

[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 Oglethorpe-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](tel: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](tel:302-762-6110)  
[CHILD Inc.'s Domestic Violence Program](#)
- Kent & Sussex Counties  
[302-422-8058](tel:302-422-8058)  
[The SAFE Program at People's Place II](#)

- ABRIENDO PUERTAS (Bilingual) – Sussex County  
[302-745-9874](tel: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](tel:302-255-0405)

Kent and Sussex Hotline: [302-424-7238](tel: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***

#### [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.

#### [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)

#### [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](tel:302-656-2348)

- [Lancaster Avenue Treatment Center](#)  
2713 Lancaster Avenue, Wilmington, DE 19805 | [302-656-2348](tel: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

#### [Celebrate Recovery](#)

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

#### [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

#### [The Naaman Center Delaware](#)

Naaman is a faith-based organization that provides evidence-based treatment for substance use and co-occurring disorders. 310 Ruthar Dr. Suite 12, Newark, DE 19711

302-273-3644

#### [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.

#### [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 or text HOPEDE to 55753

#### [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](#)

#### [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