Edgemoor Community Center	(302) 762-1391
Elder Info	(800) 336-9500
Emergency Shelter	(302) 472-0760
G	
Gamblers Anonymous	(302) 761-9100
Gambling Hotline	(888) 850-8888
H	
Hilltop Lutheran Neighborhood, Inc	(302) 656-3224
Horizon House	(302) 655-7108

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I	
Ingleside Senior Services	(302) 575-0250
J	
Jewish Family Services	(302) 478-9411
K	
Kent County Community Action Agency, Inc	(302) 678-1949
Kids Circle/Teen Talk	(302) 995-2850
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 Help Link (KE/SU)	(800) 773-0606
Limen House for Men and Women	(302) 652-7969
M	
Martin Luther King Community Center	(302) 655-2832
Medicaid (Children/Adolescents)	(302) 577-2174
Medicaid Office	(800) 372-2022
Mental Health America	(800) 969-6642
Mental Health Association in Delaware	(302) 654-6833
Mental Health Association in Delaware (KE/SU)	(800) 287-6423
Mood & Anxiety Disorder Program	(800) 422-7000
N	
NAMI - DE	(302) 427-0787
NAMI - DE (KE/SU)	(302) 226-3334
Nanticoke Memorial Hospital	(302) 629-6611
NARSAD	(516) 829-0091
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
NET Children & Family Services	(302) 368-2070
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	(800) 336-4797
Ombudsman	(800) 223-9074
Open Door, Inc	(302) 798-9555
Open Door, Inc (KE)	(302) 678-4911
Open Door, Inc (NC)	(302) 731-1504
Overeaters Anonymous	(302) 777-7678

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P	
Pace, Inc	(302) 999-9812
Parent Information Center	(302) 366-0152
Parenting Classes	(302) 762-8989
People's Place (KE/SU)	(302) 422-8026
People's Settlement Association	(302) 658-4133
Phoenix Mental Health	(302) 736-6135
Prevent Child Abuse Delaware	(302) 425-7490
Prevent Child Abuse Delaware (KE/SU)	(866) 925-4223
Psychological Services Training Center (U.D.)	(300) 831-2717
Q	
Quality Insights of Delaware	(800) 422-8804
R	
Rape Crisis	(302) 761-9100
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
Rosenblum Adolescent Center	(302) 428-6366
Runaway Helpline	(302) 762-8989
Runaway Youth Hotline	(302) 762-6373
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	
Unison	(877) 877-8159
United Cerebral Palsy	(302) 764-2400
W	
West End Neighborhood House, Inc	(302) 658-4171
Westside Health	(302) 655-5822
William "Hicks" Anderson Community Center	(302) 571-4266
Wilmington Hospital - Psychiatric	(302) 428-2352
Wilmington Housing Authority	(302) 429-6700

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**Mental Health
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100 West 10th Street, Suite 600, Wilmington, DE 19801
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