

Outpatient Mental Health Services

Delaware, Pennsylvania, New Jersey and Maryland

Use these tips to find and make appointments with a mental health provider. To get help right away, reach out to a crisis line (see **Get help in a crisis**). They are staffed around the clock. **If it's an emergency or your safety is at risk, call 911.**



Find a provider

Call your insurance company or search online:

- Use the 'Find a Doctor' or 'Find a Provider' feature on your insurance company's website. If there is a category or filter for "behavioral health," use it to narrow your search.
- Use search filters to find what you need. For example:
 - » Filter by gender if you or your child will feel more comfortable with a male or female therapist.
 - » Filter by language if that makes talking easier.
 - » Filter by location if traveling long distances will be a problem.
- Know the different types of therapists:
 - » Psychiatrists, psychologists, licensed counselors, clinical social workers, or marriage and family therapists all provide mental health care.
 - » Psychiatrists can prescribe medicine, but other therapists can't. Your family doctor can write prescriptions if needed.

Find out if your employer has an Employee Assistance Program (EAP):

- Ask if the EAP will cover your child.
- Find out what services are available. Many EAPs provide free referrals or short-term counseling.

For mental health help in your area, contact:

- **Delaware:** The Mental Health Association (800) 287-6423; <https://www.mhainde.org/>
- **Pennsylvania:** Mental Health Association of Southeastern Pennsylvania (800) 688-4226; <https://www.mentalhealthpartnerships.org/>
- **New Jersey:** Division of Mental Health and Addiction Services (800) 382-6717; <https://www.state.nj.us/humanservices/dmhas/home/>
- **Maryland:** The Maryland Department of Health (877) 463-3464; <https://bha.health.maryland.gov/Pages/HELP.aspx>



Make an appointment

- Call your first choice of provider. Ask if they are taking new patients. Find out how long it will be until you can get an appointment. If you need help sooner, you can make an appointment with another provider, then switch to your first choice when you can.
- Find out if the provider works with children and teens. Ask if they take your insurance.
- To make the first appointment go faster, ask if you can fill out forms in advance.



Check in after a few appointments

- Finding a therapist who is the right fit is the key to feeling better. Is the therapist helping? Are they easy to talk to?
- It's okay to switch to another therapist if there's no connection with the first one.



Get help in a crisis

These crisis lines are staffed with trained counselors 24/7:

- Division of Prevention and Behavioral Health Services (for youth under age 18): call (800) 969-4357.
- Crisis Text Line: Text **HOME** to **741741** for free, 24/7 support and information from a trained crisis counselor.
 - » National Suicide Prevention Lifeline: Call (800) 273-8255.

The Trevor Project. For crisis and suicide prevention for LGBTQ people:

- » Call (866) 488-7386
- » Text **START** to **678678**
- » TrevorChat at thetrevorproject.org/get-help-now/

Mental Health Crisis Numbers

Delaware, Pennsylvania, New Jersey and Maryland

Use the information below to find your local or state crisis numbers for help with a mental health emergency. If you do not see your location below, contact the National Crisis Resources. They will connect you to your nearest crisis center.

If you or your child need help right away or you feel that your safety is at risk, call 911.

National Crisis Resources

- **Crisis Text Line**
 - » Text **HOME** to **741741** for free, 24/7 support and information from a live, trained Crisis Counselor.
 - » [Crisistextline.org/texting-in](https://www.crisistextline.org/texting-in)
- **National Suicide Prevention Lifeline**
 - » Call **(800) 273-8255**
 - » [Suicidepreventionlifeline.org/](https://www.suicidepreventionlifeline.org/)
- **The Trevor Project** (crisis and suicide prevention for LGBTQ people)
 - » Call (866) 488-7386
 - » Text **START** to **678678**
 - » TrevorChat offers confidential online instant messaging with a Trevor counselor
 - » [Thetrevorproject.org/get-help-now/](https://www.thetrevorproject.org/get-help-now/)
- In case of an overdose or suspected overdose, please contact Poison Control
 - » Call **(800) 222-1222**

Delaware

If your child or someone you know is in crisis, contact:

Age 18 and under, contact The Division of Prevention and Behavioral Health Services at **(800) 969-4357**

[Kids.delaware.gov/contact.shtml](https://www.kids.delaware.gov/contact.shtml)

- Age 18 and over, contact:
 - » New Castle County Crisis at **(800) 652-2929**
 - » Kent & Sussex Counties Crisis at **(800) 345-6785**

You may also contact these 24-hour centers for a walk-in assessment:

- Dover Behavioral Health
725 Horsepond Road,
Dover, DE 19901
 - » **(302) 741-0140**
- Meadowood Behavioral Health
575 S. DuPont Highway,
New Castle, DE 19720
 - » **(302) 328-3330**
- Rockford Center
100 Rockford Drive,
Newark, DE 19713
 - » **(302) 996-5480**
- Sun Behavioral
21655 Biden Avenue,
Georgetown, DE 19947
 - » **(302) 604-5600**

Pennsylvania

If your child or someone you know is in crisis, contact Crisis Intervention Services by county:

- Berks: **(877) 236-4600**
- Bucks: **(800) 499-7455**
- Chester: **(877) 918-2100**
- Delaware: **(855) 889-7827**
- Lancaster: **(717) 394-2631**
- Montgomery: **(610) 279-6100**
- Philadelphia: **(215) 686-4420**

New Jersey

If your child or someone you know is in crisis, contact Crisis Intervention Services by county:

- Atlantic: **(609) 344-1118**
- Burlington: **(609) 835-6180**
- Camden: **(856) 428-4357**
- Cape May: **(609) 465-5999**
- Cumberland: **(856) 455-5555**
- Gloucester: **(856) 845-9100**
- Ocean: **(732) 886-4474**
- Salem: **(856) 299-3001**
- **You may also call the New Jersey Statewide Hopeline: (855) 654-6735**

Maryland

If your child or someone you know is in crisis, contact Eastern Shore Crisis Response and Resource Helpline for support in any of the nine counties of the Eastern Shore: **(888) 407-8018**

You may also call the Maryland State Suicide and Crisis Hotline: (800) 422-0009