UNIQUELY YOU
Community Resource Directory

Mental health | Recovery | Family support | Basic needs
Fort Wayne, Allen County & Indiana • Updated October 2026

START HERE: Immediate Help

Emergency services — Immediate danger or medical emergency.
Phone: 911

988 Suicide & Crisis Lifeline — 24/7 support for mental health or substance use crises.
Phone: Call or text 988 **Website:** 988lifeline.org

Indiana 211 — Connect to food, housing, utilities, and local support.
Phone: 211 **Website:** in211.org

YWCA Northeast Indiana Crisis Line — 24/7 domestic violence and sexual assault crisis support.
Phone: 800-441-4073 **Website:** ywcanein.org

Mental Health, Grief & Peer Support

Mental Health America of Northeast Indiana — Peer support, education, advocacy, and resource navigation.
Phone: 260-422-6441 **Website:** mhanortheastindiana.org

NAMI Fort Wayne — Family education and peer-led mental health support.
Phone: 260-447-8990 **Website:** namifortwayne.org

Erin's House for Grieving Children — Grief support for children, teens, and families.
Phone: 260-423-2466 **Website:** www.erinshouse.org

Substance Use & Recovery

Fort Wayne Hope and Recovery Team (HART) — Local support connecting residents to mental health, substance use, and homelessness resources.
Phone: 260-427-5801 **Website:** www.cityoffortwayne.in.gov/537/Hope-and-Recovery-Team-HART

SAMHSA National Helpline — Confidential substance use treatment information and referrals.
Phone: 800-662-4357 **Website:** www.samhsa.gov/find-help/national-helpline

FindTreatment.gov — National treatment locator for mental health and substance use care.
Phone: Online resource **Website:** findtreatment.gov

Indiana Division of Mental Health and Addiction — State information on treatment and recovery services.
Phone: Online resource **Website:** www.in.gov/fssa/dmha/

Food, Housing & Financial Stability

Brightpoint — Housing, energy, child care, and health coverage assistance.
Phone: 260-423-3546 **Website:** www.mybrightpoint.org

Community Harvest Food Bank — Food distributions and pantry programs in northeast Indiana.
Phone: 260-447-3696 **Website:** www.communityharvest.org

Fort Wayne Housing Authority — Housing assistance and social-service connections.
Phone: 260-267-9300 **Website:** fwha.org

Indiana FSSA — SNAP, Medicaid, and other benefit information.
Phone: Online resource **Website:** www.in.gov/fssa/

Family, Parenting & Maternal Wellness

Healthier Moms and Babies — Pregnancy, infant health, and family support resources.
Phone: See website **Website:** healthiermomsandbabies.org

Indiana WIC — Nutrition support for eligible pregnant/postpartum people and young children.
Phone: See website **Website:** www.in.gov/health/wic/

Postpartum Support International — Perinatal mental health support and resources.
Phone: 800-944-4773 **Website:** www.postpartum.net

SCAN — Parenting and family support, child abuse prevention.
Phone: See website **Website:** www.scanfw.org

Domestic Violence & Sexual Assault

National Domestic Violence Hotline — Confidential safety planning and support.
Phone: 800-799-7233 **Website:** www.thehotline.org

RAINN National Sexual Assault Hotline — Confidential sexual assault support.
Phone: 800-656-4673 **Website:** rainn.org

Need counseling or addiction services?
Uniquely You Counseling & Wellness Center, LLC offers individual mental health counseling, trauma-focused services, substance use assessments, and outpatient addiction counseling.
Phone: 260-387-7445 **Email:** Uniquelyyoucounselingwellness@gmail.com

Important: Listings are informational and do not imply affiliation or endorsement. Services, eligibility, contact details, and availability may change; call ahead to confirm. This directory is not monitored for emergencies. In immediate danger call 911; for crisis support call/text 988.