

## For Immediate Assistance

- **Call, Text, or Chat Online 988**
    - Suicide & Crisis Lifeline - 24/7 Service
    - Available to anyone in a suicidal or emotional crisis
      - OR call 911
    - 988 routes callers to the National Suicide Prevention Lifeline
      - **Press 1** for Veterans Crisis Line (for military service members, veterans, and family)
        - Or **text 838255** to 988
      - **Press 2** for suicide support en Español
      - **Press 3** for suicide support for youth and adults in the LGBTQ+ community
      - For deaf or hard of hearing ASL users, call 988 over Videophone
      - For TTY Users: Use your preferred relay service or dial 711 then 988.
      - **[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)** offers online chat services
  - INcompass Healthcare Crisis Line: **(812) 532-2595**
  - Centerstone Crisis Line: **1-800-832-5442**
  - Children's Hospital Psychiatric Intake Response Center: **(513) 636-4124**
  - Trevor Project Lifeline (confidential suicide hotline for LGBTQ+ youth): **(866) 488-7386**
    - Trevor Text: **Text START to 678-678**
- \*\* If a suicide attempt has occurred, call 911 immediately or go to a nearby hospital emergency room.**



**Visit One Community One Family's website via the QR code or URL below for comprehensive, up-to-date resource guides!**

<https://www.onecommunityonefamily.org/resources>





## Additional Resources

- **INcompass Healthcare**
  - 24-hour access to an on-call therapist. Call **(812) 532-2595** or toll-free at **1-877-849-1248**.
  - Website: **[incompasshc.org](http://incompasshc.org)**
- **Centerstone**
  - Information and Appointments: **(877) 467-3123**
  - **<https://centertsone.org>**
- **Choices Emergency Response Team (CERT)**
  - **1-317-205-8302**
    - Provides 24-hour assessment and on-site crisis response to support individuals and their families experiencing challenges with opioid overdoses, substance use, and mental health crises.
- **Domestic Violence Hotlines**
  - National Domestic Violence Hotline: **1-800-799-7233**
    - Text "START" to **88788**
    - Online Chat available **[www.thehotline.org](http://www.thehotline.org)**
  - Safe Passage Helpline: **(413) 586-5066**
    - Toll-Free: **(888) 345-5282**
  - [mynewdirections.org](http://mynewdirections.org) - 24-Hour Crisis Hotline: **(812) 662-8822**
- **National Sexual Assault Hotline**
  - RAINN Hotline: 1-800-656-HOPE (4673)
  - Live chat: [RAINN.org](http://RAINN.org)
- **Child Abuse and Neglect Hotlines**
  - Child Protective Services (CPS) Indiana: **1-800-800-5556**
  - [Childhelpline.org](http://Childhelpline.org):
    - 24/7 call or text **1-800-422-4453** or visit the website for live chat
- **Griefshare.org**
  - Hosts support groups by zip code
- **Local Resource Directories**
  - **Dial 211** or **[Connect2help211.org](http://Connect2help211.org)**
- **American Foundation for Suicide Prevention**
  - **[www.afsp.org](http://www.afsp.org)**
- **Suicide Prevention Resource Center**
  - **[www.sprc.org](http://www.sprc.org)**
    - Losing a loved one to suicide can be profoundly painful for family members and friends. The resource center helps loss survivors find local and national organizations, websites, and other resources that provide support, healing, and a sense of community