

## WELCOME TO THE DELAWARE MENTAL HEALTH FIRST AID RESOURCES LIST

**Professional, recreational, and other supportive mental health resources!**

<https://twloha.auntbertha.com>

^^ Here you can search for free or reduced local mental health resources like counseling, addiction services, and support groups, as well as other services you may need like food, transportation, and more.

### UD Services

UD Center for Counseling and Student Development:

- 302-831-2141
- Group services: <https://sites.udel.edu/counseling/services/#group>
- Individual services: <https://sites.udel.edu/counseling/services/#individual>

*UD Helpline 24/7/365 (Available 24 hours a day)*

UD Helpline is available 24 hours a day, 365 days a year for any UD student feeling anxious, overwhelmed, or otherwise in need of someone to talk to. Callers to 302-831-1001 can press 1 to request a call back within 10 minutes from a Sexual Offense Support (SOS) advocate, or press 2 to connect with a mental health professional immediately.

*UD Police and LiveSafe App (Available 24 hours a day)*

If you or a friend are in immediate danger on or near campus, call 911 to connect with University of Delaware Police. You can also [use the LiveSafe app](#) on an Apple or Android smartphone to report an emergency or request assistance.

*Crisis Text Line (Available 24 hours a day)*

New in fall 2018, students can text “UDTEXT”, or “STEVE” for students of color, to the phone number 741741 to connect with confidential text message support.

### CCSD Walk-In Assistance

CCSD is the primary office responsible for responding to mental health crises on campus. We have daily walk-in emergency availability during our [office hours](#) (8 a.m. – 5 p.m.) at 261 Perkins Student Center. We recommend arriving between 9 a.m. and 3 p.m. if you are experiencing a crisis, which can mean missing other scheduled activities. Calling us ahead of time (302-831-2141) is helpful but not necessary.

Office of the Dean of Students:

- 302-831-8939

Student Health Services

- 302-831-2226

Student Wellness & Health Promotion

- 302-831-3457

UD Text line:

- text UDTEXT to 741741
- text STEVE to 741741 to reach a professional trained to support students of color

## Crisis Centers

### Mobile Crisis Intervention Services (MCIS), Northern Delaware

- NCC Mobile Crisis: Fernhook Building at 14 Central Avenue, New Castle, DE 19720
- 302-577-2484
- 1-800-652-2929

### NET Detox

- 3315 Kirkwood Highway Wilmington, DE 19804
- 24/7 Medically Monitored Inpatient Detoxification Treatment
- Individual & Group Counseling
- Consumer Engagement & Transition Program
- 302-691-0140
- 1-800-359-1367

### Recovery Innovation Recovery Response Center (RRC)

- 659 East Chestnut Hill Road, Newark DE 19713
- 24/7 SERVICES -- FREE
- 302-318-6070

### Rockford Center

- 100 Rockford Dr, Newark, DE 19713
- 24/7 FREE mental health assessment
- <https://www.rockfordcenter.com/>
- 302-996-5480
- 866-847-4357

### Disaster Distress Helpline

by Substance Abuse and Mental Health Services Administration (SAMHSA)

800-985-5990

Adolescent Resource Center (ARC) by Children & Families First Delaware, Inc 27 Marrows Road, Newark, DE, 19713

## LGBTQ+ Resources

### Gay and Lesbian Hotline

- 800-292-0429
- Information on coming-out issues, local resources, and events sponsored by AIDS Delaware.

### Renaissance Transgender Association

- <http://www.ren.org>

### LGBT National Help Center

- <http://www.glnh.org/>

## Therapy/Counseling/Psychiatric Services

Alliance Counseling

- 302-454-8010

Harmonious Mind Psychiatry & Counseling

- 302-633-6001
- <http://harmoniousmind.com/>

New Hope Counseling

- 302-738-3739

Mid-Atlantic Behavioral Health

- 302-224-1400

Bancroft Behavioral Health

- 302-502-3255

Allied Behavioral Health (Psychologist)

- 302-832-1281

Chimes

- 302-368-1983

Tranquility counseling

- 302-636-0700

Integrative Psychology Group

- 302-307-3702

Delaware Guidance Services

- 302-455-9333

Rockford Center (24/7)

- 302-996-5480

Cooney-Koss Laura

- 302-224-1400

Steve K Eichel

- 302-368-9135

Dr. Helena K Carter

- 302-319-5132

Russo Karen Psychologist

- 302-738-3140

Jewish Family Services

(302) 286-1402

[https://www.jfsdelaware.org/Counseling Services](https://www.jfsdelaware.org/Counseling_Services)  
by Safe Harbor Christian Counseling

721 E Chestnut Hill Rd, Newark, DE, 19711 ([Get Directions](#))

Adolescent Resource Center (ARC)

by Children & Families First Delaware, Inc

3.55 miles away 27 Marrows Road, Newark, DE, 19713

## Meditation/Massage/Reiki

### Psychiatric Meditation

- 3023074621

### Delaware Acupuncture and Nutrition

- 3012732807

### Awareness Center, DE

- (302) 426-5050

### Body Mind & Spirit Massage

- 3024538151

### Balanced body & Massage

- 302252578

### Zen Den Massage

- 3023738334

### Pike Creek Reiki

- 3015306682

### Substance Use and Recovery

### Outpatient Drug and Alcohol Counseling by Jewish Family Services

288 East Main Street, Newark, DE, 19711 ([Get Directions](#))

### National Suicide Prevention

National 24 Hour Helpline: 1-800-273-8255 (TALK)

Text "HOME" to 741741 from anywhere in the U.S.

### Delaware Mobile Crisis Intervention

Northern Delaware: 800-652-2929

Southern Delaware: 800-345-6785

### Delaware Child Priority Response

Helpline: 1-800-969-HELP (4357)

### Contact Lifeline - Crisis Services in Delaware

Helpline: 1-800-262-9800

### National Alliance on Mental Illness (NAMI)

National Helpline: (800) 950-6264

Text "NAMI" to 741741

## [National Alliance on Mental Illness | Delaware](#)

Helpline: (888) 427-2643

## [Mental Health Association in Delaware](#)

Crisis Intervention Service (New Castle Co.): (800) 652-2929

Crisis Intervention Service (Kent & Sussex): (800) 345-6785

## **Community Mental Health Clinics**

Click below for state-run clinics which do not require health insurance:

[New Castle Co](#): (302) 778-6900

[Kent Co](#): (302) 857-5490

[Sussex Co](#): (302) 856-5490

## **Counseling Services**

### [Allied Behavioral Health](#)

Allied Behavioral Health is a multidisciplinary group practice serving the Bear, Glasgow, Newark, Middletown and Wilmington areas.

Newark location:

(302) 832-1282, ext. 200

Wilmington location:

(302) 832-1282, ext. 202

### [Catholic Charities](#)

Catholic Charities offers a behavioral health program consisting of multiple services for individuals needing help with emotional, behavioral, or mental health services. Catholic Charities provides counseling services to anyone for whom outpatient treatment is the right choice.

Wilmington: (302) 655-9624

Dover: (302) 674-1600

Georgetown: (302) 856-9578

### [Christiana Counseling](#)

Christiana Counseling is a mutli-specialty, mental health and addictions practice. The practice has professional trainers, licensed clinical social workers, and professional counselors of mental health which provide a spectrum of outpatient services to individuals of all ages.

Phone: (302) 995-1680

### Delaware CORE

Delaware CORE (Community Outreach, Referral, and Early Intervention) provides an array of services at no cost to young adults ages 16 - 25 who are experiencing early psychosis.

Phone: (888) 284-6030

### Journeys Counseling

Journeys Counseling offers individual, group, and family counseling based in Wilmington, Delaware.

Phone: (302) 384-7843

### Mind & Body Consortium

Formerly F.H. Everett & Associates, Mind & Body Consortium delivers professional mental health services to children and families in Kent and Sussex counties.

Dover: (302) 674-2380

Milford: (302) 674-1299

### **Psychiatric Hospitals**

The following centers provide inpatient and partial hospitaliation treatment programs:

### MeadowWood Behavioral Health System

New Castle County: (302) 238-3330

### Rockford Center

New Castle County: (302) 996-5480

### Wilmington Hospital CAPES Unit

New Castle County: (302) 428-2118

### Dover Behavioral Health System

Kent County & Sussex County: (302) 741-0140

### **Delaware Mental Health Programs and services**

<https://kids.delaware.gov/pbhs/pdfs/pbh-guide-to-programs-and-services.pdf>