



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 provides community resources that may be available to you. The agencies are not affiliated with or endorsed by 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:** [NBT](#) [NBT](#)

# Outpatient Services

## DELAWARE

### Kent County

#### Delaware Guidance Services

*delawareguidance.org*

#### Mental Edge Counseling

*mentaledgecounseling.com*

#### People's Place

*peoplesplace2.com/programs-services/counseling-centers*

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### New Castle County

#### Aquila of Delaware Aquila Wilmington

*aquilaofde.com*

#### A Window to Wellness

*awindowtowellness.com*

#### Delaware Guidance Services

*delawareguidance.org*

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*delawareguidance.org*

#### Ebright Collaborative Group

*ebrightcollaborative.com*

#### Family Counseling Center of St. Paul's

*stpaulscounseling.org*

#### Jewish Family Services

*jfsdelaware.org/counseling*

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*jfsdelaware.org/counseling*

#### Mid-Atlantic Behavioral Health

*midatlanticbh.com*

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#### Norman Broudy, MD & Associates

*normanbroudy.com*

#### Thriveworks Counseling

*thriveworks.com/newark-therapy*

**University of Delaware  
The Psychological Services  
Center University of Delaware**

*ps.ch.del.ed /clinic/  
about-the-clinic*

**Sussex County**