







When your child has a behavioral health issue or emergency, you are your child's strongest advocate — you know your child best. But it can be hard to figure out where to start looking for help. That's why we created this guide for parents like you, as well as for health care professionals. Although this guide isn't a complete list of all resources in the area\*, it can serve as a quick reference if you're looking for crisis and outpatient behavioral health therapy providers for kids and teens in Delaware and southeast Pennsylvania.

The agencies in this guide have providers trained in a collection of treatment and prevention methods, called "evidence-based practices." That means the therapy they use is based on evidence gathered from scientific studies, evaluations, and approaches shown, over time, to work best.

As you start your journey to get help for your family, know that you don't have to go through this alone. We all need support during challenging times.

\*This list pro ides comm nit reso rces that ma be a ailable to o. The agencies are not af liated ith or endorsed b Nemo rs.

## **CRISIS RESOURCES**

**Delaware Statewide Crisis Hotline** 

Maryland Statewide Crisis Hotline

New Jersey Crisis Hotline PerformCare

Pennsylvania Crisis by County Berks County: Bucks County: Chester County: Delaware County:

## **Outpatient Services**

## DELAWARE

Kent County

**Delaware Guidance Services** 

dela areg idance.org

**Mental Edge Counseling** 

mentaledgeco nseling.com

**People's Place** 

peoplesplace2.com/programsser ices/co nseling-centers

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peoplesplace2.com/programsser ices/co nseling-centers

## **New Castle County**

Aquila of Delaware Aquila Wilmington

aq ilaofde.com

A Window to Wellness

a indo to ellness.com Delaware Guidance Services

dela areg idance.org

**Delaware Guidance Services** 

dela areg idance.org

**Ebright Collaborative Group** 

ebrightcollaborati e.com

Family Counseling Center of St. Paul's

stpa lsco nseling.org Jewish Family Services

jfsdela are.org/co nseling

**Jewish Family Services** 

jfsdela are.org/co nseling

**Mid-Atlantic Behavioral Health** 

midatlanticbh.com

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midatlanticbh.com

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midatlanticbh.com

Norman Broudy, MD & Associates

bro d assoc.com

**Thriveworks Counseling** 

thri e orks.com/ne ark-therap

University of Delaware The Psychological Services Center University of Delaware

ps ch. del.ed /clinic/ abo t-the-clinic

Sussex County