



If you are in an immediate crisis please pick up the phone and dial 911 for help.

Nation Suicide Hotling

- Dial 988
- <https://988lifeline.org/>

St. Vincent Stress Center

- Offer mental health crisis evaluation + interventions
- <https://healthcare.ascension.org/locations/indiana/ineva/in-dianapolis-ascension-st-vincent-stress-center>

Crisis Helplines

- Speak with a trained counselor 24/7 regarding stress, anxiety, loneliness or mental health strains. Service is free and confidential -- **Dial 211**
- A free, confidential service that connects Hoosiers to local resources and services for food, housing, utility bill support and more across Indiana. -- **Dial 211**
- Crisis Text Line: Free, 24/7 support from a trained crisis counselor. -- **Text HOME to 741741**
- Veterans Crisis Line: 24/7 support for veterans experiencing emotional distress or considering hurting themselves -- **Dial 988**

Department of Child Services (DCS)

- 1-800-800-5556 (Child Abuse Hotline)

Indiana Adult Protective Services

- 1-800-992-6978 (Statewide hotline)