

## Mental Health Resources and Support

### **On campus support, resource referral:**

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### **Cecil County Community Services & Resource Guide**

<https://www.ccgov.org/government/community-services/community-services-resource-directory>

### **Crisis Response/Suicide:**

Eastern Shore Crisis Response  
888-407-8018  
24/7 crisis line, available for mobile crisis until midnight

Trevor Lifeline LGBTQ Youth  
866-488-7386  
Crisis response for LGBTQ youth

National Suicide Prevention Lifeline  
800-273-8255  
Suicide prevention hotline

### **Domestic Abuse/Interpersonal Violence:**

Cecil County Domestic Violence Rape Crisis Center  
"The Bridge"  
410-996-0333  
Interpersonal violence, domestic violence and rape hotline in Cecil County, available 24/7

Maryland Network against Domestic Violence  
800-634-3577  
Maryland hotline for domestic violence

### **Grief:**

Whatsourgrief.com  
Website with grief resources and support

### **Other:**

Cecil County Community Mediation Center  
Cecilmediation.org  
443-207-5159  
Free conflict resolution services

### **Teletherapy (web-based therapy):**

Betterhelp.com  
Teletherapy website, fee-scale- if ask, doesn't accept insurance

FaithfulCounseling.com  
Christian-based teletherapy website, doesn't accept insurance, fee-scale- if ask

Talkspace.com  
Teletherapy website, doesn't accept insurance, flexible plans for budget

Pridecounseling.com  
Teletherapy website for LGBTQ community, doesn't accept insurance

### **Local Therapy:**

Please check with your insurance company for in-network providers taking new patients.

Bodhi Counseling- accepts most insurance:  
443-877-4044 (2057 Pulaski Hwy, North East, MD)  
Appointments currently virtual  
Local mental health counseling  
Bodhicounseling.com

Advantage Psychiatric Services- accepts Medicaid:  
410-686-3629 (306 W Pulaski Hwy, Elkton, MD)  
Appointments virtual and in-person  
Local mental health counseling, targeted case management, and day program  
Advantagepsyc.com

Upper Bay Counseling & Support Services, Inc.  
Most insurances  
Upperbay.org (various locations in MD)  
800-467-0304

### **Delaware Therapy**

Allied Behavioral Health- payment: insurance or fee-based  
302-832-1282 x200 (1400 Peoples Plaza, Newark, DE)

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Alliedbehavioralhealthde.com

AI Nemours- under 18 therapy  
800-416-4441  
<https://www.nemours.org/services/child-psychology.html>

Hockessin Center for Change  
302-239-5255  
<https://www.hockessincenterforchange.com/>

The Anxiety and OCD Treatment Center, LLC  
302-798-7464  
<https://www.ocddelaware.com/>

Delaware Family Center  
302-995-9600  
<http://delawarefamilycenter.com/>

### **Addictions Help**

Alcohol and Drug Recovery Center  
Cecil County Resource Directory  
<https://www.ccgov.org/home/showpublisheddocument?id=21957>

Cecil County Health Department  
Addictions Services  
410-996-5106  
<https://cecilcountyhealth.org/services/behavioral-health/addiction-services/>  
Addiction Treatment and Coordination Hotline  
443-245-3257

[drugfreececil.org](http://drugfreececil.org)

**The health department provides support to those using substances, as well as family/friend support**