

IN CASE OF EMERGENCY: NAVIGATING A CRISIS



Someone to contact. 
Someone to respond. 
A safe place for help.   

<https://988indiana.org/>

988 is the universal, three-digit dialing code in the U.S. and Canada for the Suicide & Crisis Lifeline. It provides free, confidential, 24/7 support for anyone experiencing suicidal thoughts, mental health emergencies, emotional distress, or substance use concerns.

988



Text 988



Call 988



Chat 988lifeline.org

Press 1 for veteran/military

<https://988indiana.org/>

Includes deaf/HoH option



Mobile Crisis Units –

<https://988indiana.org/community-resources/>

Indiana Department of Health State-wide Hospital Search (by city or county, with ambulatory services) –
<https://www.in.gov/health/reports/QAMIS/hosdir/>



Thinking about starting mental health treatment? Begin your search below, using keywords that fit your needs, and filtering for the right provider and insurance.

TREATMENT
LOCATOR



1-800-662-HELP (4357)

<https://findtreatment.gov/>



SAMHSA'S NATIONAL HELPLINE



<https://treatmentatlas.org/>

TREATMENT ATLAS



<https://www.in.gov/fssa/addiction/>

<https://www.in.gov/fssa/dmha/find-a-local-service-provider/>



STATE OF INDIANA

<https://www.talkspace.com/online-therapy/>

ONLINE THERAPY

SUPPORT

Prevention and Postvention support exists across Indiana. Links below connect to those existing resources in the state.

BEREAVEMENT SUPPORT

Skilled Facilitators through the American Foundation for Suicide Prevention

<https://afsp.org/find-a-support-group/>

L.O.S.S. TEAMS

Local Outreach to Suicide Survivors
<https://indianasuicidepreventionnetwork.org/local-outreach-to-suicide-survivors/>

ALTERNATIVES TO SUICIDE (ALT2SU)

Peer-led, non-clinical support groups for individuals experiencing suicidal thoughts.

Full list coming soon at:

<https://indianasuicidepreventionnetwork.org/>



Indiana Suicide Prevention
Network

<https://indianasuicidepreventionnetwork.org/>