



## Mental Health Resource List

The **Be Well Indiana** initiative is currently focused primarily on resources to help Hoosiers manage their mental health throughout the COVID-19 crisis, including links to trusted news sources, tips for staying healthy and safe at home, access to addiction recovery support and more [BeWellIndiana.org](https://www.beWellIndiana.org)

**Give an Hour** - Give an Hour and the Campaign to Change Direction want to underscore the importance of your mental health during this time. Here are some resources for your emotional health as well as your physical health: <https://giveanhour.org/coronavirus-resources/>

**Have Hope** - Community Health Network and WTHR-TV Channel 13 have joined forces to launch Have Hope, a two-year public service effort to raise awareness about suicide in Indiana and to help more Hoosiers get the help they need. The Have Hope effort complements Community's [HaveHope.com](https://www.havehope.com), an online suicide prevention resource for teenagers, parents and educators. [www.havehope.com](https://www.havehope.com), Call (888) 628-8255, Text IN to 741741.

**Look Up Indiana** - Mental and behavioral health issues can be a silent struggle. But there's always hope on the horizon. Whether you want to raise awareness, reduce stigma, find help or help others- its time to Look Up. Then look here for resources, information and providers. [www.lookupindiana.org](https://www.lookupindiana.org), Call (800) 284-8439, Text LOOKUP to 494949.

**Stigma Free Fishers** - Inspiring Hope. Connecting people to resources. We're here to help. Whether you're looking for resources for yourself or a loved one, we stand beside you. [www.stigmafreefishers.com](https://www.stigmafreefishers.com)

**City of Fishers COVID Response** - Updates and daily briefings, Mayors Community Plan, FAQs, Local Business Guide, COVID Hotline, Resources for Small Businesses, Mental Health Resources <https://www.fishers.in.us/1111/COVID-19>, COVID Hotline (317) 595-3211

**Fishers Cares** - Fishers Cares is a volunteer community effort supporting the City of Fishers Mental Health Initiative. You can connect with a Care Giver to help you assess needs and next steps. You must be 18 years or older to utilize Fishers Cares. Virtual appointments are available! <https://fisherscares.timetap.com/>

**National Suicide Prevention Lifeline** - The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. <https://suicidepreventionlifeline.org/>, Call (800) 273.8255

**HSE Report It App** - A school safety mobile reporting app that allows students, staff and community members to provide anonymous information about concerns for their own safety or the safety of others. HSE Report it!, can be downloaded via Google Play or the Apple App Store. It's anonymous and reports are made exclusively through the mobile app. HSE Report it! will has no length limitations or the need to remember a short code. Reporters can attach photos, screenshots, videos, documents and/or audio recordings to their concerns and they can engage in a two-way dialogue with a real person. <https://www.hseschools.org/services/school-safety/hse-report-it!>



## Youth Mentoring Initiative

### **SAMHSA's Disaster Distress Helpline**

Toll-Free: (800) 985-5990 (English and Español)

SMS: Text TalkWithUs to 66746

**Indianapolis Intergroup of Alcoholics Anonymous** - Most in person meetings have been cancelled;

Online meeting link <http://www.aa-intergroup.org/directory.php>; (317) 632-7864

### **Mental Health Therapist List offering telehealth/virtual visits**

<https://hsek12inus->

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