

Resource List for Mental Health First Aid

Compiled by Workforce Development & Education, Division of Substance Abuse & Mental Health, Delaware Health & Social Services

National Resources

- **988 Suicide and Crisis Lifeline**, previously known as the National Suicide Prevention Lifeline, provides 24/7, offers free and confidential support from trained crisis counselors who can help people experiencing suicidal, substance use, mental health crisis, or other kinds of emotional distress. People can also call, text, or chat **988** if they are worried about a loved one who may need crisis support.
 - **Veterans Crisis Line (Dial 988 then PRESS 1)** for veterans and their loved ones. You don't have to be enrolled in VA benefits or health care to connect.
- **Substance Abuse and Mental Health Service Administration** treatment helpline: 800-662-4357.
- **Trevor Project** provides trained crisis counselors to support lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ) young people ages 24 years and younger who are suicidal or in crisis. The Trevor Lifeline is free and available 24/7 at 1-866-488-7386. Crisis counselors can also be reached by texting "START" to 678678 or via online chat.

Delaware Resources

- **Division of Substance Abuse and Mental Health (DSAMH) Crisis Intervention Services** - DSAMH's Crisis Intervention Services (CIS) operates two hotlines offering 24/7 access to trained crisis counselors who can help adults experiencing suicidal, substance use, mental health crisis, or other kinds of emotional distress. CIS can also assist those worried about a loved one needing crisis support. CIS also dispatches mobile crisis teams as necessary to respond to calls.
 - New Castle - 800-652-2929
 - Kent and Sussex - 800-345-6785
- **Help is Here** provides addiction prevention, treatment, and recovery support resources. Call 833-9-HOPEDE (833-946-7333)
- **Recovery Response Centers (aka Crisis Stabilization Centers)**
Contracted by DSAMH, **Recovery Innovations** operates two Recovery Response Centers, one in Newark and another in Ellendale. The Centers operate 24/7 and provide 24-hour crisis assessment and engagement programs for adults with significant behavioral health conditions. The Centers engage, rapidly assess, stabilize, and refer individuals to appropriate acute or long-term community services. The Centers offer nursing, psychiatry, peer support, aftercare planning, and other services.

	New Castle County	Kent and Sussex Counties
Location	Newark Recovery Response Center	Ellendale Recovery Response Center
Address	659 E Chestnut Hill Rd Newark	700 Main St Ellendale
Phone	(302) 318-6070	(302) 424-5660
Hours	24/7	24/7

- **Division of Substance Abuse and Mental Health (DSAMH) Bridge Clinics** - DSAMH operates four Bridge Clinics and one mobile Bridge Clinic, a gateway to Delaware’s behavioral health treatment services continuum. The clinics offer walk-in services, following a nationally recognized, evidence-based model. The clinics provide rapid access to staff that engages individuals and their families to connect them with appropriate behavioral health services.
 - The Bridge Clinic’s services, which do not require an appointment and are available regardless of ability to pay, include:
 - Behavioral health screenings and referrals to treatment
 - Behavioral health evaluations performed by qualified clinicians
 - Peer services that connect individuals to support services
 - Transportation to and from the clinic
 - Training on administering opioid overdose reversal medications
 - Medication for opioid use disorder

Locations, Contact Information, and Hours

	New Castle County		Kent County	Sussex County
Location	New Castle County	New Castle County Hope Center	James W. Williams State Service Center	Thurman Adams State Service Center
Address	14 Central Ave New Castle	365 Airport Rd New Castle	805 River Rd 3 rd Floor Dover	546 S Bedford St Georgetown
Phone	(302) 255-1650	(302) 544-6815	(302) 857-5060	(302) 515-3310
Hours	Daily, 8:00 AM – 11:30 PM	M-S, 8:30 AM – 5:00 PM <i>*Appointment required at this location*</i>	M-F, 8:30 AM – 4:00 PM	M-F, 8:30 AM – 4:00 PM

The *Mobile* Bridge Clinic operates in front of Baylor Women's Correctional Institution and Howard R. Young Correctional Institution. The Mobile Bridge Clinic also conducts outreach at Northern New Castle County Adult Probation & Parole and New Castle Probation & Parole & Day Reporting Center.

- **Delaware 2-1-1** provides Delaware residents with an easy way to get connected to help for essential health and human services, including affordable housing, utility assistance, health care, senior services, food and other vital programs. There are several ways to get connected to a resource specialist: Dial 2-1-1; text your zip code to 898-211; or chat online at delaware211.org. All services are free, multilingual, confidential and available 24/7.
- **Delaware’s Victims’ Rights Task Force** maintains a list of resources for people experiencing domestic violence, sexual assault, human trafficking, and/or other crimes and forms of abuse.

Resources for State of Delaware Employees

- The **ComPsych® GuidanceResources®** program provides FREE Employee Assistance Program (EAP) services to eligible State employees and their dependents. Access www.guidanceresources.com (WebID: State of Delaware) to consult articles, podcasts, videos, webinars, and other helpful tools, or call the 24/7 helpline: 877-527-4742.

- Effective January 1, 2024, State of Delaware employees, retirees, as well as their covered spouses and dependents, enrolled in a State of Delaware non-Medicare health plan will now be able to receive an annual behavioral health well check performed by a licensed mental health clinician at no cost to them. For assistance in locating an eligible provider to complete your behavioral well check, please visit the [SBO website](#) to view your plan options.

Other Resources/Websites

National

[American Psychiatric Association](#)

[American Psychological Association](#)

[Centers for Disease Control and Prevention](#)

[National Alliance on Mental Illness](#)

[National Institute of Mental Health](#)

[Substance Abuse and Mental Health Services Administration](#)

Delaware

[Delaware Division of Substance Abuse and Mental Health](#)

[Mental Health Association of Delaware](#)

[National Alliance on Mental Illness – Delaware Chapter](#)

This list has been prepared as a courtesy to DSAMH training participants pursuing Mental Health First Aid Certification through the National Council for Wellbeing. This list is not comprehensive. Please contact dsamh.training@delaware.gov or call (302)255-9480 for further information or updates.