



## Emotional Wellness Mental Health & Addiction

### 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

#### [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.

### Counseling & Services

#### [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](#)

The 24/7 Crisis Helpline for Delaware receives calls 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](#)

Christiana Care's 24-HOUR CRISIS LINE 302-320-2118

4755 Ogletown-Stanton Road, Suite 1915

Newark, DE 19718

302-733-6662

**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 Hospital Or Christiana Hospital.**

#### [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**



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877-589-6347

### National Mental Health and Addiction Care

U.S. Department of Health & Human Services Substance Abuse and Mental Health Services (SAMHSA) National Helpline, [1-800-662-HELP \(4357\)](tel:1-800-662-HELP) or TTY: [1-800-487-4889](tel:1-800-487-4889) is a confidential, free, 24-hour-a-day, 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
- [Suicide & Crisis Lifeline](#)  
**The National Suicide Prevention Lifeline is now: 988 Suicide and Crisis Lifeline**  
24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones. Dial 9-8-8
- [Behavioral Health Treatment Services Locator](#)  
A confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance use/addiction and/or mental health problems.
- [CHILD Inc.'s Domestic Violence Program](#)  
New Castle County 302-762-6110
- [The SAFE Program at People's Place II](#)  
Kent & Sussex Counties 302-422-8058
- [Abriendo Puertas Bilingual Hotline](#)  
Sussex County 302-745-9874

## COUNSELING AND ADDICTION SERVICES

### 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.

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

### 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.

### 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

### 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.