

IT'S OKAY TO ASK FOR HELP

**You don't have to fight
your battle alone.**

Mental Health Outpatient Clinics

People's Place (302) 653-2341 Smyrna, DE peoplesplace2.com	Mental Edge Counseling (302) 382-8698 Dover, DE mentaledgocounseling.com	Appoquinimink Counseling Service (302) 898-1616 Middletown, DE appocounseling.com	Pittman Behavioral Health (302) 365-0384 Middletown, DE pittmanbehavioralhealth.net
Thriveworks (302) 330-2696 Dover, Smyrna, Newark, DE thriveworks.com	Mind and Body Consortium (302) 674-2380 Middletown, DE mindandbodyde.com	McCormick & Associates (302) 449-0710 Middletown, DE mccormickandassociatesof middletown.com	Alpha Care Medical (800) 818-8680 Dover, DE alphacaremedical.net
Anew Mental Health (302) 678-4558 Dover, DE anewmentalhealth.com	Delaware Guidance (302) 678-3020 Dover, DE delawareguidance.org	A Center for Mental Wellness (302) 674-1397 Newark, DE www.acfmw.com	Lifestance Health (302) 224-1400 Newark, DE midatlanticbh.com
Creative Medical Consulting (302) 313-1411 Odessa, DE creativemedicalde.com	Nu Beginning Center (302) 276-8483 Smyrna, DE nubeginningcenter.com	T2C Services (302) 336-8028 Smyrna, DE t2services.org	Middletown Counseling (302) 376-0621 Middletown, DE middletowncounseling.com
Catholic Charities (302) 674-1600 Dover, DE ccwilm.org	Aquila (302) 664-7664 Dover, DE aquilaofde.com	Key 2 Clarity Counseling Services (302) 337-5668 Dover, DE psychologytoday.com	Westside Family Healthcare (302) 678-4622 Dover, DE westsidehealth.org
Phoenix Mental Health (302) 736-6135 Dover, DE freerehab.com	Bayhealth Pediatric Psychiatry (302) 608-5299 Dover, DE bayhealth.org	SOAR (302) 422-3811 Dover, DE survivorsofabuse.org	

Emergency Numbers

SHS Wellness Center: 302-653-2399
Delaware State Police: 302-697-4454
Smyrna Police: 302-653-9217
Clayton Police: 302-653-8186
Dover Police: 302-736-7111
Delaware Helpline: Dial 211
Crisis Intervention: 1-800-969-4357
Crisis Text Line 24/7: Text "DE" to 741741

DE Hope Line 24/7: 833-9-HOPE-DE
National Suicide Hotline: 1-800-273-8255
Contact Teenline (Teen to Teen): 310-855-HOPE
Contact Life Line/Rape Crisis: 1-800-262-9800
Child Abuse Reporting: 1-800-292-9582
National Dating Abuse: 1-866-331-9474
Domestic Violence Hotline: 1-800-799-7233