



## Behavioral Health Program

### Why Am I Feeling This Way?

The way you are currently feeling is normal. It is not odd to feel sad, anxious, upset or angry. You are allowed to feel these emotions. These are not normal circumstances.

### Where Can I Go For Help?

Crisis Text Line:	Text HOME To 741741
National Suicide Hotline:	1-800-273-8255 (En Español 1-888-628-9454)
Delaware Child/Adolescent Crisis Line	1-800-969-4357
Delaware Statewide Crisis Line	1-800-577-2484

IMAlive: Online Crisis Network where people can instant message trained professionals if calling is too difficult

**Group Resources:** Delaware Changing Lives: List of Groups and Events being held for free weekly and daily during Covid-19

<https://www.delawarechanginglives.org/events/>

**Outpatient Resources :** List of outpatient facilities throughout the state accepting new patients

<https://www.helpsherede.com/Get-Help/Mental-Health-Help#get-help>

**Mental Health/Community Resources:** List of mental health/community resources and family resources during Covid-19 <https://www.namidelaware.org/covid19-resources>

**Mental Health and Substance Abuse Video Resources:** Videos created by providers in the community providing guidance on access to treatment

<https://www.namidelaware.org/carenetworkvids>

**How To Guide:** How To Manage Emotions During Covid-19

<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>

**Your Primary Care Physician Office is here to support you through this emotionally and physically difficult time. We are community partners and look to serve you in the best way that fits your specific needs and will assist you in maintaining your physical and mental well-being. Please contact our Behavioral Health Department at 302-226-9166 x 613 should you have any questions or need any assistance.**