

# LIST OF MENTAL HEALTH RESOURCES IN THE GREATER LAFAYETTE AREA

## CRISIS LINES

For mental health emergencies, dial 911. For a mental health crisis, call or text Mental Health America's Crisis Center at **765-742-0244**. Students may call the Purdue Crisis Line at **765-495-HELP (4357)**.

## ONLINE TOOLS

### Mental Health Screenings

<https://www.mhawv.org/services/mental-health-screening>

Mental Health America Wabash Valley Region offers online screenings to help you determine if you might have an issue that suggests further evaluation by a mental health professional.

### WellTrack

<https://purdue.welltrack.com/>

Offered through Purdue Counseling and Psychological Services, WellTrack is an online mental health and wellness tool that enables all actively enrolled students at Purdue's West Lafayette campus to track their moods and learn ways to cope and manage them more effectively. Students do not have to be connected to CAPS to access and use the program. An app is available for Android and Apple devices.

## CAMPUS RESOURCES

### Counseling and Psychological Services (CAPS)

<https://www.purdue.edu/caps/services/therapy/index.html>

765-494-6995

Part of the Dean of Students Office, CAPS provides comprehensive psychological services to Purdue University students, including counseling and therapy, psychological testing, psychiatric services and support groups. Some services are provided at no cost, while others have a fee.

### Purdue Counseling and Guidance Center

<https://www.education.purdue.edu/research-and-engagement/centers-and-institutes/purdue-counseling-guidance-center/>

765-494-9738

A training facility for the College of Education, the Counseling and Guidance Center assists Purdue and community members with a variety of educational, career and personal problems. Current staff members are qualified graduate counseling psychology students-in-training who are supervised by faculty from the Counseling Psychology Program.

### Purdue Psychology Treatment and Research Clinics

<https://www.purdue.edu/hhs/psy/pptrc/index.html>

765-494-6977

The Purdue Psychology Treatment and Research Clinics assist Purdue and community members by providing high-quality assessment, treatment and psychoeducational services while also serving as a training and research facility for the clinical Psychology Program at Purdue University. Staff members are qualified psychologists in-training who are supervised by faculty from the Clinical Psychology program.

### Purdue Center for Healthy Living

<https://www.purdue.edu/hr/CHL/index.php>

765-494-0111

The Employee Assistance Program offers confidential and professional onsite counseling and referral services to benefits-eligible employees as well as dependents covered on a Purdue medical plan. A licensed mental health professional will meet with clients up to six times. If you need ongoing service or treatment, you may be referred to a provider covered by your Purdue medical plan or to a local resource or agency.

## COMMUNITY RESOURCES

### Mental Health Services Navigator

<https://www.mhawv.org/mental-health-navigator-services>

765-742-1800

[navigator@mhawv.org](mailto:navigator@mhawv.org)

Offered through Mental Health America Wabash Valley Region, the free Mental Health Navigator Services program connects individuals and families seeking mental health and/or substance use services with appropriate mental health professionals and supportive services.

### Therapists and Clinics: Provider Directories

#### Mental Health America Wabash Valley Region

<https://www.mhawv.org/hsd>

Maintains a Human Services Directory that lists local providers.

#### Psychology Today

<https://www.psychologytoday.com/us/therapists>

Offers a Find a Therapist service that is searchable by zip code.

#### Connect2Help211

[www.Connect2Help.org](http://www.Connect2Help.org)

An Indianapolis-based agency that facilitates connections between people who need human services and those who provide them: 317-926-4357 or 2-1-1.

### Support Groups

#### Mental Health America Wabash Valley Region, 914 South St., Lafayette, IN 47901

<https://www.mhawv.org/services/support-groups>

765-742-1800

Offers support groups that are free and open to adults. Groups meet in MHA offices. Check with MHA to confirm the following times before attending:

- Anxiety and Depression Support Group: first and third Wednesdays, 6-7:30 p.m.
- Bipolar Disorder Support Group: first and third Wednesdays, 6-7:30 p.m.
- Grupo de Estrés (Stress Support Group for Spanish Speakers): fourth Wednesdays, 6-7:30 p.m.
- Survivors of Sexual Assault Support Group: second Wednesdays, 6-7:30 p.m.
- Survivors of Suicide Support Group: third Mondays, 7-8:30 p.m.

#### NAMI of Lafayette, 1508 Tippecanoe St., Room 1-902, Lafayette IN 47904

<http://www.nami-wci.org/services/support-groups/>

765-423-6939

Offers support groups for adults living with serious mental illness and their family members. Check with NAMI to confirm the following times before attending:

- NAMI Connection: for adults living with serious mental illness, Tuesdays, 10-11:30 a.m. and/or Thursdays, 6-7:30 p.m.
- Family Support Group: first and third Tuesdays, 7-8:30 p.m.

### Inpatient Services

#### Generations, 1710 Lafayette Rd., Crawfordsville, IN 47933

<https://www.franciscanhealth.org/healthcare-facilities/franciscan-health-generations-geriatric-behavioral-health-crawfordsville-1811>

765-362-2800

Located at Franciscan Health Crawfordsville, Generations serves seniors 55 and older throughout Indiana and eastern Illinois who are experiencing dementia or Alzheimer's disease or exhibiting inconsistent, disruptive, unpredictable or even suicidal behavior.

#### Sycamore Springs, 833 Park East Blvd., Lafayette, IN 47905

<https://www.sycamorespringshealth.com/>

765-441-3190 (phone staffed 24/7)

Located in Lafayette, Sycamore Springs offers integrated treatment programs for mental health issues and addiction. Along with inpatient services, the facility offers outpatient services as well.

*Disclaimer: The information in this document is not a substitute for advice from a qualified mental health professional. Purdue University makes no warranty as to the accuracy, reliability or completeness of this information. If you have a medical or mental health issue that you believe needs attention, contact a licensed health professional.*