



Emotional Wellness and Behavioral Health Services

This list is created based on information available at this time. This is not an exhaustive list of resource options, nor is it intended to endorse or recommend any listed provider.

Mental Health Emergency

It is appropriate to contact local law enforcement by dialing 911.

Crisis Talk-Line Services

Key Consumer "Warm-Line"	800.933.5397
Mental Health America Talk-Line	800.273.8255
A Better Way	765.288.HELP (4357)
National Suicide Prevention Hotline	800.273.TALK (8255)
National Suicide Prevention Hotline	800.SUICIDE (800.784.2433)
Military Veterans Suicide Hotline	800.273.TALK (8255), press #1
Suicide Hotline (Línea directa de suicidio en Español)	800.273.TALK (8255), press #2
Lifeline Crisis Chat	www.crisischat.org

Private Psychiatrists/Psychologists/Therapists

Psychology Today provides online listings at their website: www.psychologytoday.com

Contact your insurance carrier for providers in your area who accept your insurance.

Consider using Employee Assistance Programs (EAP) as provided by many employers.

Community Mental Health Centers

Aspire of Indiana	317.574.1252
Provides individual, family and group counseling for anyone with a wide variety of diagnoses. Psychological and psychiatric assessment and treatment are available.	
Gallahue Mental Health Center	317.621.5719
Provides individual, family and group counseling for anyone with a wide variety of diagnoses. Psychological and psychiatric assessment and treatment are available. Offers services to clients in Hamilton and Marion counties.	
Midtown Mental Health Center	317.880.8491
Provides individual, family and group counseling for anyone with a wide variety of diagnoses. Psychological and psychiatric assessment and treatment are available. Provides services in central Marion County only. Offers services to people who consider themselves "homeless."	

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No Cost/Sliding Scale Therapy Services

Most Community Mental Health Centers will offer income-based rates for people who do not have insurance, or elect not to use health insurance benefits.

Legacy House 317.554.5272
Provides free counseling and support service to children and adults affected by violence.

Family Service of Central Indiana 317.634.6341
Preserves and strengthens families through individual, family, couples and group counseling on depression, grief, abuse, communication and chemical dependency, among other issues. Some services may be covered by Medicaid or other insurance. Services not covered by insurance are on sliding scale based on family size and income.

University of Indianapolis 317.788.3353
Provides comprehensive outpatient services including disability issues, educational evaluation, psychological assessment, neuropsychological assessment, individual therapy and family treatment. Services provided by licensed psychologists and advanced graduate students under supervision.

Catholic Charities Indianapolis 317.236.1500
Three service areas: Individual and family support, eldercare and crisis relief shelter. Individual, family and couple counseling available on sliding scale based on income. Training programs for parents/caretakers and youth to improve communication among family members. Professional counseling services for children provided through school social work programs.

Christian Theological Seminary 317.924.5205
Provides counseling services for individuals, couples, families, and children; as well as, psychiatric evaluation and testing. Center is accredited as a training center by the American Association of Pastoral Counselors (AAPC). Also offers a variety of ongoing groups.

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No Cost/Sliding Scale Therapy Services

- Groff & Associates 317.710.3726
Provides professional Christian counseling to individuals, couples and families. Accredited by the Indiana Health Professions Bureau. Services include premarital counseling, conflict resolution, support groups, prevention programs, ministry-related events and information talks.
- Brooke's Place 317.705.9650
Provides individual grief counseling for young people age 3 to 20s, and their adult caregivers, who are experiencing a death or are anticipating the death of someone significant. Offers fee-based therapy services. Brooke's Place, in partnership with St. Luke's United Methodist Church, host bi-monthly support group services. Support groups are not affiliated with any particular religion.
- Chaucie's Place 317.759.8008
Aspire Indiana has an outpatient clinic at Chaucie's Place, specifically for the treatment of survivors of child sexual abuse. This service is provided to children, adolescents, and adults surviving child sexual abuse.

Neuropsychological Testing

- St. Francis/Franciscan Alliance 317.528.8306
Neuropsychology Associates 317.581.2292
St. Vincent Health Neuropsychology Department 317.338.3103, option #1
IU Health Neuroscience Center 317.963.7000
Suga Neuropsych 317.559.0990
The Memory Clinic at Comprehensive Med/Psych Systems (CMPS) 317.581.2288
The Neuroscience Center of Indianapolis 317.257.9672

Inpatient Crisis Centers

- Anderson Center (Anderson) 765.646.8444
Walk-in crisis assessment for inpatient admission offered at St. Vincent Regional Hospital in Anderson.

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Inpatient Crisis Centers

- Gallahue Mental Health Center (Indianapolis) 317.621.5719
Walk-in crisis assessment for inpatient admission offered at Community Hospital North Behavioral Health Pavilion. Crisis assessment can also be completed at several area Emergency Departments, including Riverview Health Emergency Department.
- St. Vincent Stress Center (Indianapolis) 317.338.4850
Walk-in crisis assessment for inpatient admission offered. Also offers a variety of additional programming on an outpatient basis.

Chemical Dependency and Smoking Cessation Programs (Addictions Services)

- Riverview Health 317.776.7484
Smoking cessation programming
- Indiana Dept. of Health 800.QUIT.NOW (800.784.8669)
Smoking cessation programming
- Alcoholics Anonymous (AA) 317.632.7864
Support Group Services utilizing the 12-Step Program. Directory of meeting times and locations is available at <http://www.indyaa.org/>
- Fairbanks 317.849.8222
Provides comprehensive treatment to address a variety of substance abuse issues. Offers inpatient and outpatient services. Can link people to sober living programs.

Domestic Violence Help and Prevention

- Prevail 317.773.6942
Offers counseling for survivors of trauma and domestic violence.
- The Julian Center 317.941.2200
Offers counseling for survivors of trauma and domestic violence. Also provides shelter services to those families directly impacted by domestic violence.

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Gambling Addition

Indiana Council on Gambling	317.632.1364
Indiana Gambling Help Line	800.994.8448
National Gambling Help Line	800.522.4700
Aspire Indiana Behavioral Health Systems	765.641.8216
Gallahue Mental Health Center	317.621.5719
Emberwood Center	317.536.7100
Midtown Mental Health Center	317.630.7791
Salvation Army Harbor Light Center	317.972.1450

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