

IT'S OKAY

to say ouch • to not be perfect • to lament • to ask for help

Below is a list of resources for people needing assistance and care in the Central Indiana area.

Spiritual Care

Cornerstone Lutheran Church – 317-814-4252

In an after-hours emergency, listen for the prompt for a message to be sent to a pastor

Mental Health Treatment

Suicide and Crisis Hotline – 988

Help is available 24 hours a day, 7 days a week

Dr. Randall Schroeder – 260-348-8777

CLC Based Counselor

Crosswinds Counseling – 877-594-9204

Christian Based Family Counselors

Care to Change – 317-790-9396

Christian Based Family Counselors

Aspire Indiana

For Children and Adults with Serious Mental Illness
Substance Dependence Treatment
800-560-4038 (crisis number)
317-587-0500 (general number)

Adult and Child Mental Health Center

For Children and Adults with Serious Mental illness
Substance Dependence Treatment
877-882-5122 (crisis number)
317-882-5122 (general number)

General Help

Good Samaritan Network – 317-842-2603

Hamilton County Based organization offering help with
Food/Shelter, Financial/Medical Assistance, Life-Skills, and
Education

The Salvation Army – 800-517-7766

Substance Dependence /Financial Assistance

Findhelp.org – Enter Zip Code for help with:

Food, housing, goods, transit, health, money, care, education,
work, legal

Wheeler Mission – 317-635-3575

Christian, social services organization, which provides critically
needed goods and services to individuals experiencing
homelessness, poverty, and need.

Indiana 211 – Call 211 for information to connect with resources
including health care, financial assistance, food stamp assistance,
housing, etc.

Alcoholics Anonymous Helpline – 800-839-1686

To find a local meeting: alcoholicsanonymous.com

Gambler's Anonymous Helpline – 855-222-5542

To find a local meeting: gamblersanonymous.org/ga/locations

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