

Crisis and Acute Mental Health Services

INTRODUCTION

The Delaware Grief Awareness Consortium provides this updated directory of resources for use by all Delawareans who are experiencing loss and grief as well as by their family members, friends and counselors. Our hope is that this directory will lead you to resources available in your local community that will help you understand your thoughts and processes common in grieving the loss of a loved one and that will provide you an opportunity to share your feelings with others who understand and can provide support.

In this edition, we have divided the directory into distinct groups of services so that you may access them easily and quickly.

Crisis and Mental Health Services and **Police and Victim Services** are designed to address your immediate and acute short-term needs for information and support. The primary focus of the agencies listed is to provide for your safety and immediate well-being during and after crisis. Some of these services consist of phone support only, while others may provide face-to-face support, though, typically for a short period of time.

Grief Support Groups and Services are listed separately by county. These include group programs that may be conducted over weeks or on an ongoing basis. Some organizations provide one-on-one or family support. It is important to call or email the organization providing the support service to confirm the location and time of support group programs. Group support services are designed to help those who are grieving a loss by working with you through this difficult time. These services often connect you with others who are going through similar situations and experiences in a support group setting. You may also receive written materials and referrals to other organizations, such as those listed in the **Service Agencies** section. Support services are designed to offer guidance to you as you negotiate the normal, but often difficult and painful path through your grief.

Over the last couple of years, we have expanded our listing of **Books for Children and Adults** as well as **Internet Resources**. Many of these library listings are available locally. We would like to acknowledge the wonderful support of the Christiana Care Health System librarians in adding many new books that are available to the public on loan at their three libraries.

When significant sources of stress occur simultaneously, complicating your grief, or the loss has a significant and enduring impact on your life that makes it difficult to function at work, school, or home, you may need to find help from a mental health nurse practitioner, counselor, therapist, psychologist or psychiatrist. Treatment will be individualized to your needs and may include individual, family or group therapy.

Disclaimer

The listings in this directory are meant to be as accurate, up-to-date and complete as possible. The Delaware Grief Awareness Consortium does not intend for this to be a recommendation of specific services for specific individuals or families. There is no rating system and we do not have the capacity to evaluate each program or agency. We solely strive to bring as much information to you as possible with regard to the services and resources available for those who are grieving. You are welcome to print this directory for personal use or for use by your clients, but this information cannot be sold. The Delaware Grief Awareness Consortium reference should be retained. Please send any changes or additions to www.degac.org.

Crisis and Acute Mental Health Services

CRISIS HOTLINE

Contact Crisis Helpline

Hotline: 1(800)262-9800 or (302) 761-9100

TTD: (302) 761-9700

Area Served: Statewide

Hours of Operation: 24 hours, 7 days per week for CONTACT Crisis Helpline, 8:30 – 4:30 M-F, for office

CONTACT_Crisis Helpline Services provide immediate statewide toll-free 24-hour access to telephone counseling, crisis intervention, suicide prevention, information and referral services for anyone in need.

Department of Children, Youth and Families:

Division of Prevention and Behavioral Health Services

1825 Faulkland Road, Wilmington, DE 19805

(302) 633-2600 – Main Office

(302) 633-2571; (302) 633-2591 – Statewide Intake

1 (800) 722-7710 – Child Priority Response - emergency help with a child's emotional problem

Area Served: Statewide

Hours of Operation: Crisis Services available 24 hours a day

Provides a statewide continuum of prevention services, early intervention services, and mental health and substance abuse (behavioral health) treatment programs for children and youth. These services have graduated levels of intensity and restrictiveness that are child-centered and family focused.

Child Priority Response Services is a 24-hour crisis line providing services for youth under 18 years of age. The CPRS assists children who may be in need of emergency hospitalization, who are exhibiting self-destructive behavior, or who are exhibiting symptoms of severe psychiatric illness. A trained crisis worker or team will assist with the crisis. The crisis worker or team will work with the caretakers on a short-term basis and make appropriate referrals for follow-up services.

Mobile Crisis Intervention Service

Statewide: 1(800)-652-2929 or 1(302)577-2484

Hours of Operation: 24 hours a day, 7 days a week

Mobile Crisis Intervention Service (MCIS) is the emergency mental health program of the Community Mental Health Center, under the Division of Substance Abuse and Mental Health. Staff is available 24 hours a day to assist help adults experiencing a mental health, substance abuse or gambling crisis. These problems may include depression, major life changes such as unemployment or loss of a loved one, anxiety, feelings of hopelessness, thoughts of suicide, delusions, paranoia and substance abuse.

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For substance abuse services, call any of the following treatment providers to make an appointment for screening and assessment:

Brandywine Counseling	(302)472-0381
Connections CSP, Inc.	(866)477-5345
Kent Sussex Counseling Services	(302)735-7790
Thresholds Inc.	(302)856-1835

MeadowWood Behavioral Health System, Psychiatric and Addiction Assessment and Referral Center

575 S. DuPont Highway, New Castle, DE 19720

Statewide: 1-(800) 289-8336

Area Served: Statewide

Hours of Operation: 24 hours a day, 7 days a week

This department provides face-to-face assessments, evaluation and care level determinations. MeadowWood also provides in-patient and out-patient psychiatric and addictions treatment to adolescents and adults.

Rockford Center, Assessment and Referral Center

100 Rockford Drive, Newark, DE 19713

(302) 996-5480

Area Served: Statewide

Hours of Operation: 24 hours, 7 days a week

The Assessment and Referral Center (ARC) staff provides face-to-face assessment, evaluation and recommendations for referral services. Children and adolescents must be accompanied by a parent or legal guardian. Scheduled appointments preferred. Rockford Center offers inpatient, partial hospitalization, and outpatient psychiatric services for: children ages 4-12, adolescents ages 13-17, adults 18-65, and older adults 65+.

National Alliance on Mental Illness in Delaware (NAMI Delaware)

2400 W. 4th Street, Wilmington, DE 19805

www.namidelaware.org

(302) 427-0787 – Main Office

(888) 427-2643 – Help-Line- Operational during normal business hours.

Area Served: Statewide

Hours of Operation: 8:30- 4:00, M-F

NAMI Delaware provides a telephone Help-Line service during normal business hours. Through this service, NAMI Delaware staff provides emotional support for families and loved ones dealing with mental illness including depression, bipolar disorder, and other mental illnesses. Issues such as problem solving, communication techniques, crisis and relapse prevention and care for the caregiver are often addressed. Information about housing and other helpful community resources (support groups, agencies, books, videos, and websites) are shared.

Crisis and Acute Mental Health Services

Supporting Kidds

1213 Old Lancaster Pike, Hockessin, DE 19707

(302) 235-5544

support@supportingkidds.org

www.supportingkidds.org

Area Served: Statewide and surrounding region

Hours of Operation: Office typically staffed 9:00-5:00, M-F, with evening hours by appointment

Supporting Kidds offers a full-range of support and clinically-based services for children and families experiencing issues related to loss and death. They provide assessments, education and referrals as part of individual, group and family therapy for children ages 5-18 and their caregivers. Supporting Kidds also offers resources in Spanish.