

## Crisis Resource List

*If you are experiencing a mental health emergency or are in immediate danger, call 9-1-1 or visit your local Emergency Room.*

### National Resources



#### The National Suicide Prevention Lifeline\*

Phone: 1-800-273-8255  
Chat: [suicidepreventionlifeline.com](https://suicidepreventionlifeline.com)  
24/7 support for mental health crises and suicidal thoughts.  
*Ayuda en Español: 1-888-628-9454*



#### The National Domestic Violence Hotline\*

Phone: 1-800-799-7233  
Chat: [www.thehotline.org](https://www.thehotline.org)  
24/7 access to resources and support for those experiencing domestic violence.



#### TrevorLifeline by The Trevor Project

Phone: 1-866-488-7386  
Text START to 678-678  
Chat: [www.thetrevorproject.org/](https://www.thetrevorproject.org/)  
24/7 mental health support for LGBTQ+ young people.



#### National Sexual Assault Hotline\*

Phone: 1-800-656-4673  
Chat: [rainn.org](https://rainn.org)  
24/7 confidential support, information and resources related to sexual assault.

### Indiana Specific Resources



#### Indiana 2-1-1 and BeWell Indiana\*

Phone: 2-1-1  
Chat: [bewellindiana.com](https://bewellindiana.com)  
24 hour hotline for mental health crises.  
To access these services dial 2-1-1 on any phone and then follow the prompts to enter your zip code and select "Mental Health" and "Speak to a Crisis Counselor".



#### Community Health Network 24-Hour Crisis Line

Phone: 317-621-5700 (Select Option 1)  
Text IN to 741741  
24/7 phone screenings and crisis evaluations for psychiatric and mental health emergencies.