**Delaware Hotlines**

**DHSS Crisis Intervention Services**
https://www.dhss.delaware.gov/dsamh/crisis_intervention.html

For psychiatric or substance abuse crisis intervention, contact Mobile Crisis Intervention Services (MCIS):

- New Castle County: 800-652-2929
- Kent & Sussex Counties: 800-345-6785
- For individuals in crisis under the age of 18: 1-800-969-HELP (4357)

**Contact Lifeline – Crisis Services and Sexual Assault Counseling**
http://www.contactlifeline.org/
- 1-800-262-9800

**Delaware Coalition Against Domestic Violence**
https://dcadv.org/welcome.html
- New Castle County: 302-762-6110
- Kent & Sussex Counties: 302-422-8058
- DCADV’s COVID-19 Resources Page

**Delaware 24/7 HopeLine**
Depression and emotional support, including suicidal thoughts or concerns for a loved one.
- 1-833-946-7333
- Also receive mental health tips & reminders by texting HOPEDE to 55753

**Jewish Family Services’ OnCall**
A free, confidential emotional support hotline
- 1-302-781-4537 (4JFS)
- This is not a crisis line, but a hotline to express concerns/worries/etc. and receive support

**Delaware Virtual Support Groups**

**National Alliance on Mental Illness (NAMI) Delaware** - To register and view programs, go to:
https://www.namidelaware.org/virtualprograms
- NAMI Helpline: 888-427-2643

**Mental Health Association in Delaware**
https://www.mhainde.org/
- 302-654-6833
- Online support groups with registration via Rochelle Balan at: rbalan@mhainde.org
- Depression and Anxiety: Mondays 1-2pm, Thursdays 9-10am
- Survivors of Suicide (for Grief & Healing): Thursdays 7-8pm

**Delaware Mental Health Organizations/Resources**

**Jewish Family Services**
https://www.jfsdelaware.org/
- New Castle County Office: 302-478-9411
- Sussex County Office: 302-827-6040

**Catholic Charities of Delaware**
Offers remote counseling & behavioral health services - you can also call on behalf of a family member/loved one for assistance.
https://www.ccwilm.org/
- New Castle County: 302-655-9624
- Kent County: 302-674-1600
- Sussex County: 302-856-9578

**Mental Health Delaware**
https://mentalhealthde.com/

**Delaware Substance Use Disorder/Dual Diagnosis Resources**

**Brandywine Counseling & Community Services**
Provides preventative educational programs as well as many programs and resources for those in recovery or looking to start, including a syringe exchange program, mobile health clinics, Medically Assisted Treatment (MAT), therapy/counseling, and many more services. Services are available statewide.
https://www.brandywinecounseling.com/
- 302-656-2348
**PACE, Inc.**
Alcohol & Drug Rehab Center, which performs evaluations & assessments, and provides a variety of outpatient programs in Wilmington, DE.
  
  - [https://www.paceinconline.com/](https://www.paceinconline.com/)
  - 302-999-9812

**Help Is Here**
Substance Use Disorder Resources
  
  - [https://www.helpisherede.com/#intro](https://www.helpisherede.com/#intro)

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**Delaware General COVID-19 Information & Assistance**

**Delaware 211**
Guide to all the social services available in the state
  
  - [https://www.delaware211.org/](https://www.delaware211.org/)
  - Dial 211 (if you have a 302 area code), call 1-800-560-3372, or text your zip code to 898-211

**DHSS Offices**
Delaware ASSIST - Individuals who cannot get to the office during normal business hours can apply for benefits online. By using ASSIST, consumers and the professionals who help them, can apply at any time during the day or night from a home, library, healthcare clinic, community center or any location with internet access. Accessible programs include long-term care, medical assistance, food supplement program, cash assistance, childcare assistance, school lunch program, low-income energy assistance, and the food bank.

  - [https://assist.dhss.delaware.gov/](https://assist.dhss.delaware.gov/)

**Delaware Aging and Disability Resource Center**
  
  - (800-223-9074)
  - For contact information of other DHSS departments, please see the DHSS website at [https://dhss.delaware.gov/dhss/](https://dhss.delaware.gov/dhss/)

**Delaware Coronavirus Information Line**
  
  - [https://coronavirus.delaware.gov/](https://coronavirus.delaware.gov/)
  - 1-866-408-1899
  - Call 211
  - Text zip code to 898-211 for deaf and hard of hearing

**Delaware Division of Libraries**
FREE 30 minutes appointments with a Social Worker from DHSS that can help with questions about state services/benefits or a Job/Employment counselor from the Department of Labor. Schedule an appointment through the following link:
  
  - [https://delawarelibraries.libcal.com/appointments/](https://delawarelibraries.libcal.com/appointments/)

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**Housing Assistance**

**Delaware State Housing Authority**
  
  - 888-363-8808

**Catholic Charities of Delaware**
  
  - [https://www.ccwilm.org/](https://www.ccwilm.org/)
  - New Castle County: 302-655-9624
  - Kent County: 302-674-1600
  - Sussex County: 302-856-9578

**Basic Needs Program**
Energy and food assistance, thrift services (vouchers), HIV services.
  
  - [http://www.ccwilm.org/basic-needs/](http://www.ccwilm.org/basic-needs/)

**Food Bank of Delaware**
  
  - [https://www.fbd.org/](https://www.fbd.org/)
  - To find local assistance, call 211

**COVID-19 Resource List**
  
  - Schedule for FBD’s drive thru mobile pantries
  - [https://www.fbd.org/coronavirusmp/](https://www.fbd.org/coronavirusmp/)

**List of Child Nutrition Sites in Delaware**
  
  - [https://www.doe.k12.de.us/domain/611](https://www.doe.k12.de.us/domain/611)