DHSS Sponsors Recovery Events to Raise Awareness of Support for People Living with Mental, Substance Use Disorders

NEW CASTLE (Sept. 2, 2020) – Recognizing September as National Recovery Month, Department of Health and Social Services (DHSS) Secretary Molly Magarik acknowledged the importance of meeting the needs of Delawareans with mental and substance use disorders, especially during the COVID-19 pandemic.

“The pandemic is difficult for all of us emotionally, but none more so than Delawareans struggling with addiction, mental illness or both,” Magarik said. “And with such public health measures as social distancing in place to reduce the spread of COVID-19, we know treatment referrals for individuals with behavioral health issues can be more difficult to access, their recovery plans can be altered, and the actual treatment and recovery supports can look very different than what people are used to receiving. Still, we know that prevention works, treatment is effective, and people do live a long, quality life in recovery. DHSS can provide Delawareans with the resources they need.”

Recovery Month is a national observance sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA) within the U.S. Department of Health and Human Services. The celebration raises awareness of mental and substance use disorders, celebrates individuals in long-term recovery, and acknowledges the work of prevention, treatment, and recovery support services.

To promote the widespread national observance, DHSS’s Division of Substance Abuse and Mental Health (DSAMH) is sponsoring Recovery Month events. These events support people in recovery and draw attention to critical prevention, treatment, and recovery support services in Delaware. The events, when scheduled, will be added to an online calendar here: https://bit.ly/3fiMnaI

Recognizing the benefit of having trained professionals available to listen and connect Delawareans to care, DSAMH is also promoting the new Delaware Hope Line. The Hope Line is a confidential phone line staffed by a diverse group of professionals dedicated to helping Delawareans cope with stress and meet their behavioral health needs during the coronavirus pandemic. Delawareans can call 1-833-9-HOPEDE (1-833-946-7333). This service is available 24 hours a day, seven days a week. Hope Line specialists provide a variety of resources and information, including behavioral health treatment options available, regardless of insurance or ability to pay.

“DSAMH is here to help Delawareans with behavioral health needs during these extraordinary times,” said Alexis Teitelbaum, DSAMH’s acting director. “Recovery Month offers a chance to celebrate with those in recovery and recognize the dedicated work of our behavioral health care providers throughout the state. There are resources available, and we want to ensure those who are suffering know that help is here.”

For more information, visit, www.HelpIsHereDE.com.