Mental Health and Substance Use Pocket Guide
To learn more visit behealthy365.org
WHAT CAN YOU DO TO HELP?

Look for warning signs that may indicate the need for treatment:

» Withdrawal from social contact
» Loss of interest in normal activities and appearance
» Panic attacks
» Severe change in eating or sleeping habits
» Substance Use
» Talk about death
» Suicide threats and attempts

Know the Five Signs that may mean someone is in emotional pain and might need help:

» Personality Change
» Agitation
» Withdrawal
» Poor Self-care
» Hopelessness

Campaign to Change Direction
changedirection.org
#changementalhealth

Learn the Healthy Habits of Emotional Wellbeing...

Take Care
Eat well, sleep well, exercise

Check In
With family, friends & counselors

Engage
You can’t be healthy emotionally if your relationships aren’t

Relax
Be active, meditate, garden, dance, love, cook, sing

Know
Know the Five Signs of emotional suffering

WHAT ARE WE DOING?

healthy365 consists of 4 teams who all work together to improve health, happiness and wholeness for everyone in Hancock County whether you live, work, eat, play or pray here.

The teams are Workplace Wellness, Healthier Choices, System of Care and the Congregational Network. Each of these teams work with community partners to work towards improving and creating healthy environments for a better quality of life because we care. Anyone can be on any of the teams. If you have a passion or would like to give back and want to be a part of the healthy365 movement, please visit behealthy365.org and follow healthy365 on FaceBook.

Training and Education

It is our priority to change the way mental health is perceived. Our goal is to raise awareness, break the stigma, connect people to resources and encourage them to reach out for help.

Examples of training and education we provide are:

» Mental Health First Aid
» CPR (Suicide Prevention)
» CIT (Crisis Intervention Team) Training
» Rise Above It

For information and resources please visit behealthy365.org.

24 HOUR CRISIS HOTLINES

Suicide/Mental Health
Call 911 and ask for a CIT Officer
National Suicide Prevention Lifeline – 800-273-TALK (8255) or text CSIS to 839863
Community Health Network – 800-662-3445 or 317-621-5700 Text HELPNOW to 20212
National Alliance on Mental Illness – 800-955-6424
National Association on Mental Illness (Indiana) – 800-677-6442
Valle Vista Health System – 800-447-1348
Gambling Helpline – 800-994-8448
Mental Health & Addiction Resource – 800-662-4357
RemedyLIVE Chat Line – text ‘Remedy’ to 494949 or text ‘Lookup’ to 494949

Abuse/Violence
Alternatives Incorporated – 866-593-9999
Indiana Coalition Against Domestic Violence – 800-332-7385
The Julian Center, Inc – 317-920-9320
National Sexual Assault Hotline – 800-555-HOPE (4673)

Additional
Boys Town National Hotline – 800-448-3000
National Runaway Safeline – 800-78-2929
Veterans Crisis Line – (option 1) 800-273-8255
Child Abuse Hotline – 800-800-5555

Support Groups

Al-Anon – 317-257-2693
Bradley Methodist Church
210 National Rd, Greenfield, IN 46140
Amity United Methodist Church
6042 W 100 N, Greenfield IN 46140

Beyond the Baby Bump
Support for new and experienced moms
Hancock Regional Hospital
801 N State St, Greenfield, IN 46140
317-468-4383

Celebrate Recovery
Faith-based support groups
Brandywine Community Church
1501 E. New Rd, Greenfield, IN 46140
317-462-4777 x104
Brookville Road Community Church
7480 W US 52, New Palestine, IN 46163
317-861-3880
Outlook Christian Church
6331 N 600 W McCordsville, IN 46055
317-335-6815

** Child care of child program available

Hancock County
Support Groups

Mental Health Partners
98 E North St, Suite 204, Greenfield, IN 46140
(317) 462-2877

The Way Out Club
AA, NA, and Al-Anon meetings available
226 Cherry St, Greenfield, IN 46140
(317) 468-0082

National Alliance on Mental Illness
Support for families, friends and persons living with a mental illness
800-950-6264

SMART Recovery
Hancock County
Addiction recovery support group for adults over age 18

SMART Recovery
Family and Friends
Helps those who are affected by substance, drug or alcohol abuse, or other addictions of a loved one
Hancock Regional Hospital
801 N State St, Greenfield, IN 46140
317-468-4383

Survivors of Suicide Grief Group
Mental Health Partners
98 E North St, Ste 204, Greenfield, IN 46140
(317) 462-2877

Veterans Crisis Line
800-273-8255
800-273-TALK (8255) or text ‘Remedy’ to 494949

**Child care of child program available

Hancock Regional Hospital
Support Groups

Various therapy groups available
801 N State St, Greenfield, IN 46140
317-468-4383

The Landing Place
18 W South St, Greenfield, IN 46140
317-525-7791
thelandingplacehc.com
Mental Health Program Information:

**Hancock Counseling & Psychiatric Services**
120 W. McKenzie Rd., Suite F
Greenfield, IN 317-468-6200
hancockregionalhospital.org

**IU Health Riley**
705 Riley Hospital Dr., Indianapolis, IN
Psychiatry Dept - 317-944-8162
Inpatient Unit - 317-948-9215
iuhealth.org/riley/behavioral-health

**Jane Pauley**
1107 N. State St., Greenfield, IN 317-477-5263
janepauleychc.org

**Mental Health Partners**
98 E Main St., Suite 204, Greenfield, IN 317-462-2877
mentalhealthpartnershc.com

**NorthStar Recovery**
1941 Virginia Ave., Connersville, IN 1-833-823-4357
fayetteregional.org

**Reflections - HRH**
803 N. State St., Greenfield, IN 317-468-4351
hancockregional.org

**Bridges of Hope**
2200 Madison Sq., Anderson, IN 765-643-0121
bhoperehab.com

**Fairbanks Hospital**
8102 Clearwater Pkwy., Indianapolis, IN 317-849-8222 800-225-4675
Access line: 317-572-9396
fairbanks.org

**Fayette Regional Care Outpatient Pavilion**
1908 Park Rd., Connersville, IN 1-765-222-1079
fayetteregional.org

**Hickory House**
5486 W. US Hwy. 40, Greenfield, IN 1-765-222-1079
hickoryhouse.com

**Life Spring Turning Point Center**
Jeffersonville, Indiana 812-283-7116
lifespringhealthsystems.org

**Midtown Access Center**
3111 N Meridian St., Indianapolis, IN 317-941-5003
317-880-8491 - Addiction Assessment
eskennaziehealth.edu

**Options Behavioral Health**
5602 Caato Dr., Indianapolis, IN 800-432-1114 317-564-4340
optionsbehavioralhealthsystem.com

**Recovery Works**
Cambridge City, IN 765-478-5395
pinnacletreatment.com

**Harbor Light (has shelter)**
2400 N. Tibbs Ave., Indianapolis, IN 317-972-1450
corps.salvationarmyindiana.org

**St. Vincent Stress Center**
8401 Harcourt Rd. Indianapolis, IN 317-338-4600
stvincent.org

**The Anderson Center**
2210 Jackson St., Anderson, IN 765-646-8444
stvincent.org

**Wheeler Mission Administrative Building**
317-635-3575
wheelermission.org

Emergency Shelter
Long term Addiction Shelter
Mental Health Program