

[National Suicide & Crisis Lifeline](#)

Call 988

A 24/7 free and confidential support for people in distress, prevention, and crisis resources for you or your loved ones.

If you feel you pose an immediate danger to yourself, your baby, or others, please call 911 or immediately go to the emergency room of Wilmington or Christiana Hospital.

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Faith-Based Counseling

[Pike Creek Psychological Association](#)

Individual Therapy; Family Therapy;
Couples Therapy; Christian Counseling

- [Newark/Wilmington Branch](#)
8 Polly Drummond Hill Road, Newark, DE
19711
302-738-6859
- [Odessa Branch](#)
Main Street, Odessa, DE 19730
302-449-2223

[Life Enrichment Christian Counseling Center](#)

Providing biblical, gospel centered counseling.
Serving Pennsylvania, Delaware, New Jersey.
Appointments can be in person, on the phone, or
by way of the internet (Skype, Face Time, or Zoom).
302-478-3848

[Renewed Life Christian Counseling](#)

Counselors who come alongside people right
where they are and help them in their time of
need with the compassion of Christ.
Wilmington and Bear locations
302-464-0515

[Safe Harbor Christian Counseling](#)

Safe Harbor is an outpatient mental health
counseling practice. We provide in-person and
video telehealth counseling services and
medication management for individuals, couples
and families. Christian counseling centers in
Hockessin, Newark, Newport, and Wilmington.
Office: 800-305-2089 (new clients - press 1 during
the business hours of 9am-5pm Monday-Friday)

[Faithful Counseling](#)

Professional mental health therapy from a Biblical
perspective by phone, video, or messaging.

[Body in Balance Wellness](#)

Certified and Licensed Holistic-Faith-Based Health
Coach, Mental Health/Life Coach. Virtual and in
person sessions in Hockessin and Middletown.
267-325-5605

Other Counseling Services

[Brandywine Counseling Perinatal Program](#)

The Perinatal program provides pregnant and
parenting women specialized case management
as an extension to behavioral health services to
help prepare parents for healthy deliveries and
successful parenting.

[Delaware Helpline](#)

Mental health crisis hotlines, counseling, and
treatment centers in the State of Delaware.
[Dial 2-1-1](#) or dial 1-800-560-3372 or text your zip
code to 898-211



[Delaware Crisis Helpline Services](#)

24/7 Crisis Helpline for Delaware regarding many levels of crisis, from asking for information and referrals, to discussing daily struggles, to processing suicidal thoughts. They define a crisis as any moment that is overwhelming for the individual who is calling. Their services are at no cost, and they do not bill insurance
800-262-9800

[Christiana Care's Center for Emotional Wellness](#)

24/7 Crisis Line 302-320-2118
4755 Ogletown-Stanton Road, Suite 1915
Newark, DE 19718 302-733-6662

[Delaware Help is Here](#)

Free 24/7 counseling, coaching, and support as well as links to mental health, addiction, and crisis services. Phone: 833-9-HOPEDE

[Crisis Intervention Service](#)

Free 24/7 crisis counseling by phone, or when needed by mobile response, to address urgent and emergent behavioral health needs.

Northern DE: 800-652-2929

Southern DE: 800-345-6785

[Youth Crisis Support](#)

Crisis intervention services for children under 18 are available 24/7. Parents and caregivers are connected to a trained crisis clinician to develop a plan to address concerns and identify resources.

Support line: 800-969-4357

or Text DE to 741-741

[Prevention Helpline](#)

Reach out to the Delaware Division of Prevention and Behavioral Health Services' Prevention Helpline to learn about FREE prevention services. Monday-Friday, 8 a.m.-4:30 p.m. 302-633-2680

[Department of Health Services Resources](#)

U.S. Department of Health & Human Services Substance Abuse and Mental Health Services. A confidential and anonymous source of information for persons seeking treatment facilities in the

United States for substance use/addiction and/or mental health problems from state-licensed providers who specialize in treating substance use disorders, addiction, and mental illness.

Domestic Violence Services

[Delaware Coalition Against Domestic Violence](#)

Everyone deserves a safe and healthy relationship. If you or someone you know is in a dangerous or abusive relationship, local Community Health Advocates are available to help

24 HOUR DOMESTIC VIOLENCE HOTLINES

- New Castle County (Bilingual)
302-762-6110
[CHILD Inc.'s Domestic Violence Program](#)
- Kent & Sussex Counties
302-422-8058
[The SAFE Program at People's Place II](#)
- ABRIENDO PUERTAS (Bilingual) – Sussex County
302-745-9874
[Abriendo Puertas Emergency Shelter](#)

[Domestic Violence Coordinating Council](#)

A state agency legislatively created to improve Delaware's response to domestic violence and sexual assault

New Castle County Hotline: 302-255-0405

Kent and Sussex Hotline: 302-424-7238

[DE Victims' Rights Task Force: Delaware Victim Services](#)

This site allows crime victims, survivors, family members and others to connect with resources, information and services available in all three counties in the State of Delaware.

[Survivors of Abuse in Recovery](#)

SOAR is a non-profit organization with offices in Newark, Wilmington, Dover, and Georgetown dedicated to providing professional mental health services to victims of sexual trauma and their families regardless of their ability to pay.



Substance Abuse Services

[Delaware Smoking Quitline](#)

If you want to quit smoking, the Delaware Division of Public Health offers Delaware Quitline—a powerful tool to help adult smokers who are ready to kick the habit.

Call toll-free 1-866-409-1858 for counseling by phone or to schedule an appointment to talk in-person, or visit online at [Quitsupport.com](https://quitsupport.com)

[Fetal Alcohol Spectrum Disorders](#)

Fetal alcohol spectrum disorders (FASD) are a group of physical or behavioral conditions that can occur in a person whose mother drank alcohol during pregnancy. Alcohol in a pregnant woman's body crosses into the baby's blood, which can damage the developing brain and other organ systems and lead to FASD. They are 100% preventable if a pregnant woman avoids alcohol.

- [Alcohol use during pregnancy](#)
- [National Organization on Fetal Alcohol Syndrome](#)
- In Delaware: [Dial 2-1-1](#) for a variety of preventive and treatment services for expectant mothers, children, and families

[Celebrate Recovery](#)

A Christ-centered, 12-step recovery program for anyone struggling with hurt, pain or addiction of any kind

[SUN Behavioral Delaware](#)

Behavioral health at-home mental [Telehealth Services](#), [Substance Use Treatment](#), and [Alcohol Detox](#) needs here In Delaware. 302-205-0620 21655 Biden Ave, Georgetown, DE 19947

[Substance Abuse and Mental Health Services Administration](#)

U.S. Department of Health & Human Services Substance Abuse and Mental Health Services (SAMHSA) National Helpline, 1-800-662-HELP (4357) or TTY: 1-800-487-4889 a confidential, free, 24/7, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

- [Find Substance Abuse Treatment](#)

Find treatment from state-licensed providers who specialize in treating substance use disorders, addiction, and mental illness

- [Behavioral Health Treatment Services Locator](#)

A confidential and anonymous source of information for persons seeking treatment in the U.S. for substance use/addiction and/or mental health problems.

[atTACK Addiction Women's Recovery Residence](#)

atTACK addiction operates one house in Delaware for women who are in recovery from substance abuse. The aim is to provide a safe, substance-free, structured, and supportive living environment for women who are in recovery.

[MeadowWood Behavioral Health](#)

A treatment center in New Castle County offering multiple levels of care for dealing with mental health and substance abuse issues. 877-589-6347 575 South DuPont Hwy., New Castle, DE 19720

[Brandywine Counseling & Community Services](#)

Providing Education, Prevention, Early Intervention, Treatment, and Justice-Involved Services to persons and families touched by mental illness, substance use, HIV and multiple occurring diagnosis, and their related challenges. 302-656-2348

- [Lancaster Avenue Treatment Center](#)

2713 Lancaster Avenue, Wilmington, DE 19805 | 302-656-2348

- [Newark Treatment Center](#)

24 Brookhill Drive, Newark, DE 19702 302-454-3020

- [Milford Treatment Center](#)

769 E Masten Circle – Suite 113/115, Milford, DE 19963 | 302-856-4700

- [Mobile Treatment Services](#)

Support for Treatment And Recovery Services (STARS) mobile treatment services for substance use and mental health disorders



[Adult & Teen Challenge Delmarva](#)

Their purpose is to put hope within reach of every person who struggles with addiction, to see them restored from the brokenness caused by drug and alcohol abuse and other life controlling problems

- 22941 Sussex Highway, Seaford, DE 19973
Call [302-629-3733](tel:302-629-3733)
- In Northern Delaware - call [302-234-8007](tel:302-234-8007)
- Eastern Shore of MD - call [302-381-7207](tel:302-381-7207)

[Drug Free Delaware](#)

Guidance for Parents & Caregivers

The Partnership TO End Addiction has information to guide you through every step along the journey with your child

[1-855-DRUGFREE](tel:1-855-DRUGFREE) or text HOPEDE to 55753