# Outpatient Services

**For people with mild to moderate symptoms, can manage daily activities, can tolerate a waiting room, treatment within weeks seems reasonable.**

## Oaklawn Open Access

Walk-in clinics for anyone wanting to start treatment. Visit during any of the days/times listed below.

**South Bend,** 415 E. Madison St.
**Elkhart,** 2600 Oakland Ave.
**Goshen,** 330 Lakeview Dr.

- Mondays: 8 a.m.-2 p.m.
- Tuesdays: 8 a.m.-2 p.m.
- Wednesdays: 12-6 p.m.
- Thursdays: 10 a.m.-4 p.m.
- Fridays: 8 a.m.-2 p.m.

*A legal guardian must attend with clients under 18.

FAQs at oaklawn.org/access

## Other important resources

**Crisis Text Line:**
Text "HOME" to 741741

**Domestic Violence Hotline:**
1-800-799-7233

**Indiana Child Abuse/Neglect Hotline:**
1-800-800-5556

**Sexual Assault Hotline:**
1-800-656-4673

**National Human Trafficking Hotline**
1-888-373-7888

**The Trevor Project (LGBTQ+ Youth):**
1-866-488-7386

OAKLAWN

574-533-1234
www.oaklawn.org

OAKLAWN

# Community Crisis Services

574-533-1234, option 1
oaklawn.org



For up-to-date hours and locations, visit oaklawn.org/crisis-services or scan the QR code

# Crisis Help is Here

This guide outlines area resources and general guidelines on when to use each service.

If there is immediate danger of harm to self, others or property, call 911.

# Crisis Symptoms

- Intense or sudden changes in mood
- Going days without sleeping or eating
- Suicidal thoughts or plans
- Self-harm or self-medicating
- Seeing, hearing or tasting things that others do not (psychosis)
- Paranoia
- Agitation, threats or out-of-control behavior
- Substance use that interferes with daily living

# Need Help Deciding?

If you need help deciding which level of care is right for you, call us at 574-533-1234, option 1, to speak with a trained professional who can help guide you.



## 24-Hour Crisis Phone Lines

**For people with mild, moderate or severe symptoms, needing support or guidance from professionals.**

### 988

Connect to a trained counselor for help. Call, text or chat 24/7/365. For suicidal, mental health and substance use crises.

### 574-533-1234, option 1

Speak with Oaklawn's crisis team 24/7/365. Crises are often resolved over the phone. If not, staff can connect you with more help.



## Urgent Crisis Care

**For people with moderate or severe symptoms. Without immediate help, symptoms will likely get worse.**

### Oaklawn Mobile Crisis Team - 574-533-1234, option 1

This team may respond to your location. They can assess your situation, link you to treatment, provide resources and more. Family or community members may call on behalf of someone else.

### Oaklawn Crisis Centers

Walk-in centers provide short-term stabilization, safety planning and connection to ongoing care. Call 574-533-1234, option 1, or visit oaklawn.org for locations and hours.



## Emergency Care & Hospitalization

**For people at imminent risk of harm to self or others, who cannot care for themselves or who are experiencing severe symptoms for the first time.**

### 911/Emergency Rooms

Can facilitate intensive care, such as inpatient hospitalization, for someone who is in danger (to self or others) or disabled due to a psychiatric condition. Call 911 or visit the nearest ER if it is safe.

### Inpatient Psychiatric Hospitals

Provide mid-term stabilization (days or weeks) for psychiatric emergencies. Services may include diagnosis, treatment and referrals to services to help prevent future emergencies.