

## WELLNESS DIRECTORY

Your health and well-being are important especially during these tough times. Below you will find services and resources for you and your family. If you or someone you care about is struggling right now, please reach out for help.

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### SAFETY

If you need emergency assistance, **dial 911 immediately.**

#### **Indianapolis Metropolitan Police Department**

To reach the **non-emergency line**: 317.327.3811

#### **Indiana Department of Child Services**

Hotline: 800.800.5566

#### **Child Sexual Abuse Prevention**

[www.stopitnow.org](http://www.stopitnow.org)

Helpline: 1.888.PREVENT

Helpline hours: Monday-Friday

12:00 p.m. – 6:00 p.m.

#### **Safe Place**

[www.nationalsafeplace.org](http://www.nationalsafeplace.org)

Text "SAFE" with current location to 4HELP (44357)

#### **National Runaway Safeline**

<https://www.1800runaway.org/>

Hotline: 1.800.RUNAWAY

#### **Teen Suicide Hotline**

Hotline: 1.800.SUICIDE

Text "IN" to 741741 for Suicide Prevention

#### **National Suicide Prevention Lifeline**

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

#### **Indiana Coalition for Domestic Violence**

<https://icadvinc.org/domestic-violence-programs/>

**24-hour Statewide Hotline:**

800.332.7385

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### MENTAL HEALTH

#### **Catholic Charities Indianapolis**

317.236.1500

<https://www.archindy.org/cc/indianapolis/>

Professional counseling is available on a sliding fee scale, based on income

#### **Sandra Eskenazi Mental Health**

317.880.8485

24-hour telephone crisis interventions for persons with mental health or addiction treatment emergencies

#### **Adult and Child Mental Health**

877.882.5122

24-hour crisis and referral phone line

#### **Community Health Network**

317.621.5700

Provides immediate assessments by phone for persons experiencing a mental health crisis 24 hours daily.

#### **Aspire Indiana Crisis Line**

800.560.4038

24-hour phone crisis interventions for persons experiencing a mental health or addictions crisis

#### **Families First**

317.251.7575

24-hour crisis and suicide intervention services by both phone and text

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### HOUSING AND UTILITIES

#### **Indy Rental Assistance Program**

317.912.1260

<https://indyrent.org/>

#### **Citizens Energy Group**

317.924.3311

Please call if you are a Citizens customer and are struggling to pay your utility bills

**IPL**

317.261.8111

Please call if you are an IPL customer who needs assistance paying a bill

**FindHelp.org**

<https://www.findhelp.org/>

Connects residents to service providers that offer free or low-cost supports with basic needs including food, housing and bill assistance

**Township Assistance**

<https://www.indy.gov/agency/township-trustees>

Assists residents of Marion Co. by distributing relief and connecting residents to helpful resources when necessary

**Catholic Charities Indianapolis**

317.236.1512

Offers assistance for basic needs such as food, clothing and shelter

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**FOOD ASSISTANCE**

**Community Compass** – a free, quick and easy app designed to show individuals where they can find food assistance in Marion County. With a smart phone, you can find free meal locations and free grocery locations near you. If you do not have a smart phone, you can text the word “hi” to 317.434.3758

**IPS Food Services** – is offering multiple days' worth of prepackaged meals two days a week for students during remote learning days at multiple locations throughout the district. Meals are available to any child 18 years or age and younger regardless of enrollment in IPS. Meals are handed out drive-thru style in parking lots.

<https://myips.org/central-services/foodservice/>

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**INTERNET RESOURCES****Comcast**

<https://www.internetessentials.com/covid19>

Comcast is offering 2 months free to new Internet Essentials customers in response to recent and anticipated emergency measures associated with the COVID-19 outbreak.

**Spectrum**

[https://www.spectrum.com/lp/ban-1p-free-internet-offer-dis?&cmp=SEMR\\_REO&v=SEM1&p1=8444209760](https://www.spectrum.com/lp/ban-1p-free-internet-offer-dis?&cmp=SEMR_REO&v=SEM1&p1=8444209760)

Offering two free months of internet usage for qualifying households with students and educators. They also have opened up WiFi hotspots for public use.

**AT&T**

<https://www.att.com/internet/access/>

Offering internet access for qualifying limited income households at \$10 a month or less Through their Access program.

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**ADDITIONAL RESOURCES****Indiana 211**

Dial 2-1-1 or 866.211.9966

<https://in211.communityos.org/>

2-1-1 is a free and confidential service that helps Hoosiers across Indiana find the local resources they need. Dial 2-1-1 to connect with a live navigator 24 hours a day, 7 days a week.

**Your School Counselor**

If you need additional support or resources beyond what is provided in this Wellness Directory, please reach out to your School Counselor via telephone or email.