

## I need help for my child.

Has your child harmed or threatened to harm themselves or others? Is your child out of control? Are you unable to safely care for your child?

I answered YES to at least one of the questions above and/or my child appears to be experiencing a mental health crisis.

I answered NO to all the questions above. I am concerned about my child's mental health, but it is not an emergency.

### CONTACT 24/7 CRISIS INTERVENTION

- National Suicide Prevention Hotline: 1-800-273-TALK
- Suicide Hotline: 1-800-SUICIDE
- Text Line – text HELPNOW to 20121
- Information and Referral: Call 211
- Medical Emergency, Law Enforcement: Call 911
- Poison Control: 1-800-222-1222
- Fairbanks Addiction Treatment Center: 317-572-9396

I have health insurance.

If the child has a physician or counselor, contact those resources. They may be able to assist with a referral.

Check to see if your employer has an Employee Assistance Program (EAP), or resources may be found through your church.

I do NOT have health insurance.

If the child already has a counselor, follow established crisis plan and/or contact counselor.

### COMMUNITY MENTAL HEALTH PROVIDERS

#### Providers located within Hendricks County

- Abundant Life Counseling: 317-272-1444
- Avon Christian Counseling Center: 317-272-6999
- Brownsburg Guidance and Counseling Center: 317-852-6603
- Care to Change: 317-790-9396
- CCS Counseling & Psychiatric Associates: 317-852-2300
- Cummins Behavioral Health: 888-714-1927
- Hamilton Center Inc.: 317-837-9719
- Hendricks Therapy: 317-718-8436
- Kids Count LLC: 317-294-5242
- Life Enrichment Counseling: 317-268-8070
- Nolan Counseling & Consulting Services: 765-676-5310
- Providence Guidance Center: 317-839-6856
- Roger Outcalt Counseling Service: 317-402-2881
- Sudsberry and Colgrove Counseling Centers: 317-272-8138

#### Providers located outside of Hendricks County

- Community Health Hospital – Behavioral Center: 317-621-5700 or 800-662-3445; 317-621-5700 Crisis Line
- Families First: 317-251-7575 Crisis Line or Text CSIS or 839863
- Family Counseling Associates: 317-585-1060
- Indiana University Health Methodist Hospital: 317-962-2622
- Reach for Youth: 317-920-5900
- Riley Hospital for Children (IU Health): 317-944-5000
- St Vincent Health Stress Center: 317-338-4800

### COMMUNITY MENTAL HEALTH PROVIDERS if you do NOT have insurance

Providers located within Hendricks County  
- Hope Healthcare Services: 317-272-0708

Providers located outside Hendricks County  
- Healthnet Community Health: 317-957-2500  
- Jane Pauly Community Health: 317-381-5252

For more extensive referral information, please go to Mental Health America – Hendricks County's website <http://mhahc.com/> or contact 211 – Connect2Help <http://www.connect2help211.org/>

School based services may also be an option. Please consider signing a release of information to make sure all providers are aware of any concerns and referrals.



United Way  
of Central Indiana