

Delaware

988 Suicide & Crisis Lifeline – Call or text 988

Delaware Hope Line

☎ Call or text 833-946-7333

24/7 emotional support and crisis assistance

Delaware 211 – Dial 211

Connects to shelters, food, mental health, and emergency services

Crisis Intervention Services Delaware



Mobilecrisis teams available throughout the state

Mental Health Services & Counseling

Statewide Access

Delaware Division of Substance Abuse and Mental Health Provides:

Free or low-cost mental health care

Crisis services

Substance-use treatment

Case management and recovery programs

Community Mental Health Providers

Connections Community Support Programs

Crisis services, therapy, housing support, addiction treatment Delaware Guidance Services

Therapy and behavioral health services for youth and families

Jewish Family Services of Delaware

Counseling, support groups, and case management

Regional Mental Health Services

Wilmington / New Castle County

ChristianaCare Behavioral Health Inpatient and outpatient psychiatric care

Dover / Kent County

- Bayhealth Behavioral Health
Counseling and hospital-based psychiatric services

Sussex County

- Beebe Healthcare Behavioral Health
Mental health treatment and support programs

Addiction Recovery & Rehabilitation Programs

Statewide Treatment Access

- Delaware DSAMH Substance Use Services
Offers:
 - Detox programs
 - Residential rehab
 - Outpatient treatment
 - Medication-assisted treatment

 Call 302-255-9399 for treatment referrals

Key Recovery Providers

- Brandywine Counseling and Community Services Addiction treatment, counseling, and recovery support Gaudenzia
- Delaware
Residential and outpatient recovery programs
- SODAT Delaware
Outpatient addiction treatment and prevention programs

Shelters & Housing Assistance

Emergency Shelters

- Sunday Breakfast Mission
Shelter, meals, recovery programs
- Salvation Army Delaware
Emergency housing, food, and support
- Friendship House Delaware
Homeless services, job training, and case management

Transitional & Supportive Housing

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- West End Neighborhood House
Housing programs and family support Delaware
 - State Housing Authority
Rental assistance and housing resources

Women, Youth & Domestic Violence Support

- Delaware Coalition Against Domestic Violence
Hotline, shelter connections, and advocacy
- Child Inc
Domestic violence shelters and family support programs
- People's Place
Crisis intervention, shelters, and counseling

How to Get Help in Delaware

- Call Delaware Hope Line (fastest support)
 - Dial 211 for local resources
 - Contact DSAMH for treatment services
 - Use Delaware Medicaid for free/low-cost care
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