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FREE HELP NEAR YOU

Dover, Smyrna & Kent County, Delaware

Dover · Smyrna · Milford · Camden · Wyoming · Clayton · Harrington · Felton · Frederica · Magnolia · Cheswold · Hartly

Not sure where to go?
Tell us what's going on and where you are. We'll point you to the right place.

REAP AMERICA · 24 HOURS
1-877-341-REAP
(1-877-341-7327) · Text: 775-235-8765

911 Police · Fire · Ambulance

988 Mental health crisis · call or text

211 Delaware 211 · or text your ZIP to 898-211

Food, Bills & Emergencies

Food Bank of Delaware (Milford)
Kent & Sussex · ask for a pantry near you
302-424-3301

Catholic Charities Energy Assistance
Kent County · LIHEAP heating & electric help
302-674-1782

First State Community Action
Dover · emergency services
302-674-1355

Veterans

Kent County VA Clinic
Dover · VA health care
1-800-461-8262

Home of the Brave
Milford · housing for veterans
302-424-1681

Shelter

Centralized Intake for Shelter
Call or text · Mon–Fri 8–5 · call early
1-833-346-3233

Dover Interfaith Mission for Housing
Dover · men
302-736-3600

Whatcoat Shelter
Dover · men, women & families
302-734-8786

Safety From Abuse (24 hours)

People's Place DV Hotline & Shelter
Kent & Sussex · 24-hour hotline
302-422-8058

Abriendo Puertas (bilingual)
Kent & Sussex · Spanish/English DV hotline
302-745-9874

Health Care

Westside Family Healthcare
Dover · sliding fee, with or without insurance
302-656-8292

Mental Health Crisis (Southern DE)
24-hour crisis help & mobile team
1-800-345-6785

POLICE, FIRE & GAS · Emergency? Call 911 · Smell gas? Get out first, then call

Kent County 911 non-emergency
302-734-6050

Dover Police
302-736-7111

Delaware State Police Troop 3
302-697-4454

Chesapeake Utilities · gas leak
1-800-427-2883

NATIONAL HOTLINES · FREE · 24/7

Poison Help
1-800-222-1222

Suicide & Crisis Lifeline
Call or text 988

Veterans Crisis Line
Dial 988, press 1 · Text 838255

Crisis Text Line
Text HOME to 741741

Domestic Violence Hotline
1-800-799-7233 · Text START to 88788

Sexual Assault Hotline (RAINN)
1-800-656-4673

Child Abuse Hotline (Childhelp)
1-800-422-4453 · call or text

Drug & Alcohol Help (SAMHSA)
1-800-662-4357

Human Trafficking Hotline
1-888-373-7888 · Text 233733

Runaway & Homeless Youth (Safeline)
1-800-786-2929