

Help is available!

Resources to use or to share



Crisis

- National Suicide Prevention Lifeline
<https://suicidepreventionlifeline.org/>
- Veterans Crisis Line
<https://www.veteranscrisisline.net/>
- Eskenazi Crisis Intervention Unit
720 Eskenazi Ave, Indianapolis
walk in from 8am to 8pm
- Indiana Crisis Assistance Response Team Resources
<https://www.i-cart.org/resources.html>

National Suicide Prevention
Lifeline
1-800-273-8255

Veterans Crisis
Suicide Prevention Hotline
1-800-273-8255 press 1

Eskenazi Mental Health
Center **317-880-8491**
Crisis Line **317-880-8485**

Resources for Hoosiers
Dial 2-1-1

Crisis Text Line
Text Hello to 741741

Counseling

- 2-1-1 is a free, confidential service helping Hoosiers find local resources. **Dial 2-1-1** to connect with an experienced navigator skilled at actively listening, identifying needs and providing referrals. <https://in211.communityos.org/>
- Crisis Text Line for individuals experiencing any type of mental health crisis. **Text** 741741 or message Crisis Text Line on Facebook to have a free text conversation with a volunteer Crisis Counselor supervised by a licensed, trained mental health professional. <https://www.crisistextline.org/>

Mental Health Resources

- Helping Hoosiers Maintain Their Well-Being
<https://bewellindiana.com/>
- Indiana Div of Mental Health & Addiction
<https://secure.in.gov/fssa/dmha/>
- National Alliance on Mental Illness
<https://www.nami.org/>
- IndyHumane Pet Loss Support Group
https://indyhumane.org/pet_loss_support_group/
- National Institutes of Health Emotional Wellness Toolkit
<https://www.nih.gov/health-information/emotional-wellness-toolkit>
- US Dept of Health & Human Services Substance Abuse & Mental Health Services
<https://www.samhsa.gov/find-treatment>
- Stress and coping strategies from the CDC
 - <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/>
 - <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Community Resources

- Indy Pride Community Resource list <https://indypride.org/community-resources/>
- Indiana Youth Group - supporting youth ages 12-20 who self-identify as LGBTQ+, as well as their allies. All programs and services are offered free of charge. Youth remain under adult supervision at all times. <https://www.indianayouthgroup.org/>

To learn more about Paws & Think check out our website: <https://pawsandthink.org/>