

Mental Health Resources

The Conrad SBHC is staffed with a licensed clinical social worker who is available for individual, group and family counseling. Contact: oota.campanelli@redclay.k12.de.us; sydney.hicks@redclay.k12.de.us

24/7 Youth Crisis Support: 1-800-969-HELP(4357)

Crisis Text Line: Text DE to 741741

Emergency Response: Dial 9-1-1

Suicide and Crisis Hotline: Dial 9-8-8

National Suicide Prevention Lifeline 1-800-273-8255

[Help is Here Delaware](#): Mental Health Resources for Delaware

[Nemours Behavioral Health Resources](#)

[Sean's House](#)

Crisis Text Line: Text HOME to 741741 to connect with a crisis counselor <http://www.crisistextline.org/>

Domestic Violence Hotline – 1-302-762-6110

LGBT National Help Center: (888) 843-4564 <https://www.glbthotline.org/national-hotline.html>

[Teen Health and Wellness](#)

Trans Lifeline: 877-565-8860 (US) <http://www.translifeline.org/> (support provided in Spanish & English)

The Trevor Project at 1-866-4-U-TREVOR (866-488-7386) (LGBTQ youth crisis line)

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

[CDC: How to cope with stress](#)

[Outpatient Mental Health Services](#)

[Find a Therapist Based on Your Needs](#)

The Delaware Hope Line – 1 (833) 9-HOPEDE or (833) 946-7333 – free 24/7 counseling, coaching, and support, as well as links to mental health, addiction, and crisis services

National Sexual Assault Hotline- 1- 800-656-4673

Student Specific Mental Health Resources: <https://www.seniorstudentspassport2health.com/stress>