

Community Resources and National/Local Websites

If immediate crisis assistance is needed, call 911 or go to the nearest hospital emergency room. Call 211 for referrals to Community Resources such as Counseling Centers, Domestic Violence Shelters and other social services to assist in a crisis. Some resources are offered at no charge. Some support groups are peer run and others are facilitated by an organization. Some counseling services are based on a sliding fee scale and others are full fee. Check with the individual's insurance company for behavior health care benefits.

Community Mental Health Centers

Services may include 24 hour emergency services, inpatient mental health and substance abuse services, outpatient mental health counseling for youth and adults, day treatment, case management, medication management, and residential services for chronic mental illness. There are five centers in Northern Indiana:

Edgewater Systems for Balanced Living (serving Gary) 219-885-4264 - 1100 W. 6th Avenue, Gary, IN 46402
www.edgewaterstems.org

Porter Starke Services (serving Porter and Starke Counties) 219-531-3500 - 601 Wall Street, Valparaiso, IN 46483
www.porterstarke.org

Regional Mental Health Center (serving Lake County) 219-769-4005 or toll free 1-888-398-7050.
(Strawhun Center South Campus: 8555 Taft, Merrillville, IN 46410) and (Stark Center North Campus: 3903 Indianapolis Blvd., East Chicago, IN 46312). www.regionalmentalhealth.org

Swanson Center (serving LaPorte County) 219-876-4621 or toll free 1-800-982-7123, 7224 W. 400N, Michigan City, IN 46360 and 1230 State Road 2 West. LaPorte, IN 46350; After Hours Emergency Hotline 1-219-871-9975 or 1-855-325-6934 www.swansoncenter.org

Wabash Valley (serving Newton and Jasper Counties) 610 Main Street Lafayette, IN 47901 765-463-2638 or 800-859-5553 www.wvhmhc.org

Hospitals with Inpatient Mental Health & Substance Abuse Treatment

Northlake Methodist Hospital (Gary): Inpatient for adults and youth (6-18) 219-886-4000
www.methodisthospitals.org

Franciscan St. Margaret Health (Dyer): Inpatient for adults and youth (11-18) and medically supervised detoxification for adults 18 and older (IN) 219-865-214 or (IL) 708-895-1650 www.franciscanalliance.org

St. Catherine Hospital (East Chicago): Inpatient for adults only 219-392-1700
www.comhs.org/stcatherine/

Franciscan St. Anthony Health (Michigan City): Inpatient for adult and geriatric 219-879-8511
www.franciscanalliance.org

Porter Stark Mental Health Center (Valparaiso): Inpatient for adults only 219-531-3500
www.porterstarke.org

Regional Mental Health Center (Merrillville): Inpatient and detoxification for adults 219-769-4005

www.regionalmentalhealth.org

Wabash Valley Mental Health/Riverbend Hospital (Lafayette): Inpatient for adults only 765-423-2638
www.wvhmhc.org

Michiana Behavioral Health (Plymouth): Inpatient for adults and children (5 and up) and detoxification for adults and children 574-936-3784
or 800-795-6252
www.michianabehavioralhealthcenter.com

Counseling Services

Addiction and Behavioral Counseling Services 219-756-3791, 7805 Taft Street, Merrillville, IN 46410
Outpatient facility for the treatment of addictions, domestic violence, and marital/family counseling.

Awakenings 219-791-9083 or toll free 866-327-2726 and Fax 791-9084, 7853 Taft St., Merrillville, IN 46410
Substance Abuse Treatment. Child, marital, individual, group, substance abuse counseling. Mix of mental health and substance abuse services. Adolescents, Persons with co-occurring mental and substance abuse disorders. DUI/DWI offenders.

The Caring Corner 6111 Harrison Street Suite 222, Merrillville, IN 46410, (219) 884-8484. Individual and group therapy, substance abuse issues, family custody and mediation. www.thecarecorner.com

Choices! Counseling Services Valparaiso, Crown Point, La Porte, and Michigan City. Call to schedule at any location: (219) 548-8727. Individual, family, couples, grief, assessments, parent education, smoking cessation, trauma, anger management, crisis intervention. www.choicescounselingservices.com

Catholic Family Services 6919 Indianapolis Blvd. Hammond, IN 46324, 219-844-4883; 321 W. 11th Street, Michigan City, IN 46360 (219) 879-9312; 3901 Fir Street, East Chicago, IN 46312 (219) 397-5803; 940 Broadway, Gary, IN 46402 219-886-3549; www.catholic-charities.org

Couple & Family Therapy Center at Purdue University Calumet, 1247 E. 169th Street Hammond, IN 46324, 219-989-2027 (Marriage/Family Therapy Program) www.purduecal.edu/cftc/

Family Concern Counseling, 2004 Valparaiso Street, Valparaiso, IN 46383 219-477-5646
SOLOS Suicide Support Group (at Family Concern Counseling) ASIST Training and SafeTALK Training for Suicide Prevention, Intervention and Postvention. www.valparaisocounseling.com

Family and Youth Service Bureau of Porter County, 253 Lincolnway, Valparaiso, IN 46383 (219)-464-9585 (individual and family counseling, alcohol and drug counseling, parent education and Healthy Families). www.fysb.org

Franciscan St Margaret Health Outpatient Behavioral Health Centers 24 Joliet St. 3rd FL Dyer, IN 219-322-5747 and 5500 Suite 3A Hohman Ave, Hammond, IN (219) 852-2513 www.franciscanalliance.org

Fresh Start Counseling 219-736-5990, 3490 W. 81st Ave, Merrillville, IN 46410; 1552 W Lincolnway, Valparaiso, IN 46385 (219)548-9400; 7108 Calumet Ave., Hammond, IN 46324 (219)933-7990. Counseling service for addictions, anger management and domestic violence. Speakers are available. www.freshstartcounseling.org

Insight and Beyond Mental Health and Suicide Prevention 3346 Ridge Rd Lansing, IL 60438

Military/Adam Benjamin Jr. Outpatient Clinic 9301 Madison St, Crown Point, IN 46307 Provides veterans with primary health care and mental health care, 219-662-5000.

http://www.chicago.va.gov/locations/Adam_Benjamin_Jr.asp Angela Tucker, LCSW (Suicide Prevention Coordinator-Adam Benjamin Jr Clinic), 219-662-5108, angela.tucker1@va.gov;

New Leaf Resources 219-226-1810, 11035 Broadway, Crown Point, IN 46307; Provides mental health and substance abuse treatment for adults and children, consultation for schools, businesses and churches, substance abuse prevention/outreach and psychological testing and consultation. Lansing location by calling: 708-895-7310 (2325 177th St., Lansing, IL) Wheatfield location by calling: 219-270-3395 (5578 W 1100N, Wheatfield, IN 46392 www.newleafresources.org

Porter County Family Counseling Center 219-364-2732, 1005 N. Campbell St., Valparaiso, IN 46385. Provides mental health counseling for adults and children. Sliding fee scale available. www.pfcc.org

Salvation Army Adult Rehabilitation Center An in-residence, multi-faceted rehabilitation for men displaced by substance abuse. (219) 882-9377 (24-hour hotline), 1351 WEST 11TH AVE., Gary, IN 46402.

Samaritan Counseling Center: All mailings go through 8955 Columbia Avenue, Munster, IN 46321
Crown Point – 1121 Indiana Avenue – 219 663-2160; *Griffith* –400 W 44th Place; *Munster* – 8955 Columbia Avenue – 219-923-8110, *Hammond*- 5514 Hohman Avenue (219) 932-2300 www.samaritancenter-nwi.com

Serenity House of Gary, Inc. An alcohol and drug treatment center providing a family living structure, 5157 Harrison St., Gary, IN 46408, 219-980-1955 (24 hour hotline)

Star Behavioral Health Providers (SBHP) is a resource for veterans, service members and their families to locate behavioral health professionals with specialized training in understanding and treating military service members and their families. <http://starproviders.org/states/indiana>

Referral Information and Hotlines

211 Information and Referral. Northwest Indiana Community Action Corp. Dial 211 or 219-794-1829 or TTY 888-814-7597. **Provides information and referral 24/7 for Northwest Indiana for all types of community resources, social services, agencies and volunteer services. Search online for a community resource by going to: <http://www.nwi211.org>** Step 1: Use the drop down box to select a city. Step 2: Either select a large category of services (i.e. food, clothing and housing) or type in a key word in the search box on the right. Press search and a list of agencies will come up. Next, click on that key word you used to search for the service (i.e. food) in the agency description and an expanded screen will open up below that provides information about that agency (i.e. hours of operation, eligibility, fees, services, etc). You can print it, send it to an email or phone number.

Mental Health America (Prevention, Education and Support) Lake County: 219-736-4955 x 100, 5201 Fountain Dr., Suite I, Crown Point, IN 46307. www.mhalakecounty.org

AA (Alcoholics Anonymous - Central Service Organization Northwest Indiana) Provides information and referral for support group locations and hotline as well as Alanon and Alateen, support for persons

affected by another's alcoholism. **219-844-6695, 7207 Indianapolis Blvd., Hammond, IN 46324**
(www.aa.org ; or www.al-anon.org or www.alateen.org or www.aanwi.org).

CA (Cocaine Anonymous) Meetings and support for individuals seeking to stop cocaine use. www.ca.org
Chicago, IL 312-834-3784; Central IN 317-909-4514

NA (Narcotics Anonymous) Narcotics Anonymous information for support group locations. www.na.org; or
www.naindiana.org

GA Gamblers Anonymous information and referral for local support groups. www.gamblersanonymous.org

Crisis Center Crisis Contact Line/Suicide Prevention Line 219-938-0900 or toll free 1-800-519-0469

Northwest Indiana Suicide Prevention Council Mariaelena (219) 757-1849) www.IN.gov/issp

Department of Veterans Affairs Suicide Prevention Lifeline: 1-800-273-TALK (Press 1 for Veterans)

Area Support Groups

National Autism Society of Northwest Indiana: 8415 Georgia Street Indiana Wesleyan University
Merrillville, IN 46410, 219-769-5100. <http://northwestindianaautism.com> Support group meetings are held at
7pm. Call or visit the website for a schedule of the meetings. An educational support group for those affected
by autism. Often hosts expert guest speakers. Area served: Lake, Porter, Newton, Jasper, Starke and Pulaski
counties

Cancer Support Group. The cancer resource centre has support groups at 926 Ridge Road in Munster (219)
836-3349. Their web site is www.cancerresourcecentre.com

Compassionate Friends of Lake/Porter County: (219) 671-4643 Marilyn Rollins OR 1-877-969-0100.
Provides support to assist families toward the positive resolution of grief following the death of a child of any
age and to provide information to help others be supportive. www.compassionatefriends.org

Compassionate Friends Bereaved Parents: Meets in Valparaiso and Crown Pt. [http://lake-
portertcf.homestead.com/index.html](http://lake-portertcf.homestead.com/index.html) find meeting listings here

Compassionate Friends. Seeks to assist families toward the positive resolution of grief following the death of
a child of any age and to provide information to help others be supportive. Crown Point (Third Tuesday of each
month) and Valparaiso (First Thursday of each month). Call Marilyn Rollins, 219-671-4643.

Congregation Peer Support Programs. Call your congregation to inquire about church support programs.

Depression and Bipolar Support Alliances (DBSA) www.dbsalliance.org

Family Action Network: Support Group services for Parents and a Youth Group for Children and
Adolescents, 7235 Calumet Avenue, Hammond, 1-800-958-4FAN or 933-1700, www.familyactionnetwork.com

Grief Share: Support group open to anyone who has lost a loved one. Augustana Lutheran Church, 207 N. Kelly Street, Hobart, IN 46342, 219-942-3574 Nancy Wedig; They also host Surviving the Holidays in December.

Healing Circles Support Group: There are two groups available. The evening group meets on the second Tuesday of the month at Dyer United Methodist Church, 2016 Church St, Dyer, IN, from 7:00 – 8:30 p.m. The day group meets the first Wednesday of the month at the Woodmar United Methodist Church, 7320 Northcote. Hammond, IN 46324. If you have questions or concerns, you can contact Karen Lawrence at (219) 718-2933. www.afsp.org

Healthy East Chicago: (219) 397-6863. 100 W Chicago Ave, East Chicago, IN 46312. Healthy Communities share a common vision for the future well-being of the total community and employ a process that helps improve the quality of life for the area. Health promotion programs and agencies that co-locate include: Community Care Network, EC Health Department, WIC, Communities and Schools of Lake County, Foundations of East Chicago, Any Time Translators (Spanish to English), EC Moms Taking Charge and Promotores de Salud/Health Education. www.healthyec.org

Hospice of the Calumet: A grief support group called “Healing Hearts”, written educational materials on grief and bereavement for all ages, monthly mailings, telephone support, referrals to community services, short term counseling and support services. Call 219-922-2732 or 708-895-8332. <http://www.hospicecalumet.org/services/grief-support/>

Indiana Parenting Institute: Strengthening parents through education and training, helping to create a better environment for children and families to thrive. Address: 839 Broadway, Suite 96LL, Gary, IN 46402. Phone: 219-886-1111 www.indianaparentinginstitute.com

International Community Alliance: (219) 980-4636, (219) 980-3244 fax, 4433 Broadway, Gary, IN 46409 and Su Casa Youth Culture Center at 4506 Tod Avenue (Southside of Heritage Hall) East Chicago, IN 46312, (219) 397-7465, (219) 397-8065 fax. International Community Alliance (ICA) works to bring access to resources and create opportunities for our immigrant and Latino communities. Our objective is to provide assistance, activities and programs that benefit low-income persons, their families and create the means of improving the quality of life in immigrant and Latino communities. www.icanwi.org

Lake County Reference Library 219-769-3541 Listing of agencies and organizations, including support groups of all kinds for a variety of needs including medical, grief support, parenting, youth and older adults. You can access the support group lists by phone or by Internet at: <http://www.lcclin.org>

Living After Loss 219-886-4522 Support for people who are grieving the loss of a loved one. Methodist Hospitals Northlake Campus South Pavilion Auditorium – 600 Grant Street, Gary, IN 46402. Call for dates and times. www.methodisthospitals.org

Mental Health America: Call for advocacy, education, resources and support services. **Lake County:** 5201 Fountain Drive Suite 219 Crown Point, IN 46307, 219-736-4955 www.mhalakecounty.org

National Alliance for the Mentally Ill (NAMI) sponsored groups:

South Lake County: Support group meets 2nd Friday at 7 PM, Regional Mental Health Center, 8555 Taft St., Merrillville. Contact: Kathy Prospolonis: kathyprospolonis@yahoo.com 219-322-3233

NAMI (National Alliance for the Mentally Ill) www.namiindiana.org

NAMI Porter County Chapter: Support Group: 2nd Thursday @ 7:00 pm at Portage Fire Station 3401 Swanson Rd and 4th Thursdays, 7:00 PM at Porter Starke Services 701 Wall St, Valparaiso Entrance. Contact Kendra McCormack, 219-764-2958. Email: kendra@namiporterco.org

Out of the Darkness Walk Local Chapter Karen Lawrence 219-718-2933, American Foundation for Suicide Prevention 212-363-3500 www.afsp.org

Reassurance Contact Program, 219-938-0900 Crisis Center Helpline. Main number 219-938-7070 101 N Montgomery, Gary, IN 46403. Reassurance call/visit for homebound and elderly. www.crisiscenterYSB.org

STITCH (Standing Together In Tolerance Changing Humanity): Information about GLBTQ youth suicide, and minorities, examining statistics, risk factors, dispel common myths surrounding suicide, as well as prevention strategies for schools and the general population can do to prevent stigmas leading to suicide. Contact Douglas Harper, suicide attempt survivor, GLBTQ activist, and founder of (STITCH), 423-503-7438, stitch_tolerance@yahoo.com and Gail Thomas: 219-801-8180, gailthomasstitch@yahoo.com

Suicide Survivors Support Group/Wounded Healers 219-924-5577 Contact Pat Kish or Carol McGriff (Meets at St. James the Less Catholic Church in 9640 Kennedy Avenue Highland, IN 46322) woundedhealers@nwi.com

VNA Phoenix Center for Grief and Healing 219-462-5195, 2401 Valley Drive, Valparaiso, IN. Offers bi-weekly peer support groups for children, teens, young adults ages 6-24 who have had a loss in their life from death. A child may start at the Center immediately following an orientation. This is a program open to the community, there are no geographic boundaries. Adults in need of grief support, should also contact Michele Murphy Wise: 219-531-8042 or visit www.vnaportercounty.org/CenterforGriefandHealing.htm

Wounded Healers (219) 924-5577. Resource center for people dealing with the grieving process; staffed by trained experienced volunteers. **“The Beginnings Group”** at 7pm at St. James Church corner of Kennedy and 45th in Highland. Call 219-924-5577, or go online for the group schedule <http://www.woundedhealers-nwi.com/mission.htm>

National and State Mental Health, Suicide Prevention, and other Awareness Websites

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Mental Health:

National Institute of Mental Health: The mission of NIMH is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure.

www.nimh.nih.gov

Substance Abuse and Mental Health Administration: The Substance Abuse and Mental Health Services Administration's (SAMHSA) mission is to reduce the impact of substance abuse and mental illness on America's communities. www.samhsa.gov . In order to achieve this mission, SAMHSA has identified 8 Strategic Initiatives to focus the Agency's work on improving lives and capitalizing on emerging opportunities. Many of the mental health and substance abuse brochures, fact sheets and posters are downloadable and some can be shipped free in quantity. Integrated health and mental health care are featured in this website: <http://www.integration.samhsa.gov/>

Indiana Division of Mental Health and Addictions: Mission is to ensure that Indiana citizens have access to quality mental health and addiction services that promote individual, family and community resiliency and recovery (includes listing of state services and programs. <http://www.in.gov/fssa/dmha/4521.htm>

Mental Health America: www.nmha.org Click on Indiana to locate the chapters in Indiana. There are fact sheets which can be translated into several different languages (see drop down box) The following are in Spanish: <http://www.mentalhealthamerica.net/go/en-espanol> .

National Alliance on Mental Illness (NAMI): Awareness, Education and Advocacy Organization. Family to Family, a program of NAMI to inform and support family and friends: Click on the tab "Find Your Local NAMI" to locate the Indiana chapters. There is a chapter listed for Merrillville (meets at Regional Strauhn Center (call Kathy Prospolonis). www.nami.org

Families/Depression Awareness: A national organization helping families recognize and cope with depressive disorders to get people well and prevent suicides. www.familyaware.org

Schizophrenia.com: A national non-profit community providing in-depth information, support and education related to schizophrenia, a disorder of the brain and mind. www.schizophrenia.com

Healthy Place.Com: Consumer mental health site providing information from a consumer and mental health community including networking, documentaries, research reports and topic information (i.e. mental illness, substance abuse, self harm, medications, eating disorders) www.healthyplace.com

Active Minds: National Organization developing and supporting chapters of a student-run mental health awareness, education, and advocacy group on college campuses to increase students' awareness of mental health issues, provide information and resources regarding mental health and mental illness, encourage students to seek help as soon as it is needed, and serve as liaison between students and the mental health community. Click on tab "Get Involved" to find student chapters in Indiana: www.activeminds.org

Bring Change 2 Mind: BringChange2Mind.org is a not-for-profit organization created by Glenn Close, the Child and Adolescent Bipolar Foundation (CABF), Fountain House, and Garen and Shari Staglin of IMHRO (International Mental Health Research Organization). The idea of a national anti-stigma campaign was born of a partnership between Glenn Close and Fountain House, where Glenn volunteered in order to learn about mental illness, which both her sister and nephew suffer from. The goal is to provide people who have misconceptions about mental illness quick and easy access to information that combats stigma and provide people who have mental illness and those who know them with quick and easy access to information and support. www.bringchange2mind.org

American Psychological Association: Based in Washington, D.C., the American Psychological Association (APA) is a scientific and professional organization that represents psychology in the United States. With 150,000 members, APA is the largest association of psychologists worldwide. The mission of the APA is to advance the creation, communication and application of psychological knowledge to benefit society and improve people's lives. www.apa.org

NARSAD (The Brain and Behavior Research Fund): NARSAD invests in the best and brightest scientific minds throughout the world to unravel the complexities of schizophrenia, depression, anxiety and many other psychiatric diseases. <http://www.narsad.org>

NARSAD Artworks: Museum-Quality Art Products by and on behalf of Mentally Ill Persons
<http://narsadartworks.org>

Depression Bi-Polar Support Alliance: Marked by changes in mood, depression and bipolar disorder (also known as manic depression) are both highly treatable, medical illnesses. Site provides information and links to resources. <http://www.dbsalliance.org>

National Council for Community Behavioral Healthcare: The National Council is the unifying voice of America's behavioral health organizations. Together with our 1,800 member organizations, we serve our nation's most vulnerable citizens — more than 8 million adults and children with mental illnesses and addiction disorders. We are committed to providing comprehensive, quality care that affords every opportunity for recovery and inclusion in all aspects of community life at: www.thenationalcouncil.org

National Resource Center on Psychiatric Advance Directives: Psychiatric advance directives are relatively new legal instruments that may be used to document a competent person's specific instructions or preferences regarding future mental health treatment. Psychiatric advance directives can be used to plan for the possibility that someone may lose capacity to give or withhold informed consent to treatment during acute episodes of psychiatric illness. www.nrc-pad.org

Annie Casey Foundation (Youth to Adult Assessments and Lifeskills Information): Here you will find free and easy to use tools to help young people prepare for adulthood. The life skills assessments provide instant feedback. Customized learning plans provide a clear outline of next steps, and the accompanying teaching resources are available for free or at a minimal cost. www.caseylifeskills.org

The Alzheimer's Association: Voluntary health organization dedicated to Alzheimer care and support, and the largest private, nonprofit funder of Alzheimer research. Articles, links, caregiver support, research and local organization referrals. www.alz.org

Mental Health - Children and Families:

National Federation of Families: Through a family and youth driven approach, children and youth with emotional, behavioral and mental health challenges and their families obtain needed supports and services so that children grow up healthy and able to maximize their potential to locate a chapter in Indiana, click on the drop down box “Find a Federation Chapter”. <http://www.ffcmh.org/>

Kids Health & Teen Health Child Health Issues: Kids Health website has links for parents, children and teens on a variety of topics including mental health, eating disorders, substance abuse, self harm, suicide prevention. <http://www.kidshealth.org/>

Early Childhood Mental Health: Zero to three at: www.zerotothree.org and the Indiana Association for Infant and Toddler Mental Health at: www.iaitmh.org

American Academy of Child & Adolescent Psychiatry: Facts for Families information sheets. www.aacap.org

Indiana Youth Institute: The Indiana Youth Institute promotes the healthy development of Indiana children and youth by serving the people, institutions and communities that impact their well-being. <http://www.iyi.org/>

Early Intervention in Mental Health (new name): The IEPA (International Early Psychosis Association) is an international network for those involved in the study and treatment of early psychosis. www.iepa.org.au/

Caregivers of Children with Autism:

Local Resources:

Autism Resource Network of Indiana-Provides information about resources in the community www.arnionline.org

Autism Resources-Provides a list of health professionals who specialize in diagnosing and treating autism spectrum disorders in the state of Indiana <http://iidcautismresources.blogspot.com/2011/03/diagnosisassessment-in-indiana.html>

National Autism Society of Northwest Indiana: 8415 Georgia Street Indiana Wesleyan University Merrillville, IN 46310 (219) 769-5100. Meetings 7pm – call or look at website for meeting dates. Local resources listed for Northwest Indiana at: <http://northwestindianaautism.com>

National Autism Resources:

Autism Society of America-Provides information and education about autism spectrum disorders while advocating for increased social awareness at: www.autism-society.org

Autism Speaks-Provides information and advocacy and funds research on the causes, prevention, and treatment of autism spectrum disorders at: www.autismspeaks.org

Autism Web-A website run by parents that provides a wealth of information for parents from finding resources to diet recommendations at: www.autismweb.com

Visual Aids for Learning-A company that provides free downloadable visual aids for use at school and in the home at: www.visualaidsforlearning.com

Eating Disorders:

Eating Disorders Referral Center: Information and links to eating disorders information and treatment. www.edreferral.com

National Eating Disorders Association: National Eating Disorders Association which supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care. www.nationaleatingdisorders.org

Self-Harm:

S.A.F.E. Alternative (Self Abuse Finally Ends): Information and referral network of therapists trained in SAFE Alternatives. <http://www.safe-alternatives.com>, 1-800-DONTCUT hotline

The Cutting Edge/Articles About Self Harm: A collection of articles and information including newsletter about self harm. <http://healingselfinjury.org/resources.html>

Psyke.Org Self Harm Information: Psyke.org is an effort to collect information related to self injury in one place on the web. www.psyke.org

Smoking Cessation:

Indiana Tobacco Prevention and Cessation: The Tobacco Use Prevention and Cessation Trust Fund exists to prevent and reduce the use of all tobacco products in Indiana and to protect citizens from exposure to tobacco smoke. <http://www.in.gov/itpc/2349.htm>

1-800-Quit-Now- Tobacco quit line with helpful resources

Substance Abuse

Substance Abuse and Mental Health Services National Helpline
1-800-662-HELP, www.findtreatment.samhsa.gov

Addiction Recovery Guide: The Addiction Recovery Guide assists individuals struggling with drug addiction and alcoholism find help that best suits their needs. <http://www.addictionrecoveryguide.com/>

Alcohol Problems and Solutions: Actual facts on alcohol abuse, and policy and legal solutions to alcohol abuse-related problems. <http://www2.potsdam.edu/hansondj/>

Alcoholics Anonymous: <http://www.aa.org/>

Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Alliance for Consumer Education - Inhalant Abuse Inhalant Abuse is a serious problem for our nation's youth and we believe that education and awareness are the key tools for combating this problem. This site is

dedicated to arming parents with the necessary knowledge to keep their children from falling victim to inhalant abuse. The site includes information on what inhalant abuse is, the dangers and warning signs that your child may be using inhalants, tips for talking to your kids, our downloadable brochure and links to additional information.

<http://www.inhalant.org/>

Campagna Academy: Youth substance abuse treatment 7403 Cline Ave, Schereville, IN 219-322-8614
www.campagnaacademy.org

Face the Issue: <http://www.facetheissue.com/drugs.html> A wonderful site containing information about drug abuse for high school students.

Indiana Prevention Resource Center: Strengthening prevention efforts through education, resources and research. <http://www.drugs.indiana.edu/>

The Influence Project: Project across the country to give voice to youth speaking out for positive influence rather than drugs and alcohol. www.abovetheinfluence.com

National Clearinghouse for Alcohol and Drug Information: SAMHSA's NCADI Library, as part of one of the largest repositories of alcohol and drug use information in the world, offers Internet access to current literature, research reports, and educational resources. www.samhsa.gov type in NCADI Library in the search box.

National Youth Anti-Drug Media Campaign The Media Campaign produces ads and outreach that focused specifically on the harms of marijuana. <http://www.mediacampaign.org/>

NIDA for Teens: The National Institute on Drug Abuse (NIDA), a component of the National Institutes of Health (NIH), created this Web site to educate adolescents ages 11 through 15 (as well as their parents and teachers) on the science behind drug abuse. NIDA enlisted the help of teens in developing the site to ensure that the content addresses appropriate questions and timely concerns. <http://teens.drugabuse.gov/>

Northwest Indiana Treatment Center: Adult outpatient methadone maintenance 8500 Broadway, Merrillville, IN 219-769-7710 www.methadonetreatmentcenter.com

Prescription Drugs: Abuse and Addiction: Contains information on commonly abused prescription drugs. <http://www.nida.nih.gov/ResearchReports/Prescription/Prescription.html>

Selected Prescription Drugs With Potential for Abuse: List of commonly abused prescription drugs, their street names, how administered, and potential health consequences and effects. <http://www.nida.nih.gov/DrugPages/PrescripDrugsChart.html>

Semorán Treatment Center: Outpatient methadone treatment center 8000 Melton Road, Gary, IN 219-938-4651 www.methadonetreatment.com

Students Against Destructive Decisions: Originally founded as students against drunk driving, site now includes projects to make healthy choices rather than drinking and drugging, staying violence free, reducing bullying and other mental health related topics. www.sadd.org

Suicide Prevention, Intervention and Postvention Grief Resources:

Suicide Prevention Resource Center (National Information Center): SPRC promotes the implementation of the National Strategy for Suicide Prevention and enhances the nation's mental health infrastructure by providing states, government agencies, private organizations, colleges and universities, and suicide survivor and mental health consumer groups with access to the science and experience that can support their efforts to develop programs, implement interventions, and promote policies to prevent suicide. Links to state plans and programs available (click on state to view plan and contacts). www.sprc.org

Indiana Suicide Prevention Coalition: The Coalition is a statewide community outreach initiative of the Behavioral Health and Family Studies Institute at the Indiana University-Purdue University Fort Wayne that helped organize local initiatives, training, data collection and sharing and suicide prevention information and referral. Contact information: Alice Jordan-Miles, Asst. Director, 260-481-4184, jordana@ipfw.edu

National Suicide Prevention Hotline: National Hotline website with a network of more than 140 crisis centers nationwide available 24/7, free and confidential (English and Spanish). Hotline for Military/Veterans. <http://www.suicidepreventionlifeline.org/>

American Foundation Suicide Prevention (AFSP): Dedicated to understanding and preventing suicide through research, education and advocacy, and to reaching out to people with mental disorders and those impacted by suicide. www.afsp.org (National). Suicide Prevention Advocacy Network is the cooperative advocacy and education of the local chapters to educate and assist in planning and research. www.spanusa.org.

American Association of Suicidology: AAS is a membership organization for all those involved in suicide prevention and intervention, or touched by suicide. AAS is a leader in the advancement of scientific and programmatic efforts in suicide prevention through research, education and training, the development of standards and resources, and survivor support services. www.suicidology.org

QPR Institute (Question, Persuade and Refer for Suicide Prevention): 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. www.qprinstitute.com

SOS (Signs of Suicide) School prevention programs for middle and high schools prepared by the mental health screening organization who developed the National Depression Screening Day: www.mentalhealthscreening.org.

JED Foundation (College Suicide Prevention/Half of Us Campaign and Ulifeline): The Jed Foundation works nationally to reduce the rate of suicide and the prevalence of emotional distress among college and university students. The Jed Foundation was founded in 2000 by Donna and Phil Satow after they lost their son Jed to suicide. www.jedfoundation.org

Suicide Prevention, Awareness and Support: Suicide prevention, awareness and support with links to resources. <http://www.suicide.org/>

Yellow Ribbon Suicide Prevention: A Colorado based organization founded in 1994 Dale and Dar Emme who developed the Yellow Ribbon Campaign to bring suicide prevention into schools, congregations, communities. The color yellow was chosen by Mike's parents because he drove a yellow mustang that symbolized all the help he gave to others...and now symbolizes the offer of hope and help to all young people in need. www.yellowribbon.org

ichooselive: Online resources for suicide prevention and youth. www.ichooselive.com

A Cry for Help: How to help a friend who is depressed or suicidal: Paraclete Press publishes books, music and videos based on spirituality “Never lose hope in the mercy of God.” (The Rule of St. Benedict). An ecumenical publisher presenting works that unite us and enrich our understanding as Christians, whether Catholic, Protestant, Orthodox or Evangelical. www.paracletepress.com

The Trevor Project: Saving Young Live (LGBTQ): The Trevor Project is determined to end suicide among LGBTQ youth by providing life-saving and life-affirming resources including our nationwide, 24/7 crisis intervention lifeline, digital community and advocacy/educational programs that create a safe, supportive and positive environment for everyone. www.thetrevorproject.org

It Gets Better Project: The website www.itgetsbetter.org is a place where young people who are lesbian, gay, bisexual, transgender or questioning can see how love and happiness can be a reality in their future. It’s a place where straight allies can visit and support their friends and family members. It’s a place where people can share their stories, take the It Gets Better Project pledge, watch videos of love and support, and seek help through the Trevor Project and GLSEN. www.itgetsbetter.org

Transition Year: The website focuses on emotional health and wellness for those attending college and a resource for their parents. www.transitionyear.org

National Child Traumatic Stress Network: Established by Congress in 2000, the National Child Traumatic Stress Network (NCTSN) is a unique collaboration of academic and community-based service centers whose mission is to raise the standard of care and increase access to services for traumatized children and their families across the United States. Combining knowledge of child development, expertise in the full range of child traumatic experiences, and attention to cultural perspectives, the NCTSN serves as a national resource for developing and disseminating evidence-based interventions, trauma-informed services, and public and professional education: <http://www.nctsn.org/>

The Dougy Center National Center for Grieving Children and Families: The Dougy Center provides support in a safe place where children, teens, young adults, and their families grieving a death can share their experiences locally, nationally and internationally to individuals and organizations seeking to assist children in grief. www.dougy.org

The Gift of Keith: One family’s journey and information for sibling survivors of suicide. www.thegiftofkeith.org

Healing Circles Support Group: There are two groups available. The evening group meets on the second Tuesday of the month at Dyer United Methodist Church, 2016 Church St, Dyer, IN, from 7:00 – 8:30 p.m. The day group meets the first Wednesday of the month at the Woodmar United Methodist Church, 7320 Northcote. Hammond, IN 46324. If you have questions or concerns, you can contact Karen Lawrence at (219) 718-2933.

FFOS (Friends and Family of Suicide Online support group): Remembering those who left too soon, a site to link suicide survivors and help them through the journey of grief. Memory wall and online support <http://www.pos-ffos.com>

The Jason Foundation: The Jason Foundation is a provider of educational curriculums and training programs for students, educators/youth workers and parents on suicide prevention. www.jasonfoundation.com

GriefNet and KIDSAID: 50 e-mail support groups and two web sites. Integrated approach to on-line grief support provides help to people working through loss and grief issues of many kinds. www.KIDSAID.com, provides a safe environment for kids and their parents to find information and ask questions.

Beliefnet: Inspiration, spirituality and faith of various cultures and religions. <http://www.beliefnet.com/>

When Families Grieve - A Sesame Street DVD, a guide for parents and caregivers and children's story for children, families and military families: www.sesameworkshop.org/grief

Violence & Bullying Prevention

Indiana Coalition Against Domestic Violence: www.icadvinc.org 1-800-332-7385

Violence Prevention CDC: Centers for Disease Control and Prevention efforts at a national level
www.cdc.gov/ViolencePrevention/suicide/index.html

Stop the Bullying Now: The US Government interagency bullying resource website with sections for kids, teens, parents and community. (English and Spanish) at: <http://www.bullyinginfo.org>

That's Not Cool: Online youth oriented violence prevention, dating violence, unwanted online and texting harassment and links to national hotlines. www.thatsnotcool.com

Olweus Bullying Prevention Program: The Olweus Program is a comprehensive, school-wide program designed and evaluated for use in elementary, middle, or junior high schools. The program's goals are to reduce and prevent bullying problems among school children and to improve peer relations at school at: <http://www.clemson.edu/olweus/>

Find Youth Info Program Directory: Features evidence-based programs whose purpose is to prevent and/or reduce delinquency or other problem behaviors in young people <http://findyouthinfo.gov/ProgramSearch.aspx>

US Department of Education Guidance Letter: Possible school responsibilities and bullying prevention initiatives. [Http://www2.ed.gov/policy/gen/guid/secletter/101215.html](http://www2.ed.gov/policy/gen/guid/secletter/101215.html)

Youth Voice Project: Large-scale research project that solicits students' perceptions about strategy effectiveness to reduce peer mistreatment in schools. Project is based on the belief that students' voices are an invaluable resource to increase our understanding of effective prevention and intervention efforts.
www.youthvoiceproject.com

Give Respect: National Family Violence Fund sponsoring this project to encourage healthy relationships and respectful ways to end relationship violence. www.giverespect.org

Love is Respect: Online support provides resources for teens, parents, friends and family, Peer Advocates, government officials, law enforcement officials and the general public. All communication is confidential and anonymous.
www.loveisrespect.org

Indiana Safe Student Initiative: Indiana project of the attorney general to prevent teen suicide, internet crimes, cyber bullying, teen dating violence, underage drinking and driving:
<http://www.in.gov/attorneygeneral/2558.htm>

Stalking Awareness Resource Center: Stalking National Resource Center, National Center for Victims of Crime awareness month every January. Website includes interactive quiz; downloadable videos, fact sheets, guides, posters, artwork for buttons and magnets, event ideas and media tools to build knowledge to prevent stalking.
<http://www.stalkingawarenessmonth.org/about>

Gambling Awareness and Prevention:

Indiana Problem Gambling Awareness Program: 1-800-346-3077 Provides resources and information to raise the awareness of problem gambling in Indiana and works to support the treatment and prevention efforts of the state. The state of Indiana provides a toll free problem gambling help line 24 hrs a day, 7 days a week 1-800-994-8448. www.ipgap.indiana.edu

Indiana Council on Problem Gambling: Strives to generate awareness, promote education, and be an advocate for quality treatment of problem gamblers in the state of Indiana. Call toll free 1-866-699-4274 or visit website www.indianaproblemgambling.org

National Council on Problem Gambling: 24 hour confidential national helpline 1-800-522-4700
www.ncpgambling.org

Indiana Gaming Insight: Provider of government, political and business information in Indiana since 1989. Email: info@ingrouponline.com

Indiana Providers for Gambling Addiction: List of state funded, certified gambling treatment providers throughout the state. Call 1-800-9WITHIT to find a treatment provider nearest to you.

Porter-Starke Services Inc.: 601 Wall Street, Valparaiso, IN 46383; 219-531-3500; www.porterstarke.org

Regional Mental Health Center: 1-800-398-7050 Stark Center 3903 Indianapolis Blvd, East Chicago, IN 46312; Strahun Center 8555 Taft Center, Merrillville, IN 46410

Gamblers Anonymous: locate a meeting near you www.gamblersanonymous.org

Gamblers Anonymous open meetings: First Presbyterian Church 8727 Delaware, Highland, IN 46322; Mondays and Wednesdays at 7pm. South Lake Center for Mental Health 8555 Taft, Merrillville, IN Saturdays at 9am. First United Methodist Church 18420 Burnham Ave, Lansing, IL Tuesdays at 7pm. St. Margaret Mercy Hospital 24 Joliet Street, Dyer, IN Fridays a 7pm.

Gam-Anon: Support for spouse, family, or close friends of the problem gambler. www.gam-anon.org

Military, Veterans and Family and Friends Resources:

Mental Health

Military One Source: Counseling available for vets and their families. Military One Source information and referral services are available to you at no cost 24/7. Call 1-800-342-9647. www.MilitaryOneSource.com

Military Crisis Line: The Military Crisis Line is a toll-free, confidential resource that connects Service members in crisis and their families and friends with qualified, caring responders. Call 1-800-273-8255 and Press 1, text message to 838255. www.MilitaryCrisisLine.net

Vets 4 Warriors: 24/7 peer support for Service members and their families. Call toll-free 1-855-838-8255, email: info@vets4warriors.com. www.vets4warriors.com

Indiana Family Assistance Centers: FAC's are established in times of contingency call-up mobilization, and large scale deployment to provide support and assistance to Service members and their families. Family Assistant Specialist Josephine Bates is located at 2501 E 15th Ave, Gary, IN 46402. Office number: 317-247-3300 x88053, Cell: 317-650-8319. Email: Josephine.m.bates.ctr@us.army.mil

Give an Hour: Provide free Mental Health Services to U.S. military personnel and families affected by the current conflicts in Iraq and Afghanistan. www.giveanhour.org

Military Discharges and Counseling: The GI Rights Hotline provides accurate, helpful counseling and information on military discharges, AWOL and UA, and GI Rights 1-877-447-4487 www.girightshotline.org

Center for Deployment Psychology: Trains military and civilian behavioral health professionals to provide high-quality, culturally-sensitive, evidence-based behavioral health services to military personnel, veterans and their families. www.deploymentpsych.org

National Center for PTSD: Is dedicated to research and education on trauma and PTSD. www.ptsd.va.gov

Resources

Center for Deployment Psychology: Trains military and civilian behavioral health professionals to provide high-quality, culturally-sensitive, evidence-based behavioral health services to military personnel, veterans and their families. www.deploymentpsych.org

After Deployment: Wellness resources for the military community. www.afterdeployment.org

Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury: Help service members, veterans and their families by connecting them with the resources they need to promote their resilience, recovery and reintegration. Call: 1-866-966-1020 Email: Resources@DCoEOutreach.org
www.dcoe.health.mil

Real Warriors: A multimedia campaign designed to encourage help-seeking behavior among service members, veterans and military families coping with invisible wounds. www.realwarriors.net

Armed Forces Crossroads: www.afcrossroads.com

National Resource Directory: Connecting wounded warriors, Service members, veterans, their families and caregivers with those who support them. www.nationalresourcedirectory.gov

Veterans Affairs: www.va.gov 800-400-4520

Iraq and Afghanistan Veterans of America (IAVA): Provides resources for the men and women who have served in Iraq and Afghanistan. <http://iava.org/>

Justice for Vets: We enable the creation of a nationwide network of Veterans Treatment Courts that is transforming the way veterans are handled in the criminal justice system www.justiceforvets.org

Family Support

VA Caregiver Support: VA offers a number of services that can provide you with the support that's right for the veteran and their family, 1-855-260-3274. www.caregiver.va.gov

USA Cares: Exists to help bear the burden of service by providing post 9/11 military families with financial and advocacy support in their time of need. Indiana Chapter: contact John Moore at 219-309-5358.
www.usacares.org

Coaching Into Care: Military Family Support, Mon-Fri 8am-8pm, 888-523-7458,
www.mirecc.va.gov/coaching/index.asp

Indiana National Guard Family Programs: Behavioral Health Crisis Line 317-247-3155, Crisis Intervention Team 317-247-3114. Call for information: 317-247-3300 or 1-800-237-2850 x72694

Gold Star Wives of America: Provide service, support and friendship to the widows and widowers of military personnel who died on active duty or as the result of a service connected cause. www.goldstarwives.org

Housing

Homeless Veterans Hotline: The hotline is intended to assist homeless veterans and their families, VA medical centers, federal state and local partners, community agencies, service providers and others in the community 1-800-4VETAID. www.va.gov/homeless/nationalcallcenter.asp

National Homeless Hotline: 1-877-424-3838

Homeless Programs: Healthcare: Indianapolis 317-554-0000, Fort Wayne 260-426-5431 x71662

National Coalition for Homeless Veterans: Is the resource and technical assistance center for a national network of community-based service providers and local, state and federal agencies that provide emergency and supportive housing, food, health services, job training and placement assistance, legal aid and case management support for hundreds of thousands of homeless veterans each year. Call toll-free 1-800-VET-Help
www.nchv.org

Veteran Centers

Gary Area Vet Center: 107 E 93rd Ave, Crown Point, IN 46307, 219-736-5633

Adam Benjamin Jr. Outpatient Clinic: Offers a wide spectrum of Mental Health Services, PTSD and Addiction Treatment. 9301 Madison Street, Crown Point, IN 46307, 219-662-5000

Local Resources

Indiana Department of Veteran's Affairs: www.in.gov/dva/ Call: 317-232-3910 or toll-free 1-800-400-4520

Lake County Veterans Service Officer (CVSO): Raymund Guiden, Lake County Government Center, 2293 North Main Street Building A, 3rd FL, Crown Point, IN 46307, 219-755-3285. Email:
guiderx@lakecountyin.org

Porter County Veterans Service Officer (CVSO): Jim Atkinson, Administrative Building, 155 Indiana RM 103, Valparaiso, IN 46383, 219-465-3587. Email: plieber@porterco.org

Veterans Life Changing Services: A transitional housing program designed to assist Northwest Indiana and Illinois service men and women in their transition back into civilian life. 501 West Ridge Road, Gary, IN 46408, 219-979-0900. www.veteranslifechangingservices.org

Thresholds: 4101 N. Ravenswood Ave. Chicago, IL 60613 The Veterans Project includes homeless outreach, housing services, supported employment, peer-driven supports, substance abuse treatment, integrated physical and mental health services, and trauma-based therapies, 773-572-5400 www.thresholds.org/our-work/programs/veterans-project/

Employment

JobDoozy: An employment website for people with disabilities and veterans featuring job listings from companies actively recruiting a diverse workforce in Indiana and for telecommuting positions across the nation 260-426-8789. www.jobDoozy.org

Recruit Military: Recruit Military is the top full-service military-to-civilian recruiting firm in the United States www.Recruitmilitary.com

VetNetHQ: VetNetHQ is a new career service for veterans connecting them with more than 1 million job opportunities www.VETNETHQ.com

MyNextMove: My Next Move for Veterans is designed for U.S. veterans who are current job seekers www.mynextmove.org/vets/

Job Ready Vets: Job Ready Veterans™ (OJRV) is a not-for-profit organization dedicated to preparing veterans for successful employment by connecting them with employers that seek top quality, well trained men and women for their workforce 1-855-4JOB-READY, www.jobreadyvets.org

Education

Federal Student Aid: www.FAFSA.ed.gov

Military.com: www.military.com/education/

Montgomery Bill: 1-888-442-4551 www.mygibill.org

Substance Abuse

Alcohol Screening: www.AlcoholScreening.org is a free service of Join Together, a project of The Partnership at DrugFree.org and Boston University School of Public Health.

Focus on Recovery Helpline: 1-800-888-9383

Women's Veteran Health Care: www.womenshealth.va.gov

Women Veteran Call Center: The Women Veterans Call Center (WVCC) answers questions and responds to concerns from women Veterans, their families, and caregivers across the nation about VA services and resources 1-855-VA-WOMEN www.americanwomenveterans.org

Domestic or Sexual Violence Support

DoD SAFE helpline: Safe Helpline provides live, one-on-one support and information to the worldwide DoD community. The service is confidential, anonymous, secure, and available worldwide, 24/7 by click, call or text — providing victims with the help they need anytime, anywhere www.safehelpline.org

The National Domestic Violence Hotline: 1-800-799-7233 www.thehotline.org