Resources to Help Delawareans in Challenging Times

WILMINGTON –The **Delaware Children's Department (DSCYF)** is sharing mental health and resiliency resources to help families nurture hope during the holiday season and beyond.

The COVID-19 pandemic has changed our way of life in Delaware in so many ways, from causing financial strains to impacting our mental health. Even in times of great struggles, however, you can lead a hopeful, healthy life. Here are some tips from the Delaware Children's Department to help you and your family live resilient during challenging times:

- When you are feeling overwhelmed, **take a break.** Go for a walk or try some slow, deep breathing exercises.
- **Focus on your nutrition plan.** The foods we put in our bellies give us fuel and energy for the day. A healthy diet of vegetables, lots of water and other healthy foods will set you on a good path.
- Recognize that the holidays will look and feel different, but you can still **find moments of joy.** Be creative with Zoom gatherings and start new traditions with your children.
- It's never too late to learn new things. **Fall in love with learning.** Read a good book and expand your horizons.
- **Stay connected.** While it seems more challenging during this time, reach out to your friends and loved ones. Check in with a phone call or share a meal together virtually.
- Don't be afraid to turn off the news and put aside the electronics, and surround yourself with activities you love. **Be present, in the moment.**
- You do not have to go through challenging times alone. **Help is available.** If a child is experiencing a mental health crisis, reach out to the Child Priority Response Line at 1-800-969-HELP. Youth can always text DE to 741-741 for support. For those 18 years or older, the Delaware Division of Substance Abuse & Mental Health Crisis Intervention Services – Mobile Crisis can be reached statewide at (800) 652-2929. The Delaware Hope Line is available at 1 (833) 9-HOPEDE or (833) 946-7333.
- **Connect with mental health resources.** It's so important to practice self-care year-round, especially in times of high stress. Counseling and peer support can help build resilience, manage stress and promote good mental health. Research the professionals in your area. Do an Internet search of peer support or online support groups and check resources like NAMI Delaware, the Mental Health Association in Delaware or the Delaware Psychological Association.

Mental Health Supports

- **Delaware's Child Priority Response Hotline** (for youth in mental health crisis):
  1-800-969-HELP (4357)
- **Crisis Text Line (for youth**):
  Text DE to the number 741-741
- **National Suicide Prevention Lifeline:**
  (800) 273-TALK (8255)
- **DSCYF Access Unit** (for general mental health questions and to be connected to resources):
  Call 1-800-722-7710 or email DSCYF_Intake_General@delaware.gov
- **Delaware Division of Substance Abuse & Mental Health Crisis Intervention Services – Mobile Crisis (for those age 18 or older):**

  - Statewide: (800) 652-2929
  - New Castle County: (302) 577-2484
  - Kent/Sussex County: (800) 345-6785

- **Delaware Hope Line**: 1 (833) 9-HOPEDE or (833) 946-7333
- **Help Is Here DE** (substance use and mental health information)
- **Trauma-Informed Delaware** (resources for trauma-informed care and practices)

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