

RESOURCE CORNER

Free 24/7 counseling, coaching, and therapy, as well as links to mental health, addiction, and crisis services.

**Call the Delaware Hope Line:
833-9-HOPEDE**

**delaware211.org
call 2-1-1**

database of over 2500 programs and services and live assistance available at any time of the day or night

Mental Health Association

Offers screenings, support groups and other resources
mhainde.org

NAMI

Offers advocacy, support, education and housing
Namidelaware.org 888-427-2643

Narcan Training Resources

**Helpisherede.org
nextdistro.org**