

DELAWARE SOCIAL SERVICE RESOURCES

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
<https://dcadv.org/news-events/resources-for-the-public-health-crisis.html>

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.paceinonline.com/>

- 302-999-9812

Help Is Here

Substance Use Disorder Resources

<https://www.helpisherede.com/#intro>

Delaware General COVID-19 Information & Assistance

Delaware 211

Guide to all the social services available in the state

<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/>

Delaware Aging and Disability Resource Center

<http://www.delawareadrc.com/>

- (800-223-9074)
- For contact information of other DHSS departments, please see the DHSS website at <https://dhss.delaware.gov/dhss/>

Delaware Coronavirus Information Line

<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/>

Housing Assistance

Delaware State Housing Authority

<http://www.destatehousing.com/>

- 888-363-8808

Catholic Charities of Delaware

<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/>

Food Assistance

Food Bank of Delaware

<https://www.fbd.org/>

- To find local assistance, call 211

COVID-19 Resource List

<https://www.fbd.org/how-to-help-during-covid-19/>

- Schedule for FBD's drive thru mobile pantries
<https://www.fbd.org/coronavirusmp/>

List of Child Nutrition Sites in Delaware

<https://www.doe.k12.de.us/domain/611>