



HEALTHY LIVING RESOURCES:

Mental Health

Free resources for individuals, families and providers in Indiana.



Change the Frequency aims to provide Indiana families with accessible tools and resources to support social and emotional wellness.
changethefrequency.today/strongertogether

Children's Mental Health Wraparound provides services built upon the individual and family's strengths to assist in achieving positive outcomes. in.gov/medicaid/members/home-and-community-based-services/childrens-mental-health-wraparound-program/

Crisis Text Line provides free, 24/7 mental health support via text message. Text HOME to 741741 from anywhere in the United States, anytime. crisistextline.org



Look Up Indiana offers information and support for mental wellness. Search for resources by county in categories like addiction and recovery, anxiety, trauma, counseling, and support networks.
lookupindiana.org



National Suicide Prevention Hotline provides 24/7 support for people in distress, prevention and crisis resources, and best practices for professionals. suicidepreventionlifeline.org
1-800-273-8255

Safe Space is home to free resources and tools to provide individuals with extra support in an emotionally safe environment. Resources for distraction, connection, and coping tools. safespace.vibrant.org/en/seeking-help/

Seize the Awkward provides conversation starters to discuss mental health issues. seizetheawkward.org