

Navigating mental health challenges can be particularly difficult for young people, who may feel isolated or unsure of where to turn for help. This Youth Mental Health Resource Guide is designed to provide a comprehensive list of places and organizations that offer vital support through online, text, chat, and phone services. Whether you're dealing with anxiety, depression, relationship issues, or simply need someone to talk to, these resources are here to help you through tough times.

In this guide, you will find a variety of national and Indiana-specific resources dedicated to supporting youth mental health. These organizations offer free, confidential, and accessible services to ensure that no young person has to face their struggles alone. From crisis intervention and suicide prevention to ongoing counseling and emotional support, these resources provide a lifeline for those in need.

Remember, reaching out for help is a sign of strength. If you or someone you know is struggling, please utilize these resources to find the support and assistance you need.

ONLINE, APP, TEXT, AND CHAT SUPPORT (NATIONAL)

1. 988 Suicide and Crisis Lifeline

- Website: <https://988lifeline.org/help-yourself/youth/>
- Service: Text, Online, and Chat
- How to Access: Dial or Text 988
- Details: Offers free, confidential support 24/7 for individuals in suicidal crisis or emotional distress. Specifically provides resources tailored to youth, recognizing their unique challenges.

2. Crisis Text Line

- Website: www.crisistextline.org
- Service: Text-based support
- How to Access: Text "HELLO" to 741741
- Details: Provides free, around-the-clock text support. Trained crisis counselors assist with various issues, such as anxiety, depression, and suicidal thoughts.

3. 7 Cups

- Website: www.7cups.com
- Service: Online chat
- Details: Offers anonymous and confidential online chats with trained listeners and licensed therapists for emotional support.

4. The Trevor Project

- Website: www.thetrevorproject.org
- Service: Text, chat, and phone support
- How to Access: Text "START" to 678678 or use the chat service on the website
- Details: Provides crisis intervention and suicide prevention services to LGBTQ youth.

5. Teen Line

- Website: www.teenlineonline.org
- Service: Text, chat, and phone support
- How to Access: Text "TEEN" to 839863 or call 1-800-TLC-TEEN (1-800-852-8336)
- Details: Operated by trained teen volunteers, offers support and resources to teenagers through text, chat, and phone services.

6. Teen Talk App

- Website: www.teentalkapp.org
- Service: App-based chat support
- Details: Offers a secure, anonymous platform for teenagers to seek support from trained peers and connect with individuals who share similar experiences.

PHONE SUPPORT (NATIONAL)

1. National Suicide Prevention Lifeline

- Website: www.suicidepreventionlifeline.org
- Service: Offers phone support
- How to Access: Call 1-800-273-TALK (1-800-273-8255)
- Details: Provides free, confidential support 24/7 for individuals in distress, along with prevention and crisis resources.

2. Samaritans

- Website: www.samaritans.org
- Service: Offers phone support
- How to Access: Call 1-877-870-4673 (USA), 116 123 (UK and Ireland)
- Details: Provides 24/7 emotional support for individuals in distress, those struggling to cope, or at risk of suicide.

3. NAMI Helpline

- Website: www.nami.org
- Service: Offers phone support
- How to Access: Call 1-800-950-NAMI (1-800-950-6264)

INDIANA-SPECIFIC YOUTH MENTAL HEALTH SUPPORT

1. Indiana Youth Institute (IYI)

- Website: www.iyi.org
- Details: Provides data, resources, and professional development opportunities for Indiana's youth.

2. Indiana Family and Social Services Administration (FSSA)

- Website: www.in.gov/fssa/dmha
- Details: Offers mental health services and resources through the Division of Mental Health and Addiction.

3. Indiana 211

- Website: www.in211.org
- Service: Phone and online resource directory
- How to Access: Dial 211
- Details: Connects individuals to local health and human services, including mental health resources.

4. Reach Out for Help (ROH)

- Website: www.reachouthf.org
- Service: Phone and in-person counseling
- Details: Provides mental health services, including counseling and crisis intervention, focusing on youth and families.

5. Mental Health America of Indiana (MHAI)

- Website: www.mhai.net
- Details: Offers various mental health programs and services across Indiana, including support for youth with mental health issues.

6. Youth First, Inc.

- Website: www.youthfirstinc.org
- Details: Partners with schools to provide social workers and mental health programs supporting youth and families.

7. Families First Indiana

- Website: www.familiesfirstindiana.org
- Service: Counseling and crisis intervention
- Details: Provides mental health services, including individual and family counseling, crisis intervention, and support groups.

8. Hamilton Center, Inc.

- Website: www.hamiltoncenter.org
- Details: Offers comprehensive behavioral health services for children and adolescents, including crisis intervention, therapy, and family support.

9. Youth Services Bureau of Monroe County

- Website: www.youthservicesbureau.net
- Details: Provides crisis intervention, emergency shelter, and counseling for youth in Monroe County and surrounding areas.

10. Change the Frequency

- Website: www.changethefrequency.today
- Details: Provides resources and information empowering youth to transform the mental health conversation, focusing on community support and awareness.

FREE THERAPY AND ONGOING SUPPORT IN INDIANA



1. Open Path Psychotherapy Collective

- Website: www.openpathcollective.org
- Offers affordable therapy sessions on a sliding scale, typically ranging from \$30 to \$60 per session.

2. Local Community Health Centers

- Details: Federally Qualified Health Centers (FQHCs) and community health centers offer free or low-cost mental health services, including therapy, based on income.
- Website: www.findahealthcenter.hrsa.gov

3. Mental Health America (MHA)

- Website: www.mhanational.org
- Provides various resources, such as referrals to local services and support groups that may be free or low-cost.

4. NAMI (National Alliance on Mental Illness)

- Website: www.nami.org
- Offers free support groups and educational programs for young people and their families.

5. School-Based Health Centers

- Many schools have on-site health centers offering free counseling and mental health services to students. Contact your school administration or counselor for available resources.

6. YMCA and YWCA

- Website: www.ymca.net and www.ywca.org
- Some local YMCAs and YWCAs provide free or low-cost mental health programs, including counseling and support groups for youth.

7. Aspire Indiana Health

- Website: www.aspireindiana.org
- Provides comprehensive mental health services, including free or sliding scale therapy for youth and families in Indiana.

8. Bowen Center

- Website: www.bowencenter.org
- Offers behavioral health services on a sliding fee scale to ensure cost is not a barrier to care.

9. Centerstone

- Website: www.centerstone.org

10. Change the Frequency

- Website: www.changethefrequency.today
- Details: Focuses on empowering youth to change the conversation around mental health, emphasizing community support and awareness.
- Resource Guide with Counseling Services across Indiana:
https://changethefreq.wordpress.com/wp-content/uploads/2020/06/Change-the-Frequency_Resource-List.pdf

11. Faith-Based Organizations

- Many churches, synagogues, mosques, and other faith-based organizations offer free counseling services by trained clergy or through partnerships with mental health professionals.

12. University and College Counseling Programs

- Universities and colleges often have psychology or social work programs that provide free or low-cost therapy sessions conducted by supervised graduate students.