



Resources

National

National Alliance on Mental Illness (NAMI): **nami.org**

Mental Health America (MHA):
mha.org

Suicide Prevention Resource Center (SPRC): **sprc.org**

Suicide Prevention Lifeline:
suicidepreventionlifeline.org
1-800-273-8255

Crisis Text Line:
crisistextline.org
Text HOME to 741741

Substance Abuse & Mental Health Administration (SAMHSA): **samhsa.gov**

Find Your Anchor:
findyouranchor.us

Please Stay Pledge & Resources:
pleasestay.us

Delaware Specific

National Alliance on Mental Illness (NAMI) Delaware:
namidelaware.org

Mental Health Association (MHA) in Delaware: **mhainde.org**

Crisis Intervention Services:
dhss.delaware.gov/dsamh/crisis_intervention.html
NCC: 1-800-652-2929
Kent/Sussex: 1-800-345-6785

Child/Youth Crisis Response through Delaware Guidance:
delawareguidance.org/crisis/
1-800-969-HELP (4357)

Help Is Here DE:
helpisherede.com

Delaware 211:
delaware211.org