



Resources and Information

Assistance

Suicide

- **988** has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline
 - **Link:** [988 Indiana](#)
 - **Link:** [The Trevor Project for LGBTQ+](#)
 - 888.488.7386
 - Text "START" to 678678

Crisis

- Text IN to 741741 for free, 24/7 crisis counseling
 - **Link:** [Crisis Text line](#)
- Sexual Assault Hotline
 - 800.656.4673
- Domestic Partner Violence
 - 800.799.7233
 - Text "LOVEIS" TO 22522
 - **Link:** [Mental Health America's B4Stage4](#)

Information

Mental Health:

- [Mental Health America](#)
- [Self-Screening](#)
- [MHA's Inspire Community](#)
- [Warmlines](#)

Stress and Anxiety:

- Stress and Anxiety Information & Support
- Meditations & Calming Exercises
- Staying Grounded
- Compassion Fatigue
- Emotional PPE for Healthcare Workers

Recovery and Wellness:

- In The Rooms Recovery Community
- Parents/Caregivers of Individuals with Substance Use Disorders
- Sustaining the Well-Being of the Healthcare Professional
- Sleep is a Priority
- Toxic Stress-Protection & Overcoming
- Stopping Catastrophic Thinking