



Community Resource Guide

Last Updated in Fall 2025

> Disclaimer

Information may change. Contact agencies directly to confirm details.

For physical emergencies, dial 911.

For mental health emergencies, call or text 988.

For additional community resources, dial 211.

About This Guide:

This guide is a curated collection of community resources in the area that the MCSC Support Services Staff has found helpful at meeting basic needs such as housing, food, mental health, physical health, and emergency assistance.

Table of Contents

Click/press any section title below for direct navigation to that section.

<p>> Housing and Financial Assistance</p>
<p>> Shelters</p>

> Food Distribution
> Clothing Banks
> Mental Health Services
> Medical Services
> Family Support Services
> Support Groups
> Online Resources

Housing and Financial Assistance

[Catholic Charities](#)

219-886-3549

940 Broadway, Gary, IN 46402

Services Offered: Rent and utility assistance.

[Community Partners \(by Geminus\)](#)

1-866-641-7181

8400 Louisiana St, Merrillville, IN 46410

Program Requirements:

- A child under age 18 in the home
- Resident of Lake County
- No involvement with the Department of Child and Family Services
- No involvement with Juvenile Probation

Services Offered: Assistance with locating housing, financial assistance, and support to stay housed.

[Ross Township Trustee](#)

219-769-2111

24 W. 73rd Ave, Merrillville, IN 46410

Hours: Weekdays, 9:00 AM–5:00 PM

Services Offered: Rent, mortgage, and utility assistance.

[The Salvation Army Prevention & Emergency Assistance](#)

219-762-9191

799 Capitol Rd, Valparaiso, Indiana 46385

Services Offered: Rent, mortgage, utility, and medication bills assistance.

↑ [BACK TO TABLE OF CONTENTS](#) ↑

Shelters

General Shelters

[Sojourner Truth House](#)

219-885-2282

410 W. 13th Ave, Gary, IN 46407

Hours: Weekdays, 8:00 AM–4:00 PM

Eligibility: Women and children

↑ [BACK TO TABLE OF CONTENTS](#) ↑

Services Offered: Day center and transitional housing for women and children. Provides case management, life skills classes, and support for permanent housing.

[Alternative House @ Crisis Center, Inc.](#)

219-938-7070

101 N. Montgomery St, Gary, IN 46403

Hours: 24/7

Eligibility: Youth aged 10-20

Services Offered: Emergency youth shelter that helps resolve crises and successfully return home or to an alternative, safe living situation.

Domestic Violence Shelters

Safety First: For domestic violence situations, call **1-800-799-SAFE (7233)** or **911** if in immediate danger.

[Haven House](#)

219-931-2090

Hammond, IN 46325

Services Offered: Emergency shelter, crisis intervention and support services, case management and advocacy, and life skills groups for DV survivors and their children.

24-hour Hotline: 219-931-2090

[St. Jude House](#)

219-662-7066

12490 Marshall St, Crown Point, IN 46307

Hours: 24/7 intake

Services Offered: Emergency shelter, counseling, legal advocacy, and case management for DV survivors and their children.

24/7 Crisis Hotline: 1-800-254-1286

[The Caring Place](#)

219-464-2128

3107 Cascade Dr, Valparaiso, IN 46383

Services Offered: Shelter, advocacy, counseling, and support groups for DV survivors and their children.

24/7 Crisis Hotline: 1-800-933-0466

↑ [BACK TO TABLE OF CONTENTS](#) ↑

Food Distribution

[Catholic Charities Hunger Relief Center](#)

219-397-5803

3901 Fir St, East Chicago, IN 46312

Schedule: Fridays, 9:00 AM–11:00 AM

Services Offered: Food pantry site, mobile and pop-up food pantries, homebound food drop-off.

[CRC Food Distribution Center](#)

219-980-0229

805 W. 57th Ave, Merrillville, IN 46410

Schedule: Third Sunday of every month, 11:00 AM–1:00 PM

Services Offered: Food distribution and assistance for Merrillville residents.

[Food Bank of NWI Mobile Markets](#)

219-980-1777

Location varies – [click here](#) to check the monthly schedule.

Services Offered: Free groceries on a first-come, first-served basis.

Text "MARKET" to 219-500-6464 for alerts

[Operation Care @ Family Christian Center](#)

219-838-2295

340 45th St, Munster, IN 46321

↑ [BACK TO TABLE OF CONTENTS](#) ↑

Schedule: Saturdays, 8:00 AM–11:00 AM

Services Offered: Food and clothing giveaway.

[Ross Township Food Pantry @ Saints Constantine & Helen Cathedral](#)

8000 Madison St, Merrillville, IN 46410

Schedule: Fridays, 9:00 AM–11:00 AM

Services Offered: Free pantry access with vouchers. Complete an application form at the Ross Township Trustee's office, 26 W. 73rd Avenue in Merrillville.

[St. Mary Catholic Church](#)

219-743-2687

321 E. Joliet St, Crown Point, IN 46307

Schedule: Third Saturday of every month, 8:00 AM–10:00 AM

Services Offered: Monthly food distribution.

The Salvation Army Food Pantries

[Salvation Army of Gary-Merrillville](#)

219-887-6588

4800 Harrison St, Gary, IN 46408

Distribution: Wednesdays, 12:00 PM–2:00 PM

[Salvation Army of East Chicago](#)

219-398-2939

513 W. Chicago Ave, East Chicago, IN 46312

Distribution: Monday–Thursday, 9:00 AM–11:00 AM

Free cooked meal served weekdays from 12:00 PM–1:00 PM

[Salvation Army of Porter County – South Haven](#)

219-762-9191

799 Capitol Rd, Valparaiso, IN 46385

Distribution: Tuesdays, Wednesdays, Thursdays, 1:00 PM–3:00PM

↑ [BACK TO TABLE OF CONTENTS](#) ↑

[Salvation Army of Hammond-Munster](#)

219-838-0380

8225 Columbia Ave, Munster, IN 46321

Distribution: Tuesdays & Thursdays, 1:00 PM–4:00 PM, 2nd & 4th Wednesdays 9:00 AM–12:00 PM

↑ [BACK TO TABLE OF CONTENTS](#) ↑

Clothing Banks

[Christian Fellowship Church](#)

219-931-5177

605 165th St, Hammond, IN 46324

Hours: Second Friday of each month, 9:00 AM–12:00 PM

[Clothes N Prayers](#)

219-758-1050

786 Juniper Rd, Valparaiso, IN 46385

Hours: Changes seasonally – *call to confirm*

- **Summer hours:** Thursdays, 2:00 PM–7:00 PM
- **Regular hours:** Tuesdays, 10:00 AM–2:00 PM and Thursdays, 6:00 PM–8:00 PM

[Operation Care @ Family Christian Center](#)

219-838-2295

340 45th St, Munster, IN 46321

Hours: Saturdays, 8:00 AM–11:00 AM

↑ [BACK TO TABLE OF CONTENTS](#) ↑

↑ [BACK TO TABLE OF CONTENTS](#) ↑

Mental Health Services

Community Mental Health Centers

[Edgewater Health](#)

219-885-4264

1100 W. 6th Ave, Gary, IN 46402

Services Offered: Mental health counseling, substance abuse treatment, psychiatric services, and integrated primary care.

Payment Options: Medicaid, Medicare, private insurance, and sliding fee scale.

[Flourish Community Hub](#)

219-232-6080

3935 Cleveland St, Gary, IN 46408

Services Offered:

- Mentorship & education, ages 13-21, including support with GED prep, skill development.
- Mental health & wellness services: partners with licensed clinical professionals; provides no-cost individual and group counseling, trauma-informed care, referrals.
- Basic resources: food, clothing, hygiene, household essentials via a resource closet and "Blessing Box" pantry
- Job support, childcare support, adult/secondary education classes (GED etc.)

Payment Options: Services are free or low-cost depending on program; many of the counseling and mental health supports are no-cost.

[Regional Health Systems](#)

219-769-4005

8555 Taft St, Merrillville, IN 46410

Services Offered: Comprehensive mental health services, including crisis stabilization, outpatient therapy, medication management.

Emergency Mental Health Services: 24 hours, 7 days a week

Payment Options: Medicaid, Medicare, private insurance, and sliding fee scale.

24-Hour Crisis Line: 219-769-4005

[Swanson Center](#)

219-879-4621

7224 W 400 N, Michigan City, IN 46360

Services Offered: Outpatient therapy, psychiatric services, substance use treatment, and community-based programs for adults and children.

Other location: 1230 W. State Rd 2 in LaPorte, 219-362-2145

Payment Options: Medicaid, Medicare, private insurance, and sliding fee scale.

24-Hour Crisis Line: 219-871-9975

Counseling and Therapy Agencies

[Awakenings Counseling Center](#)

219-791-9083

7853 Taft St, Merrillville, IN 46410

Services Offered: Mental health and addictions therapy for individuals, family, and couples.

Payment Options: Accepts insurance and offers sliding scale.

[Crown Counseling](#)

219-769-0060

1551 E. 85th Ave, Merrillville, IN 46410

Services Offered: Mental health counseling for children and adults. School-based available.

Payment Options: Accepts insurance and offers sliding scale.

[Epiphany & Co. Counseling](#)

219-472-8388

2600 W. Lincoln Hwy, Merrillville, IN 46410

Services Offered: Counseling and wellness, psychological testing, medication management, EMDR therapy, girls wellness workshops, and more.

Payment Options: Accepts insurance and self-pay options.

[Fresh Start Counseling Services](#)

219-736-5990

3490 W. 81st Ave, Merrillville IN 46410

Services Offered: Individual/family therapy, substance use counseling, court-ordered programs.

Payment Options: Accepts insurance and offers sliding scale.

[Integrative Counseling Services](#)

219-595-5944

358 Division St, Schererville, IN 46375

Services Offered: Individual, couples, substance use, trauma, and male mentoring.

Payment Options: Affordable cash payments only; no insurance accepted.

[Pillars of Wellness](#)

219-323-3311

326 E. US Hwy 30, Merrillville, IN 46410

Services Offered: Therapy, psychological assessments, and specialized programs for maternal health, grief, chronic illness, and substance use recovery.

Payment Options: Accepts insurance and cash payments with reduced rate options.

[Survive & Thrive Counseling, Inc.](#)

219-281-6053

1457 E 84th Pl, Merrillville, IN 46410

Services Offered: Individual and couples, anger management, grief, and more.

Payment Options: Accepts insurance and self-pay options.

Special Needs Services

[AccessAbilities Inc.](#)

219-755-4049

8398 Mississippi St, Merrillville, IN 46410

Services Offered: ABA services, behavior management, and music therapy for individuals with

↑ [BACK TO TABLE OF CONTENTS](#) ↑

developmental disabilities. Parent training also available.

Payment Options: Accepts insurance.

[Innovations in Learning](#)

219-791-1400

8200 Georgia St, Merrillville, IN 46410

Services Offered: ABA clinic, behavior management, speech therapy, groups and activities for individuals on the autism spectrum and with intellectual and developmental delays.

Payment Options: Accepts insurance and self-pay options.

[Lighthouse Autism Center](#)

574-387-4309

295 S. Wisconsin St, Suite A, Hobart, IN 46342

3125 Willowcreek Rd, Portage, IN 46368

Services Offered: Diagnostic testing, ABA therapy, speech support, social skills groups, school readiness, parent support.

Payment Options: Accepts insurance and self-pay options.

↑ [BACK TO TABLE OF CONTENTS](#) ↑

Medical Services

[Community HealthNet Center](#)

219-880-1190

6100 Broadway, Merrillville, IN 46410

Hours: Weekdays 8:30 AM—5:00 PM, Saturdays 9:00 AM —1:00 PM

Services Offered: Family Medicine, Behavioral Health, Insurance Enrollment, Labs

Payment: Medicare, Medicaid, and private insurance; sliding fee scale for uninsured.

[IUN Dental Education Clinic](#)

↑ [BACK TO TABLE OF CONTENTS](#) ↑

219-980-6772

3400 Broadway, Gary, IN 46408

Hours: Varies each semester according to student schedules.

Services Offered: Affordable dental services for Lake County residents.

Payment: Fees vary by service, with a sliding scale based on income.

[John Lanman Clinic \(by Franciscan Health\)](#)

219-853-7100

5529 Hohman Ave, Hammond, IN 46320

Hours: Weekdays, 8:00 AM–5:00 PM

Services Offered: Medical care for uninsured adults. Applications take about two weeks to process.

[Lake County Health Department](#)

219-755-3655

2900 West 93rd Ave, Crown Point, IN 46307

Hours: Weekdays, 9:00 AM–4:00 PM (*closed on holidays*)

Services Offered: Immunizations, STI testing, TB testing, blood tests, and prevention work.

Payment: Call for more information – [online scheduling available here](#)

[Midwest Express Clinic](#)

219-707-5276

5043 E 81st Ave, Merrillville, IN 46410

Hours: Weekdays, 8:00 AM–8:00 PM and weekends, 8:00 AM–6:00 PM

Services Offered: Adult and pediatric urgent care services.

Payment: Affordable self-pay rates for all services; also accepts insurance.

[NorthShore Health Centers](#)

219-763-8112

6091 Broadway, Merrillville, IN 46410

Hours: Weekdays, 8:00 AM–6:00 PM

Services Offered: Medical and dental services including family medicine, pediatrics, dental care, and urgent care.

**School physicals available.*

Payment: Accepts insurance. Sliding fee scale, proof of income and residency required.

[Work Care Occupational Health](#)

219-769-4400

751 E. 81st Pl, Merrillville, IN 46410

Services and Fees:

- School Physical Exams: \$25
- Sports Physical Exams: \$25
- Pop Warner Physical Exams: \$20

Payment: Cash or credit card only; no insurance accepted.

↑ [BACK TO TABLE OF CONTENTS](#) ↑

Family Support Services

[Family and Social Services Administration](#)

1-800-403-0864

661 Broadway, Gary, IN 46402

Hours: Weekdays, 8:00 AM–4:30 PM

Services: Apply for income-based government assistance programs.

- Childcare vouchers (CCDF)
- SNAP and TANF
- Medicaid/Medicare

[Geminus](#)

219-757-1800

8400 Louisiana St, Merrillville, IN 46410

↑ [BACK TO TABLE OF CONTENTS](#) ↑

Services Offered:

- Truancy prevention
- Parenting education and support groups
- Fatherhood engagement
- Mentoring/tutoring

[Indiana Parenting Institute](#)

219-885-6640

504 Broadway, Suite 444, Gary, IN 46402

Services Offered:

- Parenting classes (virtual & in-person).
- Court-approved parenting education and co-parenting workshops.
- Support for parents navigating behavioral, school, and custody challenges.

[Mental Health America of Northwest Indiana](#)

219-937-7733

5311 Hohman Ave, Hammond, IN 46320

Services Offered:

- **Healthy Families Program:** In-home visits for new parents and early childhood development education.
- **Parent Cafés & Workshops:** Peer support and parenting skills groups, referrals for child and family mental health services.

↑ [BACK TO TABLE OF CONTENTS](#) ↑

Support Groups

Grief

[Compassionate Friends](#)

219-462-0921

218 S. Court St, Crown Point, IN 46307

Services: Grief groups for all ages.

↑ [BACK TO TABLE OF CONTENTS](#) ↑

Schedule: 3rd Tuesday of each month, 7:00 PM

Cost: Free – [virtual support also available](#)

[Golden Hope Ministries](#)

219-267-0233

909 E. Greenwood Ave, Crown Point, IN 46307

Services: Adult, teen, and child grief groups led by trained facilitators.

Group dinner provided before each meeting.

Schedule: 2nd and 4th Thursdays in Sept–April, 6:00 PM–7:30 PM

Cost: Free

[Phoenix Center @ VNA](#)

219-252-0786

501 Marquette St, Valparaiso, IN 46383

Services: Peer support grief groups led by trained facilitators.

Schedule:

- **Teens (High School+):** Every other Monday, 6:30 PM–7:30 PM
- **Little (Ages 5–9), Middle (Ages 10–13), & Adult:** Every other Wednesday, 6:30 PM–7:30 PM

Cost: Free

Other

[Crown Counseling Support Groups](#)

219-663-6353

1308 N. Main St, Crown Point, IN 46307

Services: Groups for disordered eating, teen and adult substance use, domestic violence victims, foster parent resource, and more.

Cost: Most free, some small fees per session. *Do not have to be an existing client to attend!*

[NAMI Lake County](#)

219-513-9457

8555 W. Taft St, Merrillville, IN 46410

Services: Support groups for family members of those struggling with mental illness. Peer support groups for the individuals experiencing mental illness.

Schedule

- **Family support group:** 3rd Friday of the month, 6:30 PM–8:00 PM
- **Peer support group:** 3rd Thursday of the month, 6:00 PM–7:30 PM

Cost: Free

↑ [BACK TO TABLE OF CONTENTS](#) ↑

Online Resources

Addiction

[drugfree.org](#)

Partnership to End Addiction is preventing and addressing substance use disorders by providing families, communities, and professionals with practical knowledge they can trust to support young people at risk or struggling with addiction.

Contact the free, confidential helpline at **855-378-4373** or text **CONNECT** to **55753**

Eating Disorders

[nationaleatingdisorders.org](#)

National Eating Disorders Association supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care.

Grief

[dougy.org](#)

↑ [BACK TO TABLE OF CONTENTS](#) ↑

The Dougy Center National Center for Grieving Children and Families provides information, activities, and resources for children, teens, young adults, and their families seeking support and connection before and after a death.

Healthy Relationships

loveisrespect.org

Love is Respect provides information, support, and advocacy to young people between the ages of 13 and 26 who have questions or concerns about their romantic relationships. It is the national resource to disrupt and prevent unhealthy relationships and intimate partner violence by empowering young people through inclusive and equitable education and resources.

LGBTQIA+

itgetsbetter.org

It Gets Better Project is a place where young people who are lesbian, gay, bi-sexual, transgender or questioning can see how love and happiness can be a reality in their future, and straight allies can visit and support their friends and family members.

thetrevorproject.org

The Trevor Project is determined to end suicide among LGBTQ youth by providing life-saving and life-affirming resources including our nationwide, 24/7 crisis intervention lifeline, digital community and advocacy/educational programs that create a safe, supportive and positive environment for everyone.

Self-Harm (Nonsuicidal Self-Injury)

selfinjury.bctr.cornell.edu

Cornell Research Program in Self-Injurious Behavior helps understand, educate about, and prevent self-injury.

Vaping and Tobacco Use

teen.smokefree.gov

Smokefree Teen helps reduce teen tobacco use by preventing occasional use from becoming habitual, promoting quitting among regular users, and providing free, science-based tools like

text messaging support and the quitSTART app to help teens create personalized quit plans and manage cravings.

↑ [BACK TO TABLE OF CONTENTS](#) ↑

↑ [BACK TO TABLE OF CONTENTS](#) ↑