



HAMILTON EAST
PUBLIC LIBRARY

DISCOVER

MENTAL HEALTH RESOURCES

MENTAL HEALTH | WELL-BEING | SUBSTANCE ABUSE

2023



Resources

for Mental Health, Well-Being and Substance Abuse.

By Heidi Herald and Pam Lamberger, Public Services Librarians

Mental health affects us in different ways - physically, mentally, financially, socially, and emotionally. It affects our homes, workplaces, and schools and changes how we interact with others. This is difficult for everyone. However, it is especially difficult for people suffering with their mental health and/or substance abuse issues, as well as their friends and families.

We have compiled mental health resource links on several different topics. If you or someone you know is struggling, there is help out there. If you would like help finding additional resources, please contact the library and our staff will help you locate available library and community resources. In an emergency, call 911 for help.



Call **911** for any emergency

Call **988** for the Suicide and Crisis Lifeline

Call **211** for resources and referrals to health, human, and social services

Resource Guide Key:

Mental Health




Well-Being



Substance Abuse




National Institute for Mental Health – Help During a Mental Health Crisis

 If you or someone you know is having a mental health crisis, you will find resources to help here. There are emergency hotlines, information on finding a provider, and referral help.

 www.nimh.nih.gov/health/find-help/




CDC – Resources for People Seeking Treatment

 This link provides quick links to hotlines, resources to locate treatment centers and providers, and other useful information.

 www.cdc.gov/mentalhealth/tools-resources/individuals/index.htm



SAMHSA Referral Hotline (Substance Abuse and Mental Health Services Administration)


 SAMHSA's National Helpline (also known as the Treatment Referral Routing Service) is a confidential, free, 24-hours-a-day, 365-days-a-year information service in English and Spanish for individuals and family members facing mental and/or substance abuse disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

 Call **1-800-662-HELP (4357)** or **TTY: 1-800-487-4889**

www.samhsa.gov/find-help/national-helpline



NAMI (National Alliance on Mental Illness)


 NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. This organization raises awareness and provides helpful support, education, and resources on many mental health and substance abuse topics. Spanish language resources are available.

 Helpline: **1-800-950-6264**

www.nami.org/Home




CDC – Coping With Stress

 Many people are under stress for a number of different reasons. If you or someone you care about is suffering from stress, this link offers coping strategies.

 www.cdc.gov/mentalhealth/stress-coping/index.html




Mental Health America – Bereavement and Grief

 This link from Mental Health America discusses the topic of bereavement and grief. It may be helpful to someone who has suffered a loss or those who are supporting someone who has suffered a loss.

 www.mhanational.org/bereavement-and-grief



U.S. Department of Veteran Affairs


 As a Veteran, you might experience difficult life events or challenges after leaving the military. We're here to help no matter how big or small the problem may be. VA has resources to address the unique stressors and experiences that Veterans may face – and we're just a click, call, text, or chat away. Resources available for veterans and their families and friends.

 Veterans Crisis Line: **1-800-273-8255 (Press 1)**

www.mentalhealth.va.gov/MENTALHEALTH/get-help/index.asp




Be Well Indiana


 This link contains resources compiled by the Indiana Division of Mental Health and Addiction designed to help Hoosiers stay connected and maintain their well-being. It includes a collection of topic-specific helpline numbers and links.

 <https://www.in.gov/bewellindiana/>



NobleAct

 The City of Noblesville has joined forces with the Noblesville Police and Fire Departments to create NobleAct, a mental health crisis and substance abuse response program.

 Noblesville Mayor Chris Jensen said this program will utilize mental health police officers, community paramedics, and mental health clinicians to provide linkage to community services and divert those in crisis away from the criminal justice system.


Call **317-770-1420** for non-emergency needs or referrals

www.cityofnoblesville.org/departments/division.php?structureid=302



StigmaFree Fishers


 Inspiring hope by encouraging discussion and collaboration within the Fishers community.

 The Fishers community has pledged to create a stigma free city in which residents will support each other, commit to learning more about mental illness and wellness, and get help. Get mental health resources for yourself or someone you know.

www.stigmafreefishers.com



Recovery Café Hamilton County

 This local organization provides a safe and all-accepting place where everyone can begin to heal. They offer a safe, warm, drug- and alcohol-free space that comes with a loving community to anchor people in the sustained recovery they need to gain and maintain access to housing, social and health services, healthy relationships, education, and employment.


 Call **317-620-1875**

www.recoverycafehcc.com

Visit on Sunday/Monday/Thursday at 7050 E. 116th St. Suite 100, Fishers, IN



Crisis Text Line

 Crisis Text Line provides free, 24/7, high-quality text-based mental health support and crisis intervention by empowering a community of trained volunteers to support people in their moments of need.

Text **HOME** to **741741**

www.crisistextline.org



Please note: Information in italics has been taken directly from the linked websites.





HAMILTON EAST PUBLIC LIBRARY

Library Information

Noblesville Library

One Library Plaza
Noblesville, IN 46060
317.773.1384

Located just north of the intersection of Conner Street (S.R. 32) and Cumberland Road, near Noblesville High School.

Fishers Library

Five Municipal Drive
Fishers, IN 46038
317.579.0300

Located in the Municipal Complex, just north of 116th Street, near the Nickel Plate District Amphitheatre.

Ignite Studio at HEPL

317.579.0331

Located in the lower level of the Fishers Library.

Indiana Room

317.770.3206

Located in the Noblesville Library.

Hours

Monday - Thursday: 9:00 AM - 8:00 PM
Friday - Saturday: 9:00 AM - 6:00 PM
Sunday: 12:00 PM - 6:00 PM

Let's Get Social



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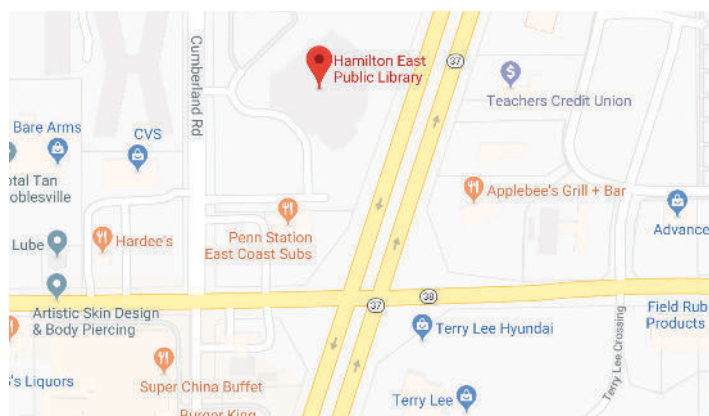


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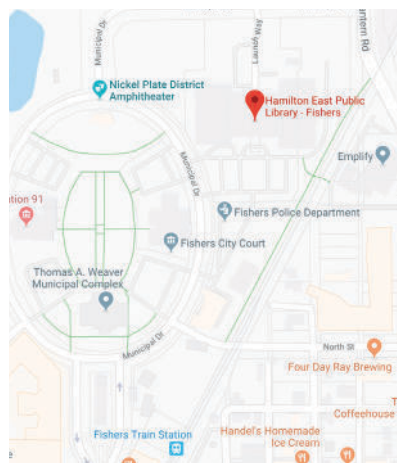


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Noblesville



Fishers



Additional Parking Available:

- Meyer Najem Garage
- The Switch Garage
- The Edge Garage
- Nickel Plate District

For construction updates, please visit us at hepl.lib.in.us/construction.



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