



Mental Wellness Resources in Central Indiana

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Mental Wellness Resources in Central Indiana

Emergency Crisis, Support, and Referral Resources

The resources below are available by telephone, text, and/or online for persons in need of referral, support, and intervention. The person at risk or family and friends may call these resources at any time for help and for free.

Organization	Contact Information	Description
National Suicide Prevention Lifeline (NSPL)	800-273-TALK (8255) www.suicidepreventionlifeline.org	National telephone and chat hotline anyone may call for intervention and referral any time. Free and confidential.
Veterans Crisis Line	800-273-TALK (8255) and press 1 https://www.veteranscrisisline.net/	Connects veterans in crisis and their families and friends with qualified Veterans Affairs responders through a confidential toll-free hotline, online chat, or text.
Families First Indiana, Inc.: Crisis & Suicide Intervention Service (CSIS)	317-251-7575 Text line: text CSIS to 839863 http://www.mhaindy.net/	Support, referral, crisis and suicide intervention for anyone at any time. Free and confidential.
Rape, Abuse and Incest National Network (RAINN)	800-656-HOPE (4673) https://rainn.org/	Live help for sexual assault victims and their friends and families. Free, confidential, and secure, by phone or online chat.
Indiana Adult Protective Services (APS)	800-992-6978 http://www.in.gov/fssa/da/3479.htm	Toll-free hotline to report suspected cases of adult (18+ years of age) abuse or neglect. Available 24 hours a day.
Indiana Child Protective Services (CPS)	800-800-5556 http://www.in.gov/dcs/2398.htm	Toll-free hotline to report suspected cases of child (up to and including 17 years of age) abuse or neglect. Available 24 hours a day.

Organization	Contact Information	Description
Trevor Project	866-488-7386 Text line : text the code Trevor to 202-304-1200 (available from 4p – 8p ET) www.thetrevorproject.org	Crisis intervention and suicide prevention services for lesbian, gay, bisexual, transgender and questioning (LGBTQ) people ages 13-24 by phone, text and chat.
Local Police: Indianapolis Metropolitan Police Department (IMPD)	Emergency: 911 Emergency: 317-327-3271 Non-Emergency: 317-327-3811 http://www.indy.gov/eGov/City/dps/impd	If you or someone you know is in a life-threatening situation, call 9-1-1 or the local police number. Request the dispatcher send a CIT (Crisis Intervention Team) officer specially educated to help persons in emotional distress.
National Alliance on Mental Illness Indiana (NAMI)	800-677-6442 https://drive.google.com/file/d/0B00Ao3fD2IK_ZVdxbmFMaEpySlZpSC1NODFFbDI2R1JhdGtj/view	Planning for and responding to a mental health crisis in Indiana
Connect2Help 211	Tel: 211 Tel: 317-317-926-4357 http://www.connect2help211.org/	Connects people who need human services and those who provide them

Psychiatric Emergency Departments

The facilities below have psychiatric emergency rooms that will assess a person in crisis on site and refer them to the proper treatment.

Facility	Contact Information	Address
Community Hospital North (CHN)	317-621-5700 Text line: text HELPNOW to 20121	Behavioral Health Pavilion 7165 Clearvista Pkwy Indianapolis, IN 46256
Community Hospital East* Community Hospital South*	*Assessment may be conducted via closed circuit television from CHN. http://ecomunity.com/s/behavioral-health/mental-health-disorders-treatment/	

Facility	Contact Information	Address
Eskenazi Hospital (MARION COUNTY RESIDENTS ONLY)	317-880-8491 Crisis Line: 317-880-8485 http://www.eskenazihealth.edu/our-services/midtown-community-mental-health	Eskenazi Hospital Crisis Intervention Unit 710 Eskenazi Ave Indianapolis, IN 46202
IU Health Methodist Hospital	317-962-2622 Emergency Dept.: 317-962-8355 http://iuhealth.org/methodist/behavioral-health/	1701 N Senate Blvd Indianapolis, IN 46202
Options Behavioral Health System	866-623-3713 http://www.optionsbehavioralhealthsystem.com/	5602 Caito Dr Indianapolis, IN 46226
Richard L. Roudebush Veterans Administration Medical Center (QUALIFYING VETERANS ONLY)	Emergency Dept.: 317-988-2539 Crisis Line: 800-273-TALK (8255) and press 1 http://www.indianapolis.va.gov/services/Emergency.asp	(QUALIFYING VETERANS ONLY) 1481 W 10th St Indianapolis, IN 46202
St. Vincent Stress Center	317-338-4800 https://www.stvincent.org/St-Vincent-Indianapolis/Healthcare-Services/Mental-and-Behavioral-Health.aspx	8401 Harcourt Rd Indianapolis, IN 46260
Valle Vista Hospital	800-447-1348 http://www.vallevistahospital.com	898 E Main St Greenwood, IN 46143

Community Mental Health Center (CMHC) Outpatient Resources

CMHCs are providers of comprehensive mental health services offering outpatient, home-based, school, and community-based programs to children, adolescents, adults and families. The facilities below offer outpatient services by appointment. Wait times and availabilities vary. We recommend calling multiple resources to find an appointment that fits your needs. Fees are charged on a sliding scale fee for all facilities listed below.

Facility	Contact Information	Areas Served
Adult and Child Mental Health Center	317-882-5122 http://adultandchild.org/	Indy south side and Johnson County
Aspire Indiana Behavioral Health Systems	877-574-1254 Crisis Line: 800-560-4038 http://www.aspireindiana.org	Indy north side and Boone, Madison, and Hamilton counties
Centerstone of Indiana	800-344-8802 Crisis Line: 800-832-5442 https://centerstone.org/locations/indiana	South central Indiana
Cummins Mental Health Centers, Inc.	317-272-3330 Crisis Line: 888-244-6083 http://cumminsbhs.org/	Indy west side and Boone, Hendricks, Montgomery and Vigo counties
Hamilton Center, Inc.	317-837-9719 Crisis Line: 800-742-0787 http://hamiltoncenter.org	Indy west side and Hendricks County
Hamilton Center, Inc.	317-937-3700 Crisis Line: 800-742-0787 http://hamiltoncenter.org	Hendricks, Morgan, Putnam counties
Gallahue Mental Health Services (Community Health Network)	317-621-5700 Crisis Line: 317-621-5700 Text line: text HELPNOW to 20121 http://ecomunity.com/s/behavioral-health/locations-and-contact	Indy east and north sides and Hamilton, Hancock, Johnson, Madison and Shelby counties
Midtown Community Mental Health Center (MARION COUNTY RESIDENTS ONLY)	317-880-8491 Crisis Line: 317-880-8485 http://www.eskenazihealth.edu/our-services/midtown-community-mental-health	(MARION COUNTY RESIDENTS ONLY)

Mental Health Inpatient Hospitals

The facilities below offer inpatient services when the need for such services is assessed by a doctor.

Facility	Contact Information	Address
Community Hospital North	317-621-5700 Text line: text HELPNOW to 20121 Inpatient services for: Children, adolescents, and adults http://ecommunity.com/s/behavioral-health/mental-health-disorders-treatment/	Behavioral Health Pavilion 7165 Clearvista Pkwy Indianapolis, IN 46256
IU Health Methodist Hospital	317-962-2622 Emergency Department: 317-962-8355 Inpatient services for: Children, adolescents, and adults http://iuhealth.org/methodist/behavioral-health/	1701 N Senate Blvd Indianapolis, IN 46202
Midtown Community Mental Health Center (MARION COUNTY RESIDENTS ONLY)	317-880-8491 Crisis Line: 317-880-8485 Inpatient services for: Adults 18 years of age and older http://www.eskenazihealth.edu/our-services/midtown-community-mental-health	Eskenazi Hospital Crisis Intervention Unit 710 Eskenazi Ave Indianapolis, IN 46202
NeuroPsychiatric Hospital of Indianapolis	317-744-9200 Inpatient services for: Adults 21 years of age and older with a focus on geriatric (age 50+) treatment http://www.neuropsychiatrichospitals.net/neuropsychiatric-hospital-of-indianapolis/	6720 Parkdale Pl Indianapolis, Indiana 46254
Options Behavioral Health System	866-623-3713 Inpatient services for: Children, adolescents, adults http://www.optionsbehavioralhealthsystem.com/	5602 Caito Dr Indianapolis, IN 46226
Richard L. Roudebush Veterans Administration Medical Center (QUALIFYING VETERANS ONLY)	(QUALIFYING VETERANS ONLY) Emergency Department: 317-988-2539 Crisis Line: 800-273-TALK (8255) and press 1 http://www.indianapolis.va.gov/services/Emergency.asp	Mon-Fri, 8:00 am-5:00 pm Walk-in Clinic, D Wing, Room D5029 1481 W 10th St Indianapolis, IN 46202

Facility	Contact Information	Address
St. Vincent Stress Center	317-338-4800 Inpatient services for: Children, Adolescents, Adults https://www.stvincent.org/St-Vincent-Indianapolis/Healthcare-Services/Mental-and-Behavioral-Health.aspx	8401 Harcourt Rd Indianapolis, IN 46260
Valle Vista Hospital	800-447-1348 Inpatient services for: Children, Adolescents, Adults http://www.vallevistahospital.com	898 E Main St Greenwood, IN 46143

Outpatient Counseling Providers

Below are some options for outpatient counseling. By appointment only.

Facility	Contact Information	Address
Adult and Child Mental Health Center	317-882-5122 http://adultandchild.org/	8320 Madison Ave Indianapolis, IN 46227
Aspire Indiana Behavioral Health Systems	877-574-1254 Crisis Line: 800-560-4038 http://www.aspireindiana.org	17840 Cumberland Rd Noblesville, IN 46060
Centerstone of Indiana	800-344-8802 Crisis Line: 800-832-5442 https://centerstone.org/locations/indiana	11370 N SR 67 Mooresville, IN 46158
Christian Theological Seminary Counseling	317-924-5205 http://www.cts.edu/about-cts/counseling-center.aspx	1050 W 42 nd St Indianapolis, IN 46208
Cummins Mental Health Centers, Inc.	317-272-3330 Crisis Line: 888-244-6083 http://cumminsbhs.org/	6655 E US 36 Avon, IN 46123
Families First	317-634-6341 http://familiesfirstindiana.org/programs-services	615 N Alabama St Ste 320 Indianapolis, IN 46204

Facility	Contact Information	Address
Franciscan St. Francis Behavioral Health	317-783-8383 Crisis Line: 317-782-6495 800-509-5111 http://www.franciscanalliance.org/hospitals/indianapolis/services/behavioral-health/pages/outpatient.aspx	610 E Southport Rd, Ste 100 Indianapolis, IN 46227 1201 Hadley Rd Mooresville, IN 46158
Gallahue Mental Health Services (Community Health Network)	317-621-5700 Crisis Line: 317-621-5700 Text line: text HELPNOW to 20121 http://ecomunity.com/s/behavioral-health/adult-services	Indy east and north sides and Hamilton, Hancock, Johnson, Madison and Shelby counties
Hamilton Center, Inc.	317-837-9719 Crisis Line: 800-742-0787 http://www.hamiltoncenter.org/Locations/Hendricks.html	900 Southfield Dr Plainfield, IN 46168
Hamilton Center, Inc.	317-937-3700 Crisis Line: 800-742-0787 http://www.hamiltoncenter.org/Locations/Marion.html	2160 N Illinois Indianapolis, IN 46202
Indiana Center for Children and Families	317-631-2000 Treatment Services for: Children, adolescents and families, specializing in childhood trauma http://www.indcenter.org	1431 N Delaware St Indianapolis, IN 46202
Legacy House	317-554-5272 Treatment Services: Counseling and support services to children and adults affected by violence. http://www.hhcorp.org/hhc/index.php/programs/legacy-house	Eskenazi North Arlington Health Center (Lower Level) 2505 N Arlington Ave Indianapolis, IN 46218
Lutheran Child and Family Services of Indiana	317-359-5467 http://lutheranfamily.org/communitybased.html	1525 N Ritter Avenue Indianapolis, IN 46219
Marion County Public Health Department (MARION COUNTY RESIDENTS ONLY)	317-221-8950 317-221-2364 http://marionhealth.org/programs/population-health/social-work/	(MARION COUNTY RESIDENTS ONLY) Social Work Department Action Health Center 2868 N Pennsylvania St Indianapolis, IN 46205

Facility	Contact Information	Address
Midtown Community Mental Health Center (MARION COUNTY RESIDENTS ONLY)	317-880-8491 Crisis Line: 317-880-8485 http://www.eskenazihealth.edu/our-services/midtown-community-mental-health	(MARION COUNTY RESIDENTS ONLY)
One Sensible Solution	317-296-4914 Treatment Services for: Children adolescents, and adults (Accepts Medicare, Medicaid, and some HIP 2.0 plans) http://www.onesensiblesolution.com/services-provided.html	6100 N Keystone Ave, Suite 420 Indianapolis, IN, 46220
Reach for Youth	317-920-5900 Treatment Services for: Children and adolescents http://www.reachforyouth.org/#!/services/c21kz	3505 N Washington Blvd Indianapolis, IN 46205
Riley Hospital for Children Psychiatry & Behavioral Sciences at IU Health	317-274-8162 Treatment Services for: Children and adolescents http://iuhealth.org/riley/behavioral-health	705 Riley Hospital Dr Indianapolis, IN 46202
Richard L. Roudebush Veterans Administration Medical Center (QUALIFYING VETERANS ONLY)	317-988-2721 317-988-4284 Crisis Line: 800-273-TALK (8255) and press 1 http://www.indianapolis.va.gov/services/Mental_Health_Services.asp	(QUALIFYING VETERANS ONLY) Mon-Fri, 8:00 am-5:00 pm Walk-in Clinic, D Wing, Room D5029 1481 W 10th St Indianapolis, IN 46202

Mental Health Support Groups

Below is a list of support groups on various topics and support group resources.

Organization	Contact Information	Description
American Foundation for Suicide Prevention (AFSP) – Indiana Chapter	317-517-5973 http://afsp.org/chapter/afsp-indiana/ http://afsp.org/find-support/ive-lost-someone/	Brings together people from all backgrounds who want to prevent suicide in our communities, including families and friends who have lost someone to suicide, vulnerable individuals, mental health professionals, clergy, educators, students, community/business leaders, and many others.
American Foundation for Suicide Prevention (AFSP) – Indiana Chapter	317-517-5973 http://afsp.org/find-support/ive-lost-someone/	Support for those who have lost someone, by donors and volunteers, many of whom are loss survivors themselves.
Depression and Bipolar Support Alliance Greater Indianapolis	Contact 1: Terri Weymouth Phone: 317-572-5009 Contact 2: John Weymouth Email: john@medisurg.com Phone: 317-413-4765 Email: info@dbasindy.org Website: http://www.dbasindy.org	Provides hope, help, support, and education to improve the lives of people who have mood disorders.
Depression and Bipolar Support Alliance Greater Indianapolis Carmel (Faith-based Men's Group) DBSA Hamilton County	Contact 1: Don Gilliland Phone: (317) 270-2472 Email: info@dbсахcin.org Website: http://www.dbсахcin.org	Provides hope, help, support, and education to improve the lives of people who have mood disorders.
Depression and Bipolar Support Alliance Greater Indianapolis Fishers DBSA Hamilton County	Contact 1: Mary Halladay Phone: (317) 270-2472 Email: info@dbсахcin.org Website: http://www.dbсахcin.org	Provides hope, help, support, and education to improve the lives of people who have mood disorders.
Key Consumer Organization	317-205-2500 http://keyconsumer.org/	Provides supports as well as a free warm line (as opposed to a hotline) from 9:00 am–5:00 pm Monday–Friday for persons wanting socialization.

Organization	Contact Information	Description
Mental Health America	800-969-6642 http://mentalhealthamerica.net/	The nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all Americans.
National Alliance on Mental Illness (NAMI) Indianapolis	317-257-7517 https://sites.google.com/site/namiindianapolis/support-groups	Dedicated to improving the lives of persons and families affected by mental illnesses through education, support and advocacy.
Mornings with the Dads	Email: morningswithdads@gmail.com http://tuesdayswiththedads.org	Support group for fathers who have lost children

Addiction Inpatient Resources

The facilities below offer inpatient services when the need for such services is assessed. They are private facilities. Therefore, payment options and insurance types are limited.

Facility	Contact Information	Address
Community Hospital North	317-621-5700 Text line: text HELPNOW to the number 20121 http://www.ecommunity.com/s/behavioral-health/addiction-and-chemical-dependency/	Behavioral Health Pavilion 7165 Clearvista Pkwy Indianapolis, IN 46256
Fairbanks Addiction Treatment Center	317-572-9396 http://www.fairbanksd.org/	8102 Clearvista Pkwy Indianapolis, IN 46256
Salvation Army Harbor Light Center	317-972-1450 http://corps.salvationarmyindiana.org/harborlight/detox/	2400 N Tibbs Ave Indianapolis, IN 46222
St. Vincent Stress Center	317-338-4800 https://www.stvincent.org/St-Vincent-Indianapolis/Healthcare-Services/Mental-and-Behavioral-Health/Stress-Center-Programs.aspx	8401 Harcourt Rd Indianapolis, IN 46260
Tara Treatment Center	800-397-9978 https://www.taratreatmentcenter.org/	6231 S US 31 Franklin, IN 46131

Facility	Contact Information	Address
Valle Vista Hospital	800-447-1348 http://www.vallevistahospital.com	898 E Main St Greenwood, IN 46143

Addiction Outpatient Resources

The facilities below offer outpatient services for addiction.

Facility	Contact Information	Areas Served/Address
Aspire Indiana Behavioral Health Systems	877-574-1254 Crisis Line: 800-560-4038 http://www.aspireindiana.org/addiction-services/	Indy north side and Boone, Madison, and Hamilton counties
Centerstone of Indiana	800-344-8802 Crisis Line: 800-832-5442 https://centerstone.org/locations/indiana	South central Indiana
Cummins Mental Health Centers, Inc.	317-272-3330 Crisis Line: 888-244-6083 http://cumminsbhs.org/services/substance-use-treatment	Indy west side, Boone, Hendricks, Montgomery and Vigo counties
Drug Free Marion County	317-254-2815 http://www.drugfreemc.org/TreatmentProviderDirectory	Treatment Provider Directory
Families First	317-634-6341 http://familiesfirstindiana.org/programs-services/chemical-dependency	615 N Alabama St, Ste 320 Indianapolis, IN 46204
Fairbanks Addiction Treatment Center	317-572-9396 http://www.fairbanksd.org/	8102 Clearvista Pkwy Indianapolis, IN 46256
Franciscan St. Francis Behavioral Health	317-783-8383 Crisis Lines: 317-782-6495 800-509-5111 http://www.franciscanalliance.org/hospitals/indianapolis/services/behavioral-health/pages/outpatient.aspx	610 E Southport Rd, Ste 100 Indianapolis, IN 46227 1201 Hadley Rd Mooresville, IN 46158

Facility	Contact Information	Areas Served/Address
Gallahue Mental Health Services (Community Health Network)	317-621-5700 Crisis Line: 317-621-5700 Text line: text HELPNOW to 20121 http://ecommunity.com/s/behavioral-health/locations-and-contact	Indy east, south and north sides, and Hamilton, Hancock, Johnson, Madison and Shelby counties
Hamilton Center, Inc.	317-837-9719 Crisis Line: 800-742-0787 http://www.hamiltoncenter.org/services/addictions.html	Indy west side and Hendricks County
Hamilton Center, Inc.	317-937-3700 Crisis Line: 800-742-0787 http://www.hamiltoncenter.org/services/addictions.html	Hendricks, Morgan, and Putnam counties
Indianapolis Comprehensive Treatment Center	855-654-0341 http://www.indianactc.com/location/indianapolis	2626 E 46 th St Indianapolis, IN 46205
IU Health Methodist Hospital	317-962-2622 Emergency Department: 317-962-8355 http://iuhealth.org/methodist/behavioral-health/chemical-dependency	1701 N Senate Blvd Indianapolis, IN 46202
Midtown Community Mental Health Center (MARION COUNTY RESIDENTS ONLY)	317-880-8491 Crisis Line: 317-880-8485 http://www.eskenazihealth.edu/our-services/midtown-community-mental-health/addiction-services	(MARION COUNTY RESIDENTS ONLY)
Marion County Public Health Department (MARION COUNTY RESIDENTS ONLY)	317-221-4618 http://marionhealth.org/programs/population-health/substance-use-outreach-services/	(MARION COUNTY RESIDENTS ONLY) Substance Use Outreach Services 2951 E 38th St Indianapolis, IN 46218
Richard L. Roudebush Veterans Administration Medical Center (QUALIFYING VETERANS ONLY)	317-988-2721 317-988-4284 Crisis Line: 800-273-TALK (8255) and press 1 http://www.indianapolis.va.gov/services/MentalHealthServices.asp	(QUALIFYING VETERANS ONLY) Mon-Fri, 8:00 am-5:00 pm Walk-in Clinic, D Wing, Room D5029 1481 W 10th St Indianapolis, IN 46202

Facility	Contact Information	Areas Served/Address
Valle Vista Hospital	800-447-1348 http://www.vallevistahospital.com/programs	898 E Main St Greenwood, IN 46143
Drug Free Marion County	317-254-2815 http://drugfreemc.org/treatment-directory/	An anti-drug coalition aimed at preventing and reducing the impact of substance use on crime, health and individuals in the community.