



Services for Families

24/7 Crisis Hotline: For anyone in immediate crisis, as well as pregnant women seeking substance abuse treatment services.

New Castle: 800-652-2929

Kent and Sussex: 800-345-6785

Delaware Helpline (United Way): Free community, social service, health, and criminal justice information. Whether faced with the panic of a natural disaster or struggling to meet everyday needs, Delaware residents can get direct response and prompt assistance.

2-1-1 | www.delaware211.org

Supplemental Nutrition Assistance Program (SNAP): Supplemental food program for low-income individuals and families who are given Electronic Benefits Transfer (EBT) cards for use at participating EBT retailers.

800-372-2022

dhss.delaware.gov/dss/foodstamps.html

Parent Information Center: Helps parents understand and find special education programs and works with public school staff.

888-547-4412 | www.picofdel.org

Help Me Grow: Services and referrals for a healthy pregnancy; home visiting; screenings and early learning appointments for children, ages birth to 8, with developmental or behavioral challenges. 2-1-1 | dethrives.com/help-me-grow



Help is Here website: Name and locations of detox, treatment, and recovery options in the region. Plus prevention and community information for the public and medical providers.

HelpisHereDE.com

Delaware WIC Program: Nutrition program that helps pregnant women, new mothers, and young children eat well, learn about nutrition, and stay healthy.

New Castle: 302-283-7540

Kent and Sussex: 302-424-7220

Child Development Watch: Support services for children ages birth to 3 with disabilities or developmental delays and their families.

New Castle: 800-671-0050

Kent and Sussex: 800-752-9393

dhss.delaware.gov/dhss/dph/chs/chscdw.html

Child Support Services Program: Provides services for families looking for assistance with obtaining child or medical support.

302-577-7171

dhss.delaware.gov/dhss/dcse/index.html

Additional resources on back page.

If you are in immediate danger, call 9-1-1.

Addiction is a disease. Recovery is possible. Treatment works.



Mobile Response and Stabilization Services: 24-hour response services for families with a child under 18 with ongoing emotional/behavioral issues within family, school, and community functioning.

Mobile Response Hotline: 800-969-4357
Crisis Text Line: Text DE to 741741

Reporting Child Abuse/Neglect: 24/hour hotline available seven days/week with live staff able to take calls, respond to inquiries, and respond in urgent situations. 800-292-9582

Domestic Violence Hotline: Safety planning, transitional housing, shelter, case management, financial assistance, etc, for those struggling with domestic violence.

New Castle: 302-762-6110
Kent and Sussex: 302-422-8058

Community Legal Aid: Legal services for eligible individuals. Services are provided to people with disabilities, older citizens age 60 and older, people living in poverty, victims of domestic violence, and immigrant victims of crime, abuse, and neglect.

New Castle: 302-575-0660
Kent: 302-674-8500
Sussex: 302-856-0038

Women's Health Services and Birth Control (Delaware Contraceptive Access Now):

New Castle County:

Christiana Care Ob/Gyn
800-693-CARE
www.christianacare.org/obgyn

Planned Parenthood
800-230-7526
www.plannedparenthood.org

Henrietta Johnson Medical Center
302-655-6187
www.hjmc.org

Nemours
800-767-5437
www.nemours.org

Dr. Janice Tildon-Burton
302-832-1124

Westside Family Healthcare
302-224-6800
www.westsidehealth.org

Kent County:
Planned Parenthood
800-230-7526
www.plannedparenthood.org

Khan Ob/Gyn
302-735-8720
www.khanobgyn.com

Westside Family Healthcare
302-678-4622
www.westsidehealth.org

Delaware Healthy Children Program: Low cost health insurance for children who are currently uninsured.

800-996-9969
dhss.delaware.gov/dss/dhcop.html

Medicaid and Medical Assistance: Offers health insurance as well as the DE Healthy Children Program, the Legal Non-Citizen Health Care Program, Chronic Renal Disease Program, and the Medicaid Long Term Care programs.
866-843-7212 | dhss.delaware.gov/dhss/dmma

Delaware State Housing Authority: Quality, affordable housing opportunities and appropriate supportive services for low and moderate-income Delawareans.
888-363-8808 | destatehousing.com

General Assistance(GA)/Temporary Assistance for Needy Families (TANF): GA provides cash assistance to low-income adults who do not receive any other federal programs, like Social Security. TANF provides cash support to low-income families.
800-372-2022 | dhss.delaware.gov/dhss/dss

Delaware OBGYN and Women's Health
302-730-0633
www.delawarewomenshealth.com

Sussex County:
La Red Health Center
302-855-1233
Press 1 for Georgetown
Press 2 for Seaford
Bayside Health Center
302-645-4700 (Lewes)
302-856-3597 (Georgetown)
www.baysidehealth.com

