Sean’s House is a safe and welcoming place for young adults to take the first step to have an honest conversation about mental health concerns.

Sean’s House is not a place offering clinical services. Although at times a person at the facility may be a professional, such individuals are strictly there to provide assistance to visitors towards receiving treatment from outside providers and professionals.

If you or someone you know is experiencing a mental health emergency, please call 911.

National Suicide Prevention Lifeline
1-800-273-TALK (8255)

Crisis Text Line
Text HOME to 741741

Contact Us
seanlockeforever@gmail.com
Follow us at @seans.house
www.unlockethelight.com

Address
136 West Main
Newark, DE 19711
Our Mission

Sean’s House is a mental health safe haven for young adults ages 14-24, created by the local non-profit SL24: Unlocke the Light. We promote our guests’ mental wellness by providing access to trained peer support specialists and assistance connecting with community mental health resources, as well as by providing space for guests to do schoolwork, relax with friends, or simply pick up a hot cup of coffee. The main goal driving this program is youth suicide prevention, which is why making young people feel safe, welcome, supported, and heard is so important to us.

Peer Support

Free services are available to young adults to talk about mental health or substance use challenges with Peer Specialists who have lived experience with similar challenges.

Our Peer Support Specialists are trained to have open and honest conversations about mental health to reduce stigma, motivate young adults, and promote hope throughout recovery.

We are open 24/7 for emergency support. From 8am to 8pm every day, we are also open for walk-in peer support and regular visitation!