



A GUIDE TO YOUR MENTAL HEALTH RESOURCES

FOR UNIVERSITY OF DELAWARE STUDENTS AT LEWES
CAMPUS AND THE ASSOCIATE IN ARTS PROGRAM IN
WILMINGTON • DOVER • GEORGETOWN

UD Helpline 24/7/365

Nonstop counselor-on-call service for any student feeling anxious, depressed, overwhelmed, or otherwise in need of someone to talk to.

Call 302-831-1001

Press 1 to request that a Sexual Offense Support advocate call you back within 10 minutes.

Press 2 to speak with a mental health professional immediately.

**24 HOUR SUPPORT FOR ALL UNIVERSITY OF
DELAWARE STUDENTS**

Crisis Text Line

Anonymous text message support for any student feeling anxious, depressed, overwhelmed, or otherwise in need of someone to talk to.

Text 741741 with the message:
“UDTEXT” for assistance or
“STEVE” for assistance specific to students of color

STATE HOTLINES

Mobile Crisis Intervention Services: If you are having a psychiatric or substance abuse crisis and need assistance, call 24/7:

- *Northern Delaware Hotline:* 800-652-2929
- *Southern Delaware Hotline:* 800-345-6785

State of DE Crisis Helpline: For information or referrals, to discuss daily struggles, or to process suicidal thoughts, call 24/7:

- *State of DE Crisis Helpline:* 800-262-9800
- *Rape Crisis Program:* 302-761-9100
- *Deaf Helpline (TDD):* 302-761-9700

NATIONAL HOTLINES

- 1-800-273-TALK (suicidal thoughts)
- 1-800 SUICIDE (suicidal thoughts)
- 1-800-656-HOPE (rape, abuse, or incest)

EMERGENCY FACILITIES

The Recovery Innovation Recovery Response Center (RRC) provides recovery supports services and crisis stabilization, diverts people from inpatient hospitalization, and communicates a message of hope and recovery.

- Newark: 302-318-6070
(659 E. Chestnut Hill Rd)
- Ellendale: 302-424-5660
(700 Main St)

Delaware Psychiatric Center (DPC) provides integrated services to adults suffering from severe and persistent mental illness. This includes inpatient treatment at the Herman M. Holloway Campus in New Castle, Delaware.

- 302-255-2700
(1901 N. DuPont Highway, New Castle, DE)

Harrington Detox is the primary detoxification center for residents of Kent and Sussex counties, helping people to withdraw from alcohol, opioids, and benzodiazepines.

- 302-786-7800
(1 East St, Harrington, DE)

EMERGENCY FACILITIES (CONTINUED)

NET Detox offers medically monitored inpatient detoxification, individual and group counseling, and the Consumer Engagement and Transition Program.

- 302-691-0140, or
- 800-359-1367
(3315 Kirkwood Highway, Wilmington, DE)

COMPREHENSIVE BEHAVIORAL HEALTH CLINICS

Talk therapy, or counseling, is usually provided by a licensed psychologist, counselor, or social worker and utilizes a variety of theoretical approaches to address mental health concerns. Psychiatrists are medical doctors with special training in the medications associated with the treatment of mental health disorders such as depression and anxiety.

Comprehensive behavioral health clinics throughout the state provide both talk therapy and psychiatric services:

New Castle County

- *Argo*: 302-999-1106
409 Larch Avenue, Wilmington, DE
- *Brandywine Counseling & Community Services* (three locations):
302-472-0381
2500 West 4th St, Wilmington, DE
or 302-656-2348
2713 Lancaster Ave, Wilmington, DE
or 302-454-3020, 24 Brookhill Dr, Newark, DE
- *Connections, CSP* (four locations):
302-475-2700
2205 Silverside Rd, Wilmington, DE
or 302-454-7520
3305 Polly Drummond Rd, Newark, DE
or 302-656-8326
801 West St, Wilmington, DE
or 833-886-2277
2126 W. Newport Gap Pike, Wilmington, DE
- *Horizon House*: 302-266-3246
261 Chapman Rd, Newark, DE

Kent County

- *Connections, CSP* (two locations):
302-659-5060
222 N. DuPont Blvd, Smyrna, DE
or 302-672-9360
696 Bay Rd, Dover, DE

- *Kent Sussex Community Services*: 302-735-7790
1241 College Park Dr, Dover, DE

Sussex County

- *Argo*: 302-856-9746
6 Railroad Ave, Georgetown, DE
 - *Brandywine Counseling & Community Services*: 302-856-4700
528 East Market Street, Georgetown, DE
 - *Connections, CSP* (two locations):
302-947-4645
24832 John Jay Highway, Millsboro, DE
or 302-990-7021
123 Pennsylvania Avenue, Seaford, DE
 - *Fellowship Health Resources* (two locations):
302-854-0626
20707 DuPont Blvd, Georgetown, DE
or 302-934-1861
400 Delaware Ave, Millsboro, DE
 - *Kent Sussex Community Services* (two locations):
302-877-0444
31039 North Poplar St, Laurel, DE
or 302-854-0172
20728 Dupont Blvd, Georgetown, DE
- Thresholds*: 302-856-1835
2505 Dupont Blvd, Georgetown, DE

COUNSELING AND THERAPY RESOURCES

New Castle County

- *Alliance Counseling* (Newark and Wilmington)
alliance-counseling.com
- *Delaware Family Center* (Wilmington)
delawarefamilycenter.com
- *Ebright Collaborative, LLC* (Wilmington)
ebrightcollaborative.com
- *Mid-Atlantic Behavioral Health* (Newark and Wilmington)
midatlanticbh.com
- *Partners in Health and Wellbeing* (Newark, Wilmington and Milton)
partnersinhealthandwellbeing.com

Kent and Sussex counties

- *ABR Counseling Associates* (Dover)
302-678-4558
- *Appel, Wilson, and Vaughn* (Lewes and surrounding area)
appelwilsonandvaughn.com

- *ARGO Institute/Aquila of Delaware* (Wilmington and Georgetown)
aquilaofde.com
- *Bridge Counseling Center* (Georgetown)
bridgecounseling.com
- *Catholic Charities* (Georgetown)
302-856-2388 or 302-856-9578
- *Center for Human Development* (Dover)
302-736-1820
- *Delaware Guidance Services* (Lewes)
302-646-5338
- *Delaware Psychological Services* (Lewes)
delawarepsychologicalservices.com
- *Mind & Body Consortium* (Milford and Dover)
mindandbodyde.com
- *People's Place* (Milford, Millsboro, Seaford and Dover)
peoplesplace2.com/programs-services/counseling-centers