



HEALTH CARE IN DELAWARE

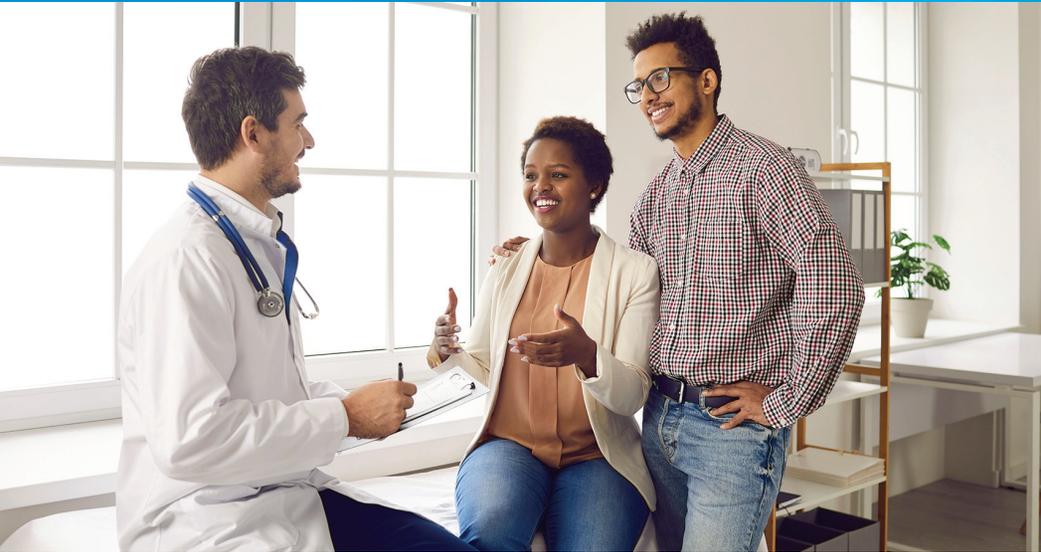
A guide to quality, affordable health care



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health

HEALTH CARE ACCESS GUIDE IN DELAWARE

The Division of Public Health (DPH) envisions healthy people in healthy communities. Promoting and protecting the health of all people is the guiding principle of the DPH to realize this vision. This guide offers a comprehensive list of health resources to sustain, enhance, and improve the health of all Delawareans within their communities.



PRIMARY CARE AND MEDICAL HOMES



The primary care medical home provides health care that is relationship-based with a focus toward the whole person. Partnering with patients and their families requires understanding and respecting each patient's unique needs, culture, values, and preferences. The medical home practice actively supports patients in learning to manage and organize their own care at the level the patient chooses.

HEALTH INSURANCE OPTIONS

No one plans to get sick or hurt, but most people need medical care at some point. Health insurance covers these costs and offers many other important benefits.

Private Insurance

Private health insurance refers to any health insurance coverage that is offered by a private entity (employer) instead of a state or federal government.

If you are uninsured or underinsured, you do not have to forgo health care. There are options to fill the gaps.

Choose Health Delaware

Choose Health Delaware is our state's free official program that helps individuals and businesses learn more about the low-cost, high-quality health coverage available through the Health Insurance Marketplace.

choosehealthde.com or 1-800-318-2596 (TTY: 1-855-889-4325)

Medicaid

Medicaid furnishes medical assistance to eligible low-income families and to eligible-aged persons with disabilities whose income is insufficient to meet the cost of necessary medical services.

dhss.delaware.gov/dmma or 1-866-843-7212

Medicare

Medicare is the federal health insurance program for people aged 65 or older.

medicare.gov or 1-800-633-4227 (TTY: 1-877-486-2048)

Delaware Healthy Children Program (CHIP)

The Delaware Healthy Children Program is a low-cost health insurance program for Delaware's uninsured children.

dhss.delaware.gov/dss/dhcp.html or 302-571-4900 or 1-866-843-7212

Health Care Connection and Voluntary Initiative Program

The Health Care Connection (HCC) ensures access by uninsured individuals to primary care doctors, medical specialists, health promotion and disease prevention services; and helps with access to other health resources – including prescription programs, and laboratory and radiology services.

Medical services are provided in the community through community-based Health Care Centers and by private doctors who participate in the Medical Society of Delaware's Voluntary Initiative Program (VIP). VIP is a network of private physicians statewide who accept HCC patients in their practices and serve as their health home or provide medical subspecialty services.

dhss.delaware.gov/dph/dpc/chap.html or 2-1-1

Hospitals

Hospitals that accept federal funds must provide a certain amount of free or reduced-fee care. Check with the hospital's financial aid department to see if you qualify for reduced or charity care.

FEDERALLY QUALIFIED HEALTH CENTERS

Federally Qualified Health Centers are community-based and patient-directed organizations that deliver comprehensive, culturally competent, high-quality primary health care services to Delaware's most vulnerable individuals and families. Health centers integrate access to pharmacy, mental health, substance use disorder, and oral health services through coordinated care management. These centers provide a medical home for people of all income levels and insurance status (insured, under-insured, and uninsured).

Henrietta Johnson Medical Center (HJMC) hjmc.org

HJMC offers caring, quality health care for women, children, adolescents, adults and seniors. HJMC participates with most major insurances, including Medicaid and Medicare, and understands that some patients do not have insurance. Patients in need of health care will never be turned away; HJMC offers a sliding fee scale to patients without health insurance based on the patient's income and family size.

New Castle County

HJMC Southbridge
601 New Castle Ave., Wilmington, DE 19801
302-655-6187

HJMC Claymont
2722 Philadelphia Pike, Claymont, DE 19703
302-655-6187

HJMC Eastside
600 N. Lombard St., Wilmington, DE 19801
302-655-6187



Westside Family Healthcare westsidehealth.org

Westside Family Healthcare provides services to adults, children, and families, whether you have insurance or not. Its mission is to care for you and provide important screenings, health care provider visits, tests, and more, regardless of your ability to pay, immigration or citizenship status, national origin, religion, race, ethnicity, gender identity, or sexual orientation. A team of providers works to meet your physical and mental health care needs, including prevention and wellness, acute care, and chronic care.

Kent County

Westside Family Healthcare – Dover
1020 Forrest Ave., Dover, DE 19904
302-678-4622

New Castle County

Westside Family Healthcare – Bear/New Castle
404 Fox Hunt Drive, Fox Run Shopping Center
Bear, DE 19701
302-836-2864

Westside Family Healthcare – Northeast
908-B E. 16th St., Wilmington, DE 19802
302-575-1414

Westside Family Healthcare – Newark
27 Marrows Road, Newark, DE 19713
302-455-0900

Westside Family Healthcare – Wilmington
1802 W. 4th St., Wilmington, DE 19805
302-655-5822

La Red Health Center (LRHC) laredhealthcenter.org

LRHC offers primary preventive health care to all individuals with and without health insurance. LRHC is a patient-centered medical home that is a model of care where patients have a direct relationship with a provider who coordinates a cooperative team of health care professionals, takes collective responsibility for the care provided to the patient, and arranges for appropriate care with other qualified providers as needed. Overall, LRHC provides a network of quality care centered around the patient and their family.

Sussex County

LRHC – Georgetown
21444 Carmean Way, Georgetown, DE 19947
302-855-1233

LRHC – CHEER Ocean View Activity Center
30637 Cedar Neck Road, Ocean View, DE 19970
302-855-1233

LRHC – Seaford
300 High St., Seaford, DE 19973
302-855-1233

LRHC – CHEER Pelican Cove Activity Center
26089 Long Neck Road, Unit 7
Millsboro, DE 19966
302-855-1233

LRHC – Milford
21 W. Clarke Ave., Milford, DE 19963
302-855-1233

FREE OR VOLUNTEER CLINICS

Kent County

Hope Medical Clinic hopeclinicde.com

Hope Medical Clinic provides free non-emergency primary medical and dental care to eligible adult residents in Delaware. Medical patients include those who are between the ages of 18 and 65. The dental clinic treats adult patients aged 21 and older. All patients must meet income eligibility criteria to receive medical and dental treatments.

1125 Forrest Ave., Suite 202, Dover, DE 19904
302-735-7551

New Castle County

Saint Clare Mobile Outreach Program trinityhealthma.org/community-benefit/saint-francis-charity-care-programs/st-clare-van

A full-service doctor's office on wheels, the Saint Clare Van travels the streets of Wilmington and New Castle County delivering medical care to people who are homeless, poor, and uninsured. Call to verify location.

302-575-8218

COMMUNITY-BASED PRIMARY CARE PRACTICES IN DELAWARE

ChristianaCare christianacare.org

ChristianaCare primary care providers care for you through physical examinations, preventive health screenings and immunizations, chronic disease management, care for acute illnesses and more. ChristianaCare is connected to Delaware's largest, most advanced health care system, including electronic medical records and easy referrals.

Kent County

ChristianaCare Primary Care at Smyrna
100 S. Main St., Suite 207, Smyrna, DE 19977
302-659-4490



New Castle County

ChristianaCare Primary Care at Foulk Road
1401 Foulk Road, Suite 100B
Wilmington, DE 19803
302-477-3300

Eugene du Pont Preventive Medicine & Rehabilitation Institute
3506 Kennett Pike, Second Floor
Wilmington, DE 19807
302-661-3400

ChristianaCare Primary Care at Hockessin
726 Yorklyn Road, Hockessin, DE 19707
302-623-5770

ChristianaCare Primary Care at Lantana Square
84 Lantana Drive, Hockessin, DE 19707
302-623-2800

ChristianaCare Primary Care at Limestone
4512 Kirkwood Hwy., Suite 300
Wilmington, DE 19808
302-623-7500

ChristianaCare Primary Care at Linden Hill
100 S. Riding Blvd., Second Floor
Wilmington, DE 19808
302-623-2850

ChristianaCare Primary Care at MAP 2
4735 Ogleton-Stanton Road, Suite 1250
Newark, DE 19713
302-623-0200

ChristianaCare Primary Care at Middletown East
621 Middletown Odessa Road, 2nd Floor
Middletown, DE 19709
302-203-2230

ChristianaCare Primary Care at Middletown West
124 Sleepy Hollow Drive, Suite 203
Middletown, DE 19709
302-449-3030

ChristianaCare Primary Care at New Castle
94 Christiana Road, New Castle, DE 19720
302-327-7630



ChristianaCare Primary Care at New Castle Senior Center
400 South St., New Castle, DE 19720
302-327-7630

ChristianaCare Primary Care at Newark
313 W. Main St., Newark, DE 19711
302-731-4620

ChristianaCare Pediatric Associates
4735 Ogleton-Stanton Road, Medical Arts Pavilion 2, Suite 1116, Newark, DE 19713
302-368-8612

ChristianaCare Primary Care at Springside
300 Biddle Ave., Connor Building, Suite 200
Newark, DE 19702
302-838-4750

ChristianaCare Primary Care at Whitehall
735 Mapleton Ave., Suite 100
Middletown, DE 19709
302-203-2440

Family Medicine at Wilmington Health Center
Wilmington Health Center – Wilmington Hospital
501 W. 14th St., Wilmington, DE 19801
302-477-3300

ChristianaCare Primary Care at Wilson
900 Foulk Road, Suite 200
Wilmington, DE 19803
302-477-2560

Nemours Children's Health – Pediatric Primary Care Practices

nemours.org

Nemours Children's Health is an internationally recognized health system that provides pediatric primary care to children (newborn to 18) by board-certified pediatric experts.

Kent County

Nemours – Dover

201 Towne Centre Drive, Suite 500, Dover, DE 19904
302-672-5650

New Castle County

Nemours – Becks Woods

141 Becks Woods Drive, Bear, DE 19701
302-595-0020

Nemours – Middletown

200 Cleaver Farm Road, Suite 201
Middletown, DE 19709
302-378-5100

Nemours – Foulk Road

1405 Foulk Road, Foulkstone Plaza, Suite 101
Wilmington, DE 19803
302-655-3242

Nemours – Newark

200 Biddle Ave., Suite 100, Newark, DE 19702
302-836-7820

Sussex County

Nemours – Millsboro

30265 Commerce Drive, Suite 101
Millsboro, DE 19966
302-629-5050

Nemours – Seaford

49 Fallon Ave., Seaford, DE 19973
302-629-5030

Nemours – Milford

101 Wellness Way, Milford, DE 19963
302-503-7775

Nemours – Nemours Children's Hospital, Green Module

1600 Rockland Road, Wilmington, DE 19803
302-651-5245

Nemours – Jessup St.

1602 N. Jessup St., Wilmington, DE 19802
302-576-5050

Nemours – Pike Creek

100 S. Riding Blvd., 1st Floor
Wilmington, DE 19808
302-239-7755

Nemours – Saint Francis

701 N. Clayton St., Saint Francis Medical
Services Bldg., Suite 400
Wilmington, DE 19805
302-421-9700



St. Francis Hospital – Trinity Health Mid-Atlantic

trinityhealthma.org

St. Francis Hospital provides expert primary health care providers to help you with acute (immediate) problems and chronic (ongoing) conditions.

New Castle County

Saint Francis Center of Hope Tiny Steps Program

(Prenatal and Maternity Care)

620 Stanton-Christiana Road, Suite 302
Metroform Medical Complex
Newark, DE 19713
302-660-7333

Saint Francis Family Practice – Clayton St. Tiny Steps Program

(Prenatal and Maternity Care)

701 N. Clayton St., MSB, Suite 200
Wilmington, DE 19805
302-575-8040

Saint Francis Family Medicine – Foulk Road

2002 Foulk Road, Suite D, Wilmington, DE 19810
302-334-0330

Bayhealth

bayhealth.org

Bayhealth family physicians provide high-quality, comprehensive health care services for the entire family. They are equipped to care for you and your loved ones – no matter how simple or complex the condition. Trained in all areas of medicine, Bayhealth family physicians provide complete care for patients, from birth through adulthood.

Kent County

Bayhealth Family Medicine – Dover

1074 S. State St., Dover, DE 19901
302-725-3200

Bayhealth Primary Care – Harrington

205 Shaw Ave., Harrington, DE 19952
302-398-8704

Bayhealth Primary Care – Dover West

720 S. Queen St., Dover, DE 19904
302-734-7834

Bayhealth Primary Care – Milford

310 Mullett Run St., Milford, DE 19963
302-424-0600

Bayhealth Primary Care – Frederica

77 Milford Neck Road, Suite 103, Milford, DE 19963
302-725-3207

Bayhealth Primary Care – Smyrna

401 N. Carter Road, Suite 201, Smyrna, DE 19977
302-514-3371

Sussex County

Bayhealth Primary Care – Georgetown

25 Bridgeville Road, Georgetown, DE 19947
302-855-1349

Bayhealth Primary Care – Sussex Campus

101 Wellness Way, Suite 200
Milford, DE 19963
302-430-0867

Bayhealth Primary Care – Milton

630 Mulberry St., Milton, DE 19968
302-684-8053

Beebe Healthcare is a progressive integrated health care system focused on bringing clinically sophisticated and innovative programs to our area and helping people in our community lead and maintain healthy lifestyles. Beebe family medicine physicians and advanced practice providers are conveniently located throughout southern Delaware.

Sussex County

Beebe Family Practice – Lewes
1305 Savannah Road, Suite 1, Lewes, DE 19958
302-645-2281

Beebe Family Practice – Milford
810 Seabury Ave., Milford, DE 19963
302-393-2056

Beebe Family Practice – Millville
32550 Doc's Place, Unit 2, Millville, DE 19967
302-539-4302

Beebe Primary Care – Lewes
1305 Savannah Road, Suite 1, Lewes, DE 19958
302-313-2600

Beebe Primary Care – Georgetown
21635 Biden Ave., Georgetown, DE 19947
302-856-9596

Beebe Family Practice – King St. Row
34445 King St. Row, Lewes, DE 19958
302-645-2833

Beebe Family Practice – Millsboro
232 Mitchell St., Suite 301
Millsboro, DE 19966
302-316-4190

Beebe Family Practice at Beacon
18947 John J. Williams Hwy., Suite 303,
Rehoboth Beach, DE 19971
302-644-0690

Atlantic Adult & Pediatric Medicine
34435 King St. Row, Suite 1, Lewes, DE 19958
302-644-1300

TidalHealth Nanticoke
tidalhealth.org

TidalHealth Nanticoke primary care providers are available for preventative care, well women exams, manage chronic conditions, and are supported by a robust network of highly trained specialists.

Sussex County

TidalHealth Primary Care – Bridgeville
9111 Antique Alley, Unit 1
Bridgeville, DE 19933
302-297-2581

TidalHealth Primary Care – Delmar
38552 Sussex Hwy., Unit 101, Delmar, DE 19940
302-297-2583

TidalHealth Primary Care – Georgetown
503 W. Market St., Georgetown, DE 19947
302-297-2587

TidalHealth Primary Care – Laurel
30549 Sussex Hwy., Laurel, DE 19956
302-297-2585

TidalHealth Primary Care – Mears Campus
100 Rawlins Drive, Seaford, DE 19973
302-990-3300

TidalHealth Primary Care – Millsboro
30265 Commerce Drive, Suites 206 and 207
Millsboro, DE 19966
302-732-8400

URGENT CARE CENTERS IN DELAWARE



Urgent care centers are walk-in clinics focused on the delivery of medical care for minor illnesses and injuries in an ambulatory medical facility outside of a traditional hospital-based or freestanding emergency department.

Kent County

Ambient Care Express
ambientvirtualcare.com

Ambient Care Express – Harrington
1000 Midway Drive, Suite 11B, Harrington, DE 19952
1-877-629-2621

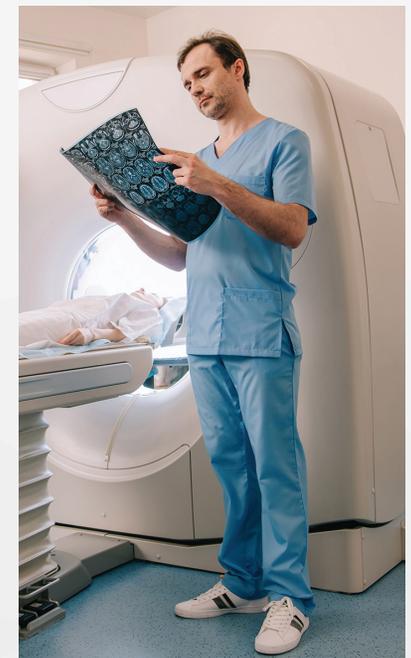
Ambient Care Express – Milford
637 North DuPont Blvd., Milford, DE 19963
1-877-629-2621

Bayhealth
bayhealth.org/walk-in-medical-care

Bayhealth Walk-In Medical Care
800 N. DuPont Blvd., Milford, DE 19963
302-430-5705

Camden Walk-In Care
camdenwalkin.com

4601 S. DuPont Hwy., Suite 2, Dover, DE 19901
302-698-1100



Kent County Cont'd

ChristianaCare-GoHealth Urgent Care Smyrna

christianacare.org/services/urgent-care

300 Jimmy Drive, Smyrna, DE 19977
302-273-1163

Delaware Walk-In Medical

delaware-walk-in-medical.business.site

379 Walmart Drive, Suite A, Camden, DE 19934
302-698-4441

MedExpress Walk-In Care Dover

medexpress.com/location/de/dover/dvd

15 S. DuPont Hwy., Dover, DE 19901
302-674-1514

New Castle County

ChristianaCare-GoHealth Urgent Care

christianacare.org/services/urgent-care

ChristianaCare-GoHealth Urgent Care – Fairfax
2305 Concord Pike, Wilmington, DE 19803
302-467-3588

ChristianaCare-GoHealth Urgent Care – Glasgow
2600 Glasgow Ave., Suite 100
Newark, DE 19702
302-273-1317

ChristianaCare-GoHealth Urgent Care STAR Campus-Newark
550 S. College Ave., Suite 115
Newark, DE 19713
302-273-0727

Go-Care

gocaredelaware.com

Go-Care Newark – Abby Medical Center
1 Centurian Drive, Suite 106, Newark, DE 19713
302-999-0003



ChristianaCare-GoHealth Urgent Care – Middletown
749 Middletown Warwick Road
Middletown, DE 19709
302-273-1614

ChristianaCare-GoHealth Urgent Care – Pike Creek
4724 Limestone Road, Wilmington, DE 19808
302-467-3595

ChristianaCare-GoHealth Urgent Care Healthcare Center – Christiana
200 Hygeia Drive, Newark, DE 19713
302-273-1701

Go-Care – Silverside
2700 Silverside Road, Wilmington, DE 19810
302-225-6868

MedExpress Walk-In Care

medexpress.com

MedExpress Walk-In Care – Newark
1 Chestnut Hill Plaza, Newark, DE 19713
302-266-0930

MedExpress Walk-In Care – New Castle
129 N. DuPont Hwy., New Castle, DE 19720
302-328-5150

Nemours Children’s Pediatric Urgent Care

nemours.org

1600 Rockland Road, Wilmington, DE 19803
302-651-4200

Newark 24/7 Urgent Care Center

newarkurgentcare.org

324 E. Main St., Newark, DE 19711
302-738-4300

Sussex County

Ambient Care Express

ambientvirtualcare.com

Ambient Care Express – Seaford
24459 Sussex Hwy., Seaford, DE 19973
1-877-629-2621

Beebe Walk-In Care

beebehealthcare.org/beebe-walk-care

Beebe Walk-In Care – Georgetown
21635 Biden Ave., Georgetown, DE 19947
302-856-9729

Beebe Walk-In Care – Millsboro
28538 DuPont Blvd., Millsboro, DE 19966
302-934-5052

TidalHealth Immediate Care

tidalhealth.org

TidalHealth Immediate Care – Laurel
30549 Sussex Hwy., Laurel, DE 19956
302-297-2579

MedExpress Walk-In Care – Concord
2722 Concord Pike, Wilmington, DE 19803
302-477-1406

MedExpress Walk-In Care – Kirkwood
3926 Kirkwood Hwy., Wilmington, DE 19808
302-998-2417



Beebe Walk-In Care – Millville
32550 Docs Place, Millville, DE 19967
302-541-4175

Beebe Walk-In Care – Rehoboth Beach
19161 Healthy Way, Suite 100
Rehoboth Beach, DE 19971
302-645-3010

TidalHealth Immediate Care – Seaford
100 Rawlins Drive, Seaford, DE 19973
302-536-5415

DIVISION OF PUBLIC HEALTH RESOURCES

Delaware Division of Public Health Services

dhss.delaware.gov/dhss/dph/index.html

302-744-4700

Public Health touches the lives of everyone in our state and includes a wide range of programs and services — all aimed toward protecting and improving the health of the people who live and work in Delaware.

Programs and services include:

- Adolescent Health*
- Animal Welfare
- Child Development Watch
- Child Health*
- COVID-19 Testing and Vaccination*
- Environmental Health
- Family Planning*
- Food Protection
- Health Education/Promotion
- HIV Counseling/Testing*
- Immunizations (Adult and Child)*
- Medical Social Work
- Nutrition Counseling
- Sexually Transmitted Disease*
- School Based Wellness Centers
- Screening for Life
- Tuberculosis Clinic*
- WIC Nutrition Program*

Services are not available at all sites. Call 1-800-560-3372 or 2-1-1 for more information.

*Clinical services are provided at locations that say "Clinic Services Only" or "Clinic and WIC Services." Services are not available at all sites. Please call 1-800-560-3372 or 2-1-1 for more information.

Delaware Division of Public Health Locations

Kent County

Blue Hen Corporate Center
655 Bay Road, Dover, DE 19901
302-739-4614

Collins Building
540 S. DuPont Hwy., Dover, DE 19901
302-744-1000

Cooper Building
417 Federal St., Dover, DE 19901
302-744-4700

Edgehill Shopping Center
43 S. Dupont Hwy., Dover, DE 19901
302-741-8630

Milford Riverwalk
253 NE Front St., Milford, DE 19963
302-424-7130
(Clinic and WIC Services)

Milford Walnut Street Building
18 N. Walnut St., 2nd Floor, Milford, DE 19963
302-424-7300
(Child Development Watch Services)

O'Neill Building
410 Federal St., Suite 7, Dover, DE 19901
302-739-2730

Smyrna State Service Center
200 S Dupont Blvd., #101, Smyrna, DE 19977
302-514-4500
(WIC Services Only)

Williams State Service Center
805 River Road, Dover, DE 19901
302-857-5000
(Clinic and WIC Services)

New Castle County

Northeast State Service Center
1624 Jessup St., Wilmington, DE 19802
302-605-4099
(WIC Services Only)

Porter State Service Center
509 W. 8th St., Wilmington, DE 19801
302-777-2860
(Clinic Services Only)

Claymont State Service Center
3301 Green St., Claymont, DE 19703
302-605-4099
(WIC Services Only)

Hudson State Service Center
5010 Ogletown Road, Newark, DE 19711
302-283-7587
(Clinic and WIC Services)

University Plaza – Chopin Bldg.
258 Chapman Road, Newark, DE 19702
302-283-7100
(Child Development Watch Services)

West End Neighborhood House
710 North Lincoln St., Wilmington, DE 19805
302-605-6653
(WIC Services Only)



Sussex County

Adams State Service Center
546 S. Bedford St., Georgetown, DE 19947
302-515-3174
(Clinic Services Only)

Pyle State Service Center
34314 Pyle Center Road, Frankford, DE 19945
302-732-9512
(Clinic and WIC Services)

ShIPLEY State Service Center
350 Virginia Ave., Seaford, DE 19973
302-628-6772
(Clinic and WIC Services)

La Red Health Center
21444 Carmean Way, Georgetown, DE 19947
302-855-1233
(WIC Services Only)

HELPFUL PROGRAMS FOR THE UNINSURED

Delaware Prescription Assistance Program

dhss.delaware.gov/dhss/dmma/dpap.html

1-844-245-9580

The Delaware Prescription Assistance Program (DPAP) is intended to help pay for prescription medications for elderly and/or individuals with disabilities who cannot afford the cost of their prescriptions. The program is designed to aid eligible individuals who have no prescription insurance other than Medicare Part D, and whose income is at or below 200% of the Federal Poverty Level (FPL), or whose prescription costs exceed 40% of their income.

Screening for Life

dhss.delaware.gov/dhss/dph/dpc/sfl.html

302-744-1040

Screening for Life provides payment for cancer screening tests to qualified Delaware adults.

Delaware Cancer Treatment Program

dhss.delaware.gov/dph/dpc/catreatment.html

1-844-245-9580

Eligible Delawareans can receive free cancer treatment for up to two years.

Delaware Smoking Quitline

dhss.delaware.gov/dph/dpc/quitline.html

1-866-409-1858

If you want to quit smoking, the Delaware Division of Public Health offers the Delaware Smoking Quitline, a powerful tool to help adult smokers who are ready to kick the habit.

DELAWARE 2-1-1

Delaware 2•1•1

delaware211.org

Dial 2-1-1, 1-800-560-3372, or text your ZIP code to 302-898-211

Delaware 2-1-1 provides one central resource for access to the health and human service organizations – connecting Delawareans in need to appropriate resources.

Areas of need:

- Employment
- Financial assistance
- Emergency housing
- Dental services
- Education
- Job training
- Social services
- Food
- Senior services
- Legal services
- Family issues
- Public assistance
- Transportation
- Clothing
- Health care
- Volunteer opportunities
- Mental health counseling
- Crisis preparedness
- Affordable housing

MATERNAL AND CHILD HEALTH



DPH Maternal and Child Health Bureau

dhss.delaware.gov/dph/chca/dphmchbureau.html

302-608-5735

The MCH Program focuses on improving the health and well-being of mothers, children, and their families through programs that include:

- Title V Maternal and Child Health
- State Systems Development Initiative
- Newborn Screening
- Home Visiting Program
- Children and Youth with Special Health Care Needs
- Early Childhood Comprehensive Systems

DE Thrives

dethrives.com

1-800-560-3372 or 2-1-1

Healthy women. Healthy babies. Healthy families. Healthy communities. They're all connected. Through DE Thrives you'll find resources to help you to make healthy choices for yourself and to take healthy action in your community. DE Thrives connects you with resources, programs, and social networks for reproductive life planning, having a healthy pregnancy, raising healthy babies, and more.

Planned Parenthood of Delaware

plannedparenthood.org/planned-parenthood-delaware

1-800-230-7526

Planned Parenthood of Delaware provides high-quality sexual and reproductive health care throughout Delaware.

Tiny Steps Program

trinityhealthma.org/community-benefit/saint-francis-charity-care-programs/tiny-steps-program

Newark: 302-660-7333

Wilmington: 302-575-8040

Tiny Steps offers complete prenatal and maternity care, bilingual health classes, patient/parent education, and counseling to all expectant mothers, regardless of financial circumstances.

SUBSTANCE ABUSE AND MENTAL HEALTH

Crisis Intervention

Resources for urgent and emergent behavioral health needs.

Adult Crisis Intervention Services

Northern DE: 1-800-652-2929
Southern DE: 1-800-345-6785

Adolescent Crisis Hotline

Statewide: 1-800-969-HELP (4357)

Delaware Division of Substance Abuse and Mental Health (DSAMH)

dhss.delaware.gov/dhss/dsamh
Delaware Hope Line: 1-833-9-HOPEDE (1-833-946-7333)

Promotes the health and recovery of Delawareans by providing access to quality prevention and treatment for mental health, substance use, and gambling conditions.

- **Bridge Clinics**
Immediate access to services for substance use and mental health needs. For more information, call the Bridge Clinic at 302-255-1650.
- **Treatment Connection**
Searchable Delaware-specific, state-vetted treatment providers database.
- **ATLAS – Addiction Treatment Locator**
Searchable database for treatment facilities.

Delaware Division of Prevention and Behavioral Health Services and (DPBHS)

kids.delaware.gov/prevention-and-behavioral-health-services
302-633-2600

The DPBHS provides an array of prevention, early intervention, and behavioral treatment services statewide, including:

- Substance abuse prevention
- Suicide prevention
- Outpatient services for behavioral health
- Treatment services

HelpsHere DE

helpsherede.com

Centralized online resource for addiction prevention, intervention, treatment, and recovery information.



Mental Health Association in Delaware

mhainde.org
302-654-6833

The Mental Health Association in Delaware (MHA) is a statewide, nonprofit organization founded in 1932 to promote mental health. MHA provides services throughout Delaware, and our focus is education, support, and advocacy for mental health issues.

TREATMENT FACILITIES

Delaware Psychiatric Center

dhss.delaware.gov/dsamh/dpc.html
302-255-2700

Dover Behavioral Health

doverbehavioral.com
302-741-0140

SUN Behavioral Health

sunbehavioral.com
302-604-5600

Rockford Center

rockfordcenter.com
302-996-5480

MeadowWood Behavioral Health

meadowwoodhospital.com
1-866-272-5476



SERVICES FOR OLDER DELAWAREANS

Division of Services for Aging and Adults with Physical Disabilities (DSAAPD)

dhss.delaware.gov/dsaapd
1-800-223-9074

DSAAPD provides a broad range of services to support older individuals, persons with disabilities, and caregivers. Some of these services are operated directly by DSAAPD staff. Others are funded through DSAAPD and operated under contract by outside organizations.

Many valuable services are available in Delaware which are operated and funded independently of DSAAPD. The Guide to Services for Older Delawareans and Persons with Disabilities, published by DSAAPD, contains a comprehensive list of these services.

dhss.delaware.gov/dsaapd/files/aging_and_disabilities_guide.pdf

Delaware Aging and Disability Resource Center

delawareadrc.com
1-800-223-9074

The Delaware Aging and Disability Resource Center (ADRC) is a one-stop access point for information and services for older persons and persons with disabilities throughout the state. The ADRC is operated by the Division of Services for Aging and Adults with Physical Disabilities with support from partner agencies.

Delaware Medicare Assistance Bureau

insurance.delaware.gov/divisions/dmab
1-800-336-9500 or 302-674-7364

The Delaware Medicare Assistance Bureau (DMAB), formerly known as ELDERinfo, provides free health insurance counseling for people with Medicare, including those under 65 years of age. DMAB provides counseling and assistance on questions and problems related to Medicare, Medicaid, Medigap (Medicare supplement insurance), Medicare Part D, long-term care insurance, and other types of health insurance.

Meals on Wheels

mealsonwheelsde.org
302-656-3257

Meals on Wheels is a non-profit organization focused on ensuring that senior Delawareans who request help with a home delivered meal can receive the requested nutritional support. Meals on Wheels recipients are women and men, aged 60 and older, who often live alone. The average age is people in their late 70s. Many are struggling to balance their needs on a fixed income and are unable to shop or safely prepare a hot meal for themselves.

ORAL HEALTH RESOURCES

Delaware Oral Health Program

dhss.delaware.gov/dhss/dph/hsm/ohphome.html
302-622-4540

Provides resources to all Delawareans to achieve optimal oral health by sharing information about dental services and programs available in Delaware that will help individuals and families access appropriate dental care.

Dental Resource Guide

dhss.delaware.gov/dhss/dph/hsm/files/dentalresourceguide.pdf

This guide is to assist the public with finding a dentist that is right for you, help you understand your dental benefit and what is covered, explain how to apply for dental insurance, and help with accessing oral health services in Delaware.

Delaware Smile Check Program

dethrives.com/smile-check

Dental screenings, fluoride treatments, and even toothbrushes are provided free of charge to any child who is insured by Delaware Medicaid or the Delaware Healthy Children Program. The Delaware Smile Check Program is available statewide at local schools, for children ages 3 months and older.



OUTDOOR RECREATION

Recreational activities help to improve physical well-being, emotional health, and cognitive functioning.

Delaware State Parks

destateparks.com

302-739-9220

Kent County

First State Heritage Park

102 S. State St., Dover, DE 19901

302-739-9194

Killens Pond State Park

5025 Killens Pond Road, Felton, DE 19943

302-284-4526

New Castle County

Alapocas Run State Park

1914 W. Park Drive, Wilmington, DE 19803

302-577-1164

Auburn Valley State Park

630 Bengel Road, Yorklyn, DE 19736

302-729-4280

Brandywine Creek State Park

41 Adams Dam Road, Wilmington, DE 19807

302-577-3534

Bellevue State Park

800 Carr Road, Wilmington, DE 19809

302-761-6963

Fort Delaware State Park

45 Clinton St., Delaware City, DE 19706

302-834-7941

Lums Pond State Park

1068 Howell School Road, Bear, DE 19701

302-368-6989

Fox Point State Park

Exit 4-B/I-495 to Lighthouse Road

Wilmington, DE 19809

302-761-6963

Fort DuPont State Park

Route 9, North of the C&D Canal

Delaware City, DE 19706

302-834-7941

White Clay Creek State Park

750 Thompson Station Road, Newark, DE 19711

302-368-6900

Wilmington State Parks

1 St. Rocco Way, Wilmington, DE 19802

302-577-7020

Sussex County

Cape Henlopen State Park

15099 Cape Henlopen Drive, Lewes, DE 19958

302-645-8983

Delaware Seashore State Park

39415 Inlet Road, Rehoboth Beach, DE 19971

302-227-2800

Fenwick Island State Park

Route 1, Fenwick Island, DE 19944

302-227-2800

Holts Landing State Park

27046 Holts Landing Road, Dagsboro, DE 19939

302-227-2800

Trap Pond State Park

33587 Baldcypress Lane, Laurel, DE 19956

302-875-5153

County Parks and Recreation

Kent County Parks and Recreation

co.kent.de.us/parks-recreation.aspx

302-744-2495

New Castle County Parks and Recreation

nccde.org/417/parks

302-395-5606

Sussex County Travel and Tourism

visitsouthern Delaware.com

1-800-357-1818



HOSPITALS

Kent County

Bayhealth – Kent Campus

bayhealth.org

302-674-4700

New Castle County

Nemours Children’s Hospital

nemours.org

302-651-4000

ChristianaCare Wilmington Hospital

christianacare.org

302-320-4410

ChristianaCare Christiana Hospital

christianacare.org

302-733-1000

St. Francis Hospital – Trinity Health Mid-Atlantic

trinityhealthma.org

302-421-4100

Sussex County

Bayhealth – Sussex Campus

bayhealth.org

302-422-3311

TidalHealth Nanticoke

tidalhealth.org

302-629-6611

Beebe Healthcare

beebehealthcare.org

302-645-3300



KEY POINTS

All Delawareans can have quality health care.

Your primary care medical home is the place you go for all your health care needs. Your primary care provider works with you and the rest of your care team (other providers, specialists) to provide care for health wellness, prevention, and chronic disease management.

Health insurance covers medical costs and offers many other health benefits:

- Health insurance covers essential health benefits critical to maintaining your health and treating illness and accidents
- Health insurance protects you from unexpected, high medical costs
- Preventive care is free

Avoid using the hospital emergency department for routine care. Only use the emergency department for emergency care. The emergency department does not have your health history and cannot monitor your progress.



For additional assistance finding services to meet your specific needs, call 1-800-560-3372 or 2-1-1.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health

