



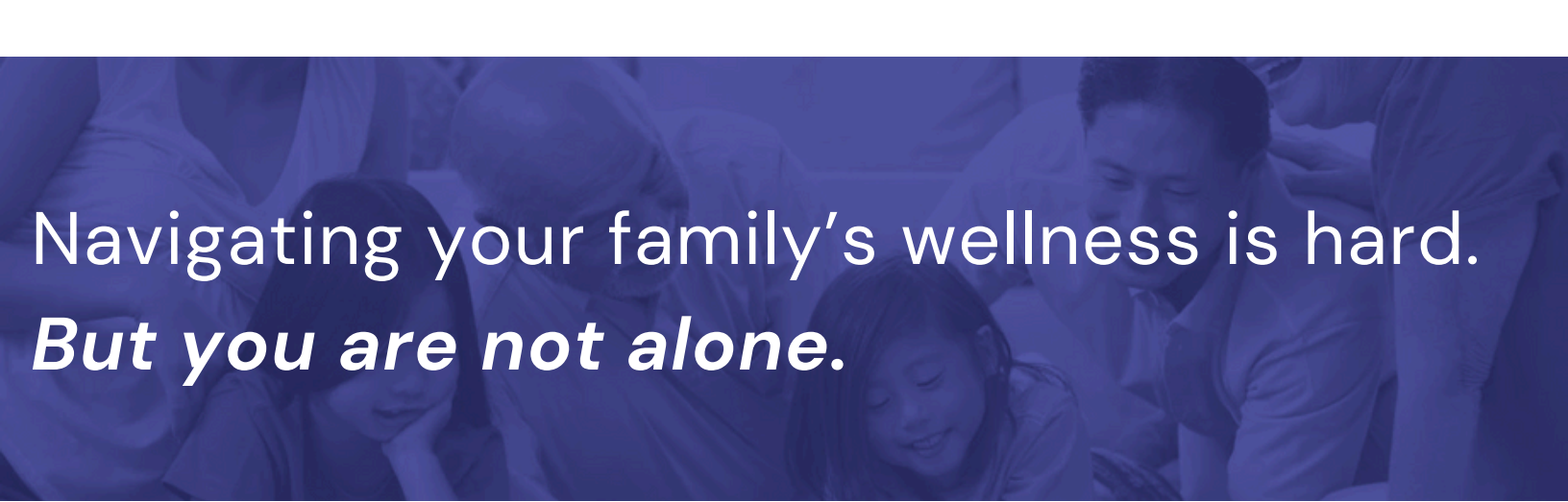
SHINE LAB

FAMILY HEALTH AND WELLNESS SERVICES

**Discover National and Indiana resources to support
and strengthen your family's wellbeing**

*Created by Purdue University Social-emotional Health In Nurturing
Environments (SHINE) Lab*





Navigating your family's wellness is hard. ***But you are not alone.***

According to the Brookings Institute,

43% of all families in the U.S. fall short of meeting basic needs

High cost of living, unemployment, and even the expiration of certain pandemic relief programs have contributed to significant levels of familial hardship. Finding help can feel impossible, and it's easy to feel isolated in your struggle – *but that doesn't have to be the case.*

Here in the SHINE Lab, we strongly believe that mental health is intersectional, or that one's mental wellbeing is affected by a variety of conditions. So, it is our mission to make health and wellness resources accessible and attainable for all. This guide contains resources, tools, and programs that support you and your loved ones, no matter your class, race, or socioeconomic status.

Seeking support is not a sign of weakness; rather, it is a symbol of strength, resilience, and a desire for better. We all need help sometimes, and the only way to progress forward is to foster genuine community.

Together, we echo the most important message of all:

You are not alone.



The Purdue SHINE Lab

Table of Contents

1

Service Directory Resources

2

Food and Housing Insecurity Resources

3

Health Resources

4

Child Care Resources

5

Tippecanoe County Resources



Service Directory Resources

*For help talking through a problem or exploring mental health treatment options, **PLEASE CALL 211** for free, confidential assistance.*

Brighter Futures Indiana

Enter your zipcode and utilize the filters to discover resources tailored to you and your families' specific needs, ranging from career to health to education



<https://brighterfuturesin.findhelp.com/>

Indiana Finder

Filter resources based off of topic of interest, stage of life, diagnosis, payment, and location for you or your child



<https://www.indianadisabilityresourcefinder.org/guided-journey/topic-of-interest>

Indiana 211

Discover Indiana resources for topics like food, finances, and so much more. You can also call 211 to speak directly to an individual to be connected with appropriate resources



<https://in211.communityos.org/>

National Alliance on Mental Illness Indiana

Find resources for addiction, legal counsel, financial planning, and other issues that affect mental health



<https://www.namiindiana.org/resources/resource-list>

Food and Housing Insecurity Resources

*For help navigating state programs like SNAP (food assistance), TANF (cash assistance), and Medicaid (health coverage), **PLEASE CALL 1-800-403-0864**, the Indiana Division of Family Resources*

Indiana WIC

WIC helps pregnant women and families of children under 5 with a low income to get access to healthy, nutritional food



<https://indiana.wicresources.org/>

Food Finders

Search your county for food pantries, educational programs, etc. to get connected with food and life-stabilizing resources



<https://www.food-finders.org/>

Indiana Housing & Community Development Authority

The IHCDCA helps Hoosiers find affordable housing, apply for energy assistance, and more to address housing insecurity in Indiana



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

Indiana Community Action Association

Find a Community Action Agency in your county to help with housing, energy costs, weatherization, and so much more



<https://www.incap.org/>

Health Resources

*For help navigating state programs like SNAP (food assistance), TANF (cash assistance), and Medicaid (health coverage), **PLEASE CALL 1-800-403-0864**, the Indiana Division of Family Resources*

Indiana Health Centers

IHC provides medical, dental, and behavioral care for underserved and uninsured families in Indiana. Use their website to find an IHC near you



<https://www.willowstone.org/healthy-families-baby-talk>

Covering Kids & Families of Indiana

Get free, individualized help navigating insurance and healthcare coverage, including Medicaid, Hoosier Healthwise, etc.



<https://www.ckfindiana.org/#>

FSSA Benefits

Find out if you qualify for Indiana food assistance and/or health coverage (note that you can call 800-403-0864 for free language assistance)



<https://fssabenefits.in.gov/bp/#/>

Aspire Indiana Health

Aspire offers sliding fee scales to ensure everyone has access to medical, behavioral, and pharmaceutical care. Contact them for further information about affordable care options



<https://www.aspireindiana.org/>

Child Care Resources

*For questions about resources (child care and beyond), **PLEASE CALL** 1-844-624-MOMS (6667), the Indiana Moms Helpline*

ChildCare.gov

Find resources for paying for child care, choosing quality care providers, and locating child care in your area



<https://childcare.gov/>

Early Ed Connect

Apply for pre-kindergarten and childcare financial assistance in Indiana for low income families



<https://earlyedconnect.fssa.in.gov/onlineApp/home>

Chances and Services for Youth

Get free assistance finding quality child care, applying for financial assistance, and enrolling in educational workshops



<https://casyonline.org/help-finding-childcare/>

Child Care Aware

Discern between types of child care, find your local child care referral organization, and learn about child care regulations to be a more empowered caregiver



<https://www.childcareaware.org/ccrr-positioning-statement/>

Tippecanoe County Resources

*For local help with a crisis, **PLEASE CALL OR TEXT 765-742-0244** , Mental Health America (MHA) Wabash Valley Region's crisis line*

LTHC

LTHC serves as the coordinating entry point for anyone experiencing a housing crisis in Tippecanoe. Get the resources you need, like showers, meals, laundry, and more



<https://lthc.net/>

Grace's House Family Resource Center

This safe space has child play areas, lactation help, connection to services, and so much more to strengthen and empower families



<https://www.bauerfamilyresources.org/family-resource-center>

Legal Aid Corporation of Tippecanoe County

Legal aid provides free legal assistance for low income families who need help navigating divorce, landlord/tenantship, and more



<https://tclegalaid.org/>

Tippecanoe Senior Services

For help with senior loved ones, check out TSS's Meals on Wheels, transportation services, and activity programs



<https://tippseniorservices.org/>



SHINE LAB

**WE'D LOVE TO HEAR
FROM YOU!**

Any questions/comments can be directed to shinelabpurdue@gmail.com

For further information, check out shinelab.owlstown.net

*To find a Community Mental Health Center near you, see our guide,
"Indiana Community Mental Health Center Locations"*

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