

Wilmington
625 N. Shipley Street
Wilmington, DE 19801
(302) 655-7293

Newark
140 E. Delaware Avenue
Newark, DE 19711
(302) 731-7801

Dover
805 S. Governors Avenue
Dover, DE 19904
(302) 678-5200

Referral Resources for Gender Affirming Care

Mental Health

Journey Wellness	Highmark BCBS, Highmark Health Options, AmeriHealth Caritas, Aetna, Independence Blue Cross, Anthem EAP, United Healthcare, Private Pay	302-691-8116	journeywellnessdelaware.com
Brett Herb	Aetna, BCBS, AmeriHealth Caritas, Highmark Health Options, Cigna, Medicare, Optum, United Healthcare, ComPsych EAP, Private Pay	Wilmington 302-478-6199 Newark 302-266-4403	serenemindsllc.com
Julissa Coriano Julissa La Terapista	VCAP, Private Pay	302-505-5577	Spanish-speaking Victims of Crime Domestic Violence
Dr. Catherine Dukes	Private Pay	302-212-4808	drcatherinedukes.com
Sarah Robins	Highmark Health Options, BCBS, Private Pay	302-593-8538	sarahrobinslcsw.com
Dr. Margo Lewis-Jah	BCBS, Highmark BCBS, Highmark Health Options, Amerihealth Caritas, Cigna, Aetna, Optum, United Healthcare, Private Pay, +	302-503-2273	drmargolewisjah.com
Transitions Delaware	Highmark Health Options, Amerihealth Caritas, Cigna, BCBS, Private Pay, +	302-440-6737	transitionsde.com
Dr. Thomas Wood	Private Pay	302-521-0659	doctorthomaswood.com
Shanna Staples	Aetna, Amerihealth Caritas, BCBS, Cigna, Highmark Health Options, Highmark BCBS, United Healthcare, Private Pay	302-294-6950	awindowtowellness.com

Edward Angelini-Cooke	BCBS, Highmark BCBS, Highmark Health Options, Amerihealth Caritas, Aetna, United Healthcare, Private Pay	302-521-9598	eachtherapy.com
Julie Setting	Highmark Health Options, Amerihealth Caritas, Private Pay	302-703-6332	psychologytoday.com/us/therapists/julie-setting-milton-de/361599
Mina Beveney	BCBS, Highmark Health Options, Optum, Private Pay	484-361-4611	mina@sunbirdcounseling.com
Christina Emmanuel-DeLuna	BCBS, Highmark BCBS, Highmark Health Options, Amerihealth Caritas, Cigna, United Healthcare, Aetna, Private Pay	302-273-3194	risinghopetherapy.com
Jewish Family Services	Aetna, Amerihealth Caritas, BCBS, Cigna, Highmark BCBS, Humana, Medicare, Optum, United Healthcare, +	Wilmington 302-478-9411 Lewes 302-827-6040	jfsdelaware.org
Theresa Sullivan	BCBS, Highmark Health Options, Highmark BCBS	302-295-1088	alapocascollaborativecare.com

Medication Management

Julia Jordan, APRN, PMHNP-C	Aetna, BCBS, AmeriHealth Caritas, Highmark Health Options, Cigna, Medicare, Optum, United Healthcare, ComPsych EAP	Wilmington 302-478-6199 Newark 302-266-4403	serenemindsllc.com
Lisa Toy, APRN, PMHCNS-BC	Private Pay, BCBS Commercial	302-295-1088	alapocascollaborativecare.com
Paul Sheslow, APRN, PMHNP-C	Private Pay, BCBS Commercial	302-295-1088	alapocascollaborativecare.com
Lifescance Health Services (formerly known as Mid-Atlantic Behavioral Health)	Aetna, BCBS, Amerihealth Caritas, Highmark Health Options, Cigna, Medicare, United Healthcare, Highmark BCBS, Private Pay, +	302-224-1400	midatlanticbh.com *Psychological Testing*
Jewish Family Services	Aetna, Amerihealth Caritas, BCBS, Cigna, Highmark BCBS, Medicare, Optum, United Healthcare, +	302-478-9411	jfsdelaware.org

Crisis & Support Resources

Trans Lifeline Bilingual No nonconsensual active rescue	Transgender peer support crisis line	877-565-8860	translifeline.org
Trevor Project	Crisis line for LGBTQIA Youth Text: START to 678678 Chat: thetrevorproject.org/get-help-now	Call: 1-866-488-7386	thetrevorproject.org
Crisis Text Line	Text-based crisis line	Text HOME to 741741	crisistextline.org
Latin American Community Center Bilingual	Domestic Violence Program, Emergency Food and Shelter, Victims of Crime Advocacy Program	302-655-7338	thelatincenter.org
Wilmington Hospital	Inpatient, Partial	302-320-2118	205 West 14th St Wilmington, DE 19801
Rockford Center	Inpatient, Partial, Substance Abuse	302-996-5480	100 Rockford Drive Newark, DE 19713
MeadowWood Hospital	Inpatient, Partial, Substance Abuse	844-335-2760	575 S Dupont Hwy New Castle, DE 19720
SUN Behavioral	Inpatient, Partial, Substance Abuse	302-205-0435	21655 Biden Ave Georgetown, DE 19947
Dover Behavioral Health	Inpatient, Partial, Substance Abuse	302-741-0140	725 Horsepond Rd Dover, DE 19901
Aquila of Delaware	Substance Abuse: Partial, Outpatient, Sober Living	302-999-1106	aquilaofde.com
SARC: Sexual Assault Response Center	24hr Crisis Hotline, Escort to Hospital/Police/Court, Counseling, Case Management	302-273-1300 Crisis Line: 800-773-8570	ywcade.org/sarc

Gender Affirming Surgery

WPATH guidelines for Gender Affirming Surgery still require at least one letter from a mental health professional. Planned Parenthood of Delaware is happy to work with you to complete this letter writing process. Please contact us for more information.

Johns Hopkins Center for Transgender Health	Baltimore, MD	443-287-6745	hopkinsmedicine.org/center_transgender_health
Einstein PRIDE Program	Philadelphia, PA	215-420-0989	einstein.edu/pride-program
Rutgers Center for Transgender Health	Newark, NJ	732-445-4636	njms.rutgers.edu/centers_institutes/trans_health
Temple Health Gender Affirming Care	Philadelphia, PA	800-TEMPLEMED	templehealth.org
Christiana Care OBGYN Dr. MacClure Dr. Holton	Wilmington, DE	302-661-3375	christianacare.org
Christine McGinn, DO	New Hope, PA	215-693-1199	drchristinemcginn.com
Jefferson Health OBGYN Dr. Scott Richard	Philadelphia, PA	215-995-6200	jeffersonhealth.org
Bryan Cicuto, DO	Lilutz, PA	717-625-3509	providers.upmc.com/provider/Bryan+J+Cicuto/1744514
Rachel Bluebond-Langner	New York, NY	646-501-4440	nyulangone.org
Gabriel Del Corral, MD	Baltimore, MD	443-777-7631	https://www.drdelcorral.com/
Julia MacRae, MD	Newark, DE	302-368-9611	https://www.drjuliamacrae.com/

LGBTQ+ Primary Care

Anna Filip, MD	Wilmington	302-655-5822	westsidehealth.org/providers/anna-filip-md/
James Becker, MD	Wilmington	302-477-3300	doctors.christianacare.org/provider/James+N.+Becker/845308
Jeremy Cristol, MD	Newark	302-623-0200	doctors.christianacare.org/provider/Jeremy+D.+Cristol/845053

Ashley Panichelli, MD	Wilmington	302-477-3300	doctors.christianacare.org/provider/Ashley+E.+Panichelli/844822
BayHealth	Kent County	302-647-4700	bayhealth.org/patients/connection/lgbtq
Beebe Healthcare	Sussex County	302-525-3278	beebehealthcare.org/beebe-lgbtq-inclusive
Mazzoni Center	Philadelphia	215-563-0657	mazzonicenter.org

Fertility

Delaware Institute for Reproductive Medicine - Dr. Emelia Bachman	Fertility Services, Endometriosis, PCOS	302-738-4600	ivf-success.com
Refuge Midwifery	Fertility Support, Midwifery, At-home Intrauterine Insemination	267-797-2190	refugemidwifery.com

Voice Therapy

UD Health Speech-Language-Hearing Clinic Gender Expansive Communication Services	Insurance accepted	302-831-7100	slhclinic@udel.edu
Authentic Voices LLC	Sliding scale available		authenticvoicesllc.com

Hair Removal

Transcend Electrolysis	Philadelphia, PA	(267) 225-727
Papillon Center	New Hope, PA	(215) 693-1199
Schweiger Dermatology	Philadelphia, PA	(267) 519-0154
Ideal Image	Newark, DE	(302) 894-1411

HIV/AIDS

AIDS Delaware	Testing, Case Management, Resources, Support Groups	Wilmington 302-652-6776 Rehoboth 302-226-3519	aidsdelaware.org
Christiana Care HIV Program	Medical Care, Peer Education, Case Management	Wilmington 302-225-1300 Georgetown 302-933-3420	christianacare.org/services/HIV
Delaware HIV Consortium	Testing, Case Management, Housing Assistance, Counseling	302-654-5471	delawarehiv.org
LACC HIV/AIDS Prevention & Services Program	Testing, Counseling, Case Management, Risk Reduction Resources	302-442-7740	thelatincenter.org/hiv-program
Delaware HIV/AIDS Information Hotline		1-800-422-0429	

Local Resources

PFLAG Delaware	Support Groups and Community Partnership	302-654-2995	pflagwilmde@att.net
Orgullo Delaware Bilingual	Bilingual Therapy, Empowerment Groups, Social and Educational Programming for Latinx LGBTQIA+ Delawareans and their families	302-298-1071	facebook.com/Orgullo Delaware
Camp Rehoboth	Community Events and Resources, Support Groups, Health, Education, and Advocacy Programming	302-227-5620	camprehoboth.com
Delaware Renaissance	Transgender Support Group		ren.org/rende
Rehoboth TransLiance	Transgender Support Group	302-381-0788	meetup.com/Rehoboth-TransLiance/
ACLU Delaware	Legal Support	302-654-5326	aclu-de.org

Legal & Safety Resources

Refuge Restrooms	App to assist in finding safe restrooms near you	refugerestrooms.org
Point of Pride	Surgery Fund, Binder and Shapewear Donation Programs, HRT Access Fund, Electrolysis Fund	pointofpride.org
Transgender Law Center	Legal Aid and Advocacy	transgenderlawcenter.org
Welcoming Schools	Bias-based bullying prevention training program	welcomingschools.org

Youth & Family Resources

The Village	Leadership Programs, Social and Educational Events	302-397-4083	facebook.com/thevillagede
Parents of Trans Kids (PTK) Group	Support Group, Educational and Social Events for parents and youth		Northern Delaware PTKDelaware@gmail.com Southern Delaware parentsoftranskidssouth@gmail.com
Alphabet Soup Kids (ASK) Group	Support and Social Group	302-438-1545	jfsdelaware.org/counseling/groups/
Nemours Gender Wellness Program	Endocrinology, Mental Health	302-651-6590	nemours.org/services/gender-wellness

Faith-based Resources

Planned Parenthood of Delaware is proud to partner with local religious leaders across multiple denominations to best support our patients in their spiritual and emotional growth. Please contact us for more information.