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Mental Health Resources & Hotlines

Indiana



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Mental Health Resources & Hotlines: Indiana

Indiana 211: 2-1-1 is a free and confidential service that helps you find the local resources you need. Dial 2-1-1 to connect with a navigator. This service is available 24/7. You can also text you ZIP code to 898211 anytime Monday – Friday between 8:00 a.m. – 5:00 p.m. Contact this service at (866) 211-9966 (or dial 211) or visit their website [here](#).

Aspire Indiana: This service is available 24/7 and most commonly serves Boone, Hamilton and Marion Counties. Contact this service at (800) 560-4038 or (317) 574-1252, or visit their website [here](#).

Southwestern Behavioral Healthcare: Southwestern offers 24-hour emergency evaluations, crisis interventions, and counseling for people of all ages with mental health and/or substance abuse problems. Mental health professionals are available to assist when help is needed most. Contact this service at (812) 422-1100 or (812) 423-7791, or visit their website [here](#).

Mental Health America – Wabash Valley Region: This service provides crisis intervention, suicide prevention, and information and referral, 24/7. All communication is confidential. By texting “SAFE2TALK” to (765) 742-0244, you can connect with a crisis intervention specialist. Contact this service at (765) 742-0244 or visit their website [here](#).

Regional Health Systems – Mental Health Center: This service is Northwest Indiana's largest community mental health service. This resource helps adults, teens and children in need of high quality, affordable mental and behavioral health services and/or substance abuse treatment. Contact this service at (219) 769-4005 or visit their website [here](#).