

## 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. 6<sup>th</sup> Avenue, Gary, IN 46402

**Porter Starke Services** (serving Porter and Starke Counties) 219-531-3500 - 601 Wall Street, Valparaiso, IN 46483

**Regional Mental Health Center** (serving Lake County) 219-736-7200 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).

**Swanson Center** (serving LaPorte County) 219-879-0676, 450 St. John Road, Suite 601, Michigan City, IN 46360

**Wabash Valley** (serving Newton and Jasper Counties) 765-463-2555 or 800-859-5553

### **Hospitals with Inpatient Mental Health & Substance Abuse Treatment**

**Northlake Methodist Hospital (Gary): Inpatient for adults and youth (6-18)** 219-886-4710

**Franciscan St. Margaret Health (Dyer): Inpatient for adults and youth (11-18) and medically supervised detoxification for adults 18 and older** 219-783-7663 or 1-800 STEP ONE

**St. Catherine Hospital (East Chicago): Inpatient for adults only** 219-392-1700

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

**Porter Stark Mental Health Center (Valparaiso): Inpatient for adults only** 219-531-3500

**Regional Mental Health Center (Merrillville): Inpatient and detoxification for adults** 219-736-7200

**Wabash Valley Mental Health/Riverbend Hospital (Lafayette): Inpatient for adults only** 765-463-2555

**Michiana Behavioral Health (Plymouth): Inpatient for adults and children (5 and up) and detoxification for adults and children** 574-936-3784

## 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 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.

**Catholic Family Services** 166 S. West Street, Crown Point, IN 46307, (219) 662-7677; 6919 Indianapolis Blvd. Hammond, IN 46324, (219) 844-4883; 321 W. 11th Street, Michigan City, IN 46360; 6350 Central Ave., Portage, IN 46368, (219) 762-1177

**Couple & Family Therapy Center at Purdue University Calumet**, 1247 E. 169th Street Hammond, IN 46324, Hammond, IN 46323, 219-989-2027 (Marriage/Family Therapy Program)

**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.

**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](http://www.fysb.org)

**Franciscan St Margaret Health Outpatient Behavioral Health Centers** 24 Joliet St, Dyer, IN 219-865-2141 and 5500 Hohman Ave, Hammond, IN 852-2513

**Fresh Start Counseling** (219) 736-5990, 100 W. 78<sup>th</sup> Ave., Merrillville, IN 46410 Counseling service for addictions, anger management and domestic violence. Speakers Available.

**Insight and Beyond Mental Health and Suicide Prevention** 3346 Ridge Rd Lansing, IL 60438 email Patty Stovall at [PSTROVALL@insightandbeyondinc.org](mailto:PSTROVALL@insightandbeyondinc.org)

**Military/Adam Benjamin Jr. Outpatient Clinic** 9330 S. Broadway, Crown Point, IN 46307 Provides veterans with primary health care and mental health care 219-662-5000.  
<http://www.chicago.va.gov/visitors/crownpt.asp> Corinne Donley (Military Suicide Prevention Coordinator-Adam Benjamin Jr Clinic), 219-662-5108 [corinne.donley@va.gov](mailto:corinne.donley@va.gov);

**New Leaf Resources** (219- 226-1810) 11065 Broadway, Crown Point, IN 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 177<sup>th</sup> St., Lansing, IL).

**Porter County Family Counseling Center** (219-364-2732) 794-A McCool Road, Valparaiso, IN 46385. Provides mental health counseling for adults and children. Sliding fee scale available. [www.pcfcc.org](http://www.pcfcc.org)

**Salvation Army Adult Rehabilitation Center** An in-residence, multi-faceted rehabilitation for men displaced by substance abuse. 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* – 352 South Main Street – (219) 663-1520; *Griffith* – 44<sup>th</sup> Place and Cline Avenue – (219) 923-8110; *Munster* – 8955 Columbia Avenue – (219) 923-8110 (800) 913-9426

**Serenity House of Gary, Inc.** An alcohol and drug treatment center providing a family living structure, 5157 Harrison, 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 5201 Fountain Dr., Suite I, Crown Point, IN 46307 and Porter County (219) 462-6267. [www.mhalancecounty.org](http://www.mhalancecounty.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](http://www.aa.org); [www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org) or [www.al-anon.org](http://www.al-anon.org) or [www.alateen.org](http://www.alateen.org)).

**CA (Cocaine Anonymous)** 1-800-289-7879 and Cocaine-Lifeline 24 Hr Helpline: 1 (800) 822-4898 Meetings and support for individuals seeking to stop cocaine use.

**NA (Narcotics Anonymous)** (800) 711-6375 Narcotics Anonymous information and referral for support group locations and hotline.

**GA** (888) GAHELPS hotline to locate Gamblers Anonymous information and referral for local support groups.

**Crisis Center Crisis Contact Line/Suicide Prevention Line** (219) 938-0900 or (800) 519-0469.

**Suicide Prevention Council District One (5 counties in Northwest Indiana):** Lake County (Sandy (219) 757-1972 and Steve at (219) 662-7066 Ext 25) Porter County (Porter Starke 531-3500 and Britta 477-5646 x.18); La Porte County (Swanson Ctr 879-0676 or St. Anthony Hospital 878-8380; Jasper and Newton Counties (Lew (219) 987-5225.

**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) 769-5140. <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

**Autism Support Group Schererville:** 350 East US 30 at Tyler's Tender, Schererville, IN 46375 (219) 384-8884 Main Phone 2nd Fri monthly: 5:30pm - 7:30pm. Those affected in any way by Autism. An autism/special needs support and socialization group. Meetings are held at Tyler's Tender in Schererville. Call to register. Area served: Lake County

**Cancer Support Group.** The cancer resource Centre has support groups at 900 Ridge Road in Munster. Their web site is [www.cancerresourcecentre.com](http://www.cancerresourcecentre.com) **Compassionate Friends of Lake/Porter County** 552-0466 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. Compassionate Friends Bereaved Parents (219) 662-0902 (meets in Valparaiso and Crown Pt.) <http://lake-portertcf.homestead.com/index.html>

**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, 219-996-3626.

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

**Depression and Bipolar Support Alliances (DBSA)** Merrillville on the 2<sup>nd</sup> and 4<sup>th</sup> Mondays from 7-9pm. Contact Leslie at 736-5503 or Betsy at 762-7716; Valparaiso on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday from 6-8pm (speakers on the 1<sup>st</sup> Wednesday) 1454 West Lincolnway in Valparaiso (North side of the street) Contact Monika at 462-3689.

**Family Action Network:** Support Group services for Parents and a Youth Group for Children and Adolescents, 6743 Calumet Avenue, Hammond. Contact: Nancy Cloonan at 933-1700, 644-7374 and [familyactionnetwork@msn.com](mailto:familyactionnetwork@msn.com).

**Healing Circles Support Group Hammond:** Support Groups for survivors of suicide (friends and family) for adults, youth (14-24/over 18 may choose adult group) and 9-13 year olds) held monthly on the third Thursday at Purdue University Calumet Couple and Family Therapy Center, 1247 169<sup>th</sup> in Hammond. Call 989-2027. For more information contact one of the facilitators: Karen Lawrence [clawrence5198@sbcglobal.net](mailto:clawrence5198@sbcglobal.net) or call 219-844-5198 or karen Casey-Keller 219-845-3119. Find them on Facebook as well.

**Healing Circles Support Group Merrillville:** Support Group for adult survivors of suicide (friends and family) meet monthly on the second Tuesday from 7pm to 8:30pm at Stephen & Associates, Broadway Office Center, 7863 Broadway, Suite 115 Merrillville, IN 46410 (219) 381-0499. For more information contact one of the facilitators: Karen Lawrence [clawrence5198@sbcglobal.net](mailto:clawrence5198@sbcglobal.net) or call 219-844-5198 or Karen Casey-Keller: 219-845-3119. Find them on Facebook as well.

**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. 600 Superior Ave. in Munster, IN 46321 and 3224 Ridge Road, Suite 202 &

203, Lansing, IL 60438. Call 219.922.2732 or 708.895.8332 or 219.736.2422. Healing Hearts for Kids (5 week group) call Susan at 708-418-8671. <http://www.hospicecalumet.org/services/grief-support/>

**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 ([www.lakeco.lib.in.us](http://www.lakeco.lib.in.us)).

**Living After Loss** (219) 886-4600 Support for people who are grieving the loss of a loved one. Northlake Campus – 600 Grant Street, Gary, IN 46402.

**Mental Health America:** Call for advocacy, education, resources and support services. **Lake County:** 9722 Parkway Drive in Highland. (219) 922-3822 **Mental Health America of Porter County:** 402 East Indiana Ave in Valparaiso. (219) 462-6267 or Email [mmhodson@mhapc.org](mailto:mmhodson@mhapc.org) or [cpiriot@mhapc.org](mailto:cpiriot@mhapc.org) . Brochures available.

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

**South Lake County:** Support group meets 2<sup>nd</sup> and 4<sup>th</sup> Friday at 7 PM, Regional Mental Health Center, 8555 Taft St., Merrillville. Contact: Kathy Prospolonis: [kathyprospolonis@yahoo.com](mailto:kathyprospolonis@yahoo.com) or Lillian Garth [219-887-0629](tel:219-887-0629) **NAMI**

**Metropolitan Lake County Chapter/Gary:** Call for meeting schedule at [219-887-0629](tel:219-887-0629)

**NAMI Porter County Chapter:** Support Group: 2<sup>nd</sup> and 4<sup>th</sup> Thursdays, 7:00 PM, Aled P. Davies Independence Clubhouse, 1454 W. Lincolnway. Visions: Meets 1<sup>st</sup> and 3<sup>rd</sup> Sunday of each month at 6:00 pm. Contact Barb Layton, [219-764-2958](tel:219-764-2958). Email: [namiportercounty@msn.com](mailto:namiportercounty@msn.com)

**Organization for Social Support of Surviving Spouses** (219) 942-7872 Social and Support group for surviving spouses. Meetings: Third Tues., monthly 7:00p.m. c/o Prince of Peace Lutheran Church, 6795 Broadway, Merrillville, IN 46410.

**Out of the Darkness Walk Local Chapter** Nancy Rodgers 219-801-1882 or Karen Lawrence 219-844-5198 American Foundation for Suicide Prevention (202) 237-2280 [www.afsp.org](http://www.afsp.org)

**Reassurance Contact Program**, 938-0900 Crisis Center. Reassurance call/visit for homebound and elderly.

**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](mailto:stitch_tolerance@yahoo.com) and Gail Thomas - 219-801-8180 [gailthomasstitch@yahoo.com](mailto:gailthomasstitch@yahoo.com).

**Suicide Survivors Support Group/Wounded Healers** (219) 924-5577 (Meets at St. James the Less Catholic Church in Highland)

**VNA Phoenix Center for Grief and Healing** (219-531-8042) 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](http://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

45<sup>th</sup> 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 and Suicide Prevention 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](http://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](http://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](http://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 Strauhun Center (call Kathy Prospolonis). [www.nami.org](http://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](http://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](http://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)

**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 "Chapters" to find Indiana chapters: [www.activeminds.org](http://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](http://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](http://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 [www.thenationalcouncil.org](http://www.thenationalcouncil.org)

**National Resource Center on Psychiatric Advanced 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](http://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](http://www.caseylifeskills.org).

**Team Solutions and Solutions for Wellness (Lifeskills Curriculum downloadable and free ordering of materials):** This site is intended to assist prescribers, nurses, case managers, social workers, and therapists who actively seek information, like psychoeducational and psychological materials, which can help them treat their clients with serious mental illness. [www.treatmentteam.com](http://www.treatmentteam.com)

***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](http://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/>

***4Girls.Gov/Office of Women's Health:*** Website developed to help girls (ages 10 to 16) learn about health, growing up, and issues they may face. Girlshealth.gov promotes healthy and positive behaviors in girls, giving them reliable and useful health information in a fun, easy-to-understand way. The website also provides information to parents and educators to help them teach girls about healthy living [www.4girls.gov](http://www.4girls.gov)

***Early Childhood Mental Health:*** Zero to three at [www.zerotothree.org](http://www.zerotothree.org) and the Indiana Association for Infant and Toddler Mental Health [www.iaitmh.org](http://www.iaitmh.org)

***American Academy of Child & Adolescent Psychiatry:*** Facts for Families information sheets. [www.aacap.org](http://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/>

***International Early Psychosis Association:*** The IEPA is an international network for those involved in the study and treatment of early psychosis. [www.iepa.org.au/](http://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/](http://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) 769-5140. Meetings 7pm – call or look at website for meeting dates. Local resources listed for Northwest Indiana <http://northwestindianaautism.com>

***Autism Support Group Schererville:*** 350 East US 30 at Tyler's Tender, Schererville, IN 46375 (219) 384-8884 Main Phone 2nd Fri monthly: 5:30pm - 7:30pm.

#### ***National Autism Resources:***

**Autism Society of America**-Provides information and education about autism spectrum disorders while advocating for increased social awareness [www.autism-society.org](http://www.autism-society.org)

**Autism Speaks**-Provides information and advocacy and funds research on the causes, prevention, and treatment of autism spectrum disorders [www.autismspeaks.org](http://www.autismspeaks.org)

**Autism Web**-A website run by parents that provides a wealth of information for parents from finding resources to diet recommendations [www.autismweb.com](http://www.autismweb.com)

**MAAP Services for autism and Asperger's syndrome**-A nonprofit organization dedicated to providing information and advice to families [www.asperger.org](http://www.asperger.org)

**Visual Aids for Learning**-A company that provides free downloadable visual aids for use at school and in the home [www.visualaidsforlearning.com](http://www.visualaidsforlearning.com)

### **Eating Disorders:**

**Eating Disorders Referral Center:** Information and links to eating disorders information and treatment. [www.edreferral.com](http://www.edreferral.com):

**National Eating Disorders Association:** National Eating Disorders Association supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care. [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org):

### **Self-Harm:**

**Self Harm Resources:** Online resource including articles and links for self harm information. [www.selfharm.net](http://www.selfharm.net)

**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

**American Self Harm Information Clearing House:** Clearinghouse of information and resources about self harm. [www.selfinjury.org](http://www.selfinjury.org)

**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](http://www.psyke.org)

**Cornell Research Program in Self Injurious Behavior:** Cornell University research program with information, research and links to resources. [www.crpsib.com](http://www.crpsib.com)

### **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> **VOICE:** Information and links for Indiana youth speaking out against big tobacco. [www.voice.tv](http://www.voice.tv)

## **Substance Abuse**

### **Substance Abuse and Mental Health Services National Helpline**

1-800-662-HELP [www.findtreatment.samhsa.gov](http://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, 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/>

**CASA Women Under the Influence Website:** Women under the Influence reveals critical and relatively unknown facts about women and substance abuse, including differences between the sexes in their reasons for using drugs, how they exhibit abuse, how drugs of abuse are metabolized, and the effects and consequences of abuse. This book takes the first comprehensive look at substance abuse – tobacco, alcohol, illicit and prescription drugs – and the American woman. <http://www.casacolumbia.org/absolutenm/templates/Home.aspx>

**Drug Free info.org: PDF index:** Contains free downloadable PDF files on a variety of drug and health related information. <http://www.drugfreeinfo.org/PDFs/>

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

**Freevibe.com** From the National Youth Anti-Drug Media Campaign. This website is aimed at informing teens about drugs, the danger of drug use, and where to go for help. <http://www.freevibe.com/>

**Girl Talk: Choices and Consequences of Underage Drinking** The goal of Girl Talk is to reduce underage drinking among teenage girls by promoting improved on-going communication between girls and moms. <http://www.girlsanddrinking.org/>

**Go Girl Go!** A website from the womens sports foundation that has information about drugs, alcohol, body image, motivating girl's, and scholarship information! <http://www.womenssportsfoundation.org/cgi-bin/iowa/sports/ggg/index.html>

**Indiana Prevention Resource Center:** Strengthening prevention efforts through education, resources and research. Including information about Afternoons ROCK in Indiana afterschool program. <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](http://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. <http://ncadi.samhsa.gov/>

***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/>

***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>

***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](http://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](http://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. <http://www.indianasuicidepreventioncoalition.org>. The **Indiana Cares Youth Suicide Prevention Project** website, [www.indianacares.org](http://www.indianacares.org) supports initiatives across the state directed toward youth 10 to 24 years old.

***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/>

***Joint Commission Suicide Prevention Screening Tool:*** APA has made a tool available to hospitals and behavioral health care facilities that can meet suicide-prevention requirements from the Joint Commission.

[http://www.naphs.org/teleconference/documents/ResourceGuide\\_JCAHOSafetyGoals2007\\_final.pdf](http://www.naphs.org/teleconference/documents/ResourceGuide_JCAHOSafetyGoals2007_final.pdf)

**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](http://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](http://www.spanusa.org). AFSP Indiana Chapters [http://www.afsp.org/index.cfm?fuseaction=home.viewPage&page\\_ID=069E191F-F97B-F311-3225EA6828A08106](http://www.afsp.org/index.cfm?fuseaction=home.viewPage&page_ID=069E191F-F97B-F311-3225EA6828A08106)

**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](http://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](http://www.qprinstitute.com)

**SOS (Signs of Suicide)** A 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](http://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](http://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](http://www.yellowribbon.org)

**ichooselive:** Online resources for suicide prevention and youth. [www.ichooselive.com](http://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](http://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](http://www.thetrevorproject.org)

**It Gets Better Project:** The website [www.itgetsbetter.org](http://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](http://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](http://www.transitionyear.org)

**National College Depression Partnership:** The National College Depression Partnership (NCDP) is a college health consortium that utilizes a high-impact, cost-effective professional development approach to help college health systems and clinicians provide optimal care through the use of outcomes measurements and collaborative learning. Effective collaborative depression care relieves suffering, improves readiness to learn, and promotes student retention and success. [www.nyu.edu/ncdp/](http://www.nyu.edu/ncdp/)

**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.nctsnet.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](http://www.dougy.org)

**The Gift of Keith:** One family's journey and information for sibling survivors of suicide. [www.thegiftofkeith.org](http://www.thegiftofkeith.org)

**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](http://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. [KIDSAID.com](http://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 a children's story for children, families and military families: [www.sesameworkshop.org/grief](http://www.sesameworkshop.org/grief)

### **Violence & Bullying and Prevention**

**Violence Prevention CDC:** Centers for Disease Control and Prevention efforts at a national level [www.cdc.gov/ViolencePrevention/suicide/index.html](http://www.cdc.gov/ViolencePrevention/suicide/index.html)

**Bullying US:** Resources in the United States regarding bullying in school, workplace, neighborhoods with links to international bullying prevention programs: [www.bullying.us](http://www.bullying.us)

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

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