



# 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](http://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](http://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](http://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](http://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](http://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](http://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](http://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.

To recommend additions or changes to this resource guide, call 302-744-4704.



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health

Updated May 22, 2017

**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

