



Delaware Army National Guard

HEALTH ALERT



STATE SAFETY & OCCUPATIONAL HEALTH OFFICE
First Regiment Road
Wilmington, Delaware 19808-2191

Delaware Help Line

1-800-464-4357

Available 7:30 a.m. to 6 p.m.

Do you need assistance with any health issues or do you need mental health counseling? If times are rough, where can you go? Give the Delaware HELP Line a call—

The HELP Line will also give you information regarding state government and community services, plus information related to housing, substance abuse, transportation, financial management, and much more. Are you starting a new job and need bus fare? DART will give you the first month free—

So, if you have a problem regarding any of the above, and need direction, call the Delaware HELP LINE