



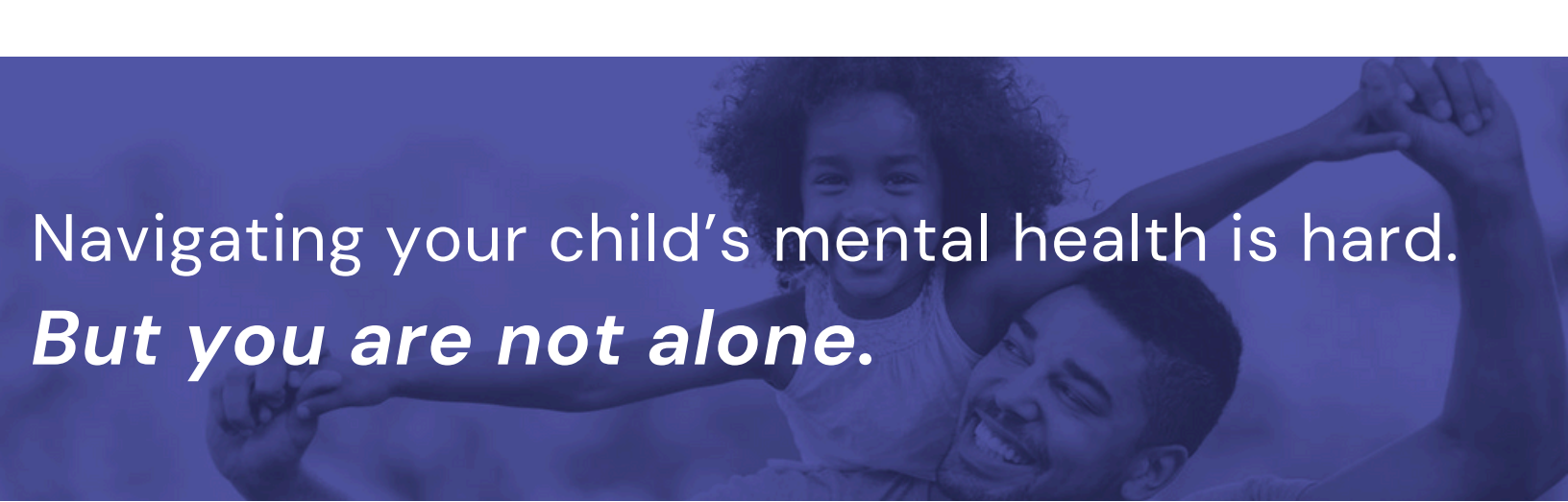
SHINE LAB

MENTAL HEALTH SERVICES & SUPPORT FOR YOUNG CHILDREN

Discover National and Indiana resources for you and your child as you navigate their mental health journey

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





Navigating your child's mental health is hard.
But you are not alone.

According to the U.S. Department of Health and Human Services,

1 in 5 U.S. children ages 3–17 has a mental, emotional, behavioral, or developmental disorder

However, it is estimated that only about 20% of these children receive the mental health care they need. Financial burden, social barriers, and a lack of accessibility present significant obstacles, and it can be especially daunting to find care for a young child – *but that doesn't have to be the case.*

Here in the SHINE Lab, we strongly believe in making mental health care accessible and attainable for all. This guide contains resources, tools, and programs to support you and your child, regardless of where you are on their mental health journey.

Seeking mental health support for your child does *not* indicate a lack of parenting ability. Rather, it demonstrates your immense commitment to ensuring your child is as happy and healthy as possible. By getting your child the help they need now, you are actively preparing them for future success.

By supporting parents and children alike, we echo the most important message of all:

You are not alone.



The Purdue SHINE Lab

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Emotional Wellbeing Resources

*If you suspect/know a child is experiencing abuse, **PLEASE CALL 1-800-800-5556**, the Indiana 24/7 child abuse and neglect hotline*

Sesame Workshop

Find free printables, videos, and more to empower you as a caregiver when teaching your child emotional literacy. Also find resources for tough topics like divorce, addiction, etc.



<https://sesameworkshop.org/>

PBS Kids “Daniel Tiger’s Feelings”

Featuring the characters from PBS’s “Daniel Tiger’s Neighborhood”, allow your child to explore games, songs, and stories that address handling emotions



<https://pbskids.org/daniel/games>

Head Start

Learn what practices you can easily implement as a caregiver to encourage healthy emotional development for your child



<https://headstart.gov/school-readiness/effective-practice-guides/social-emotional-development?redirect=eclkc>

Collaborative for Academic, Social, and Emotional Learning

CASEL offers a free, virtual, self-guided course for parents to understand and implement healthy social and emotional learning



<https://casel.org/an-introduction-to-social-and-emotional-learning/>

Mental Health Support Resources

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

INAAP CARE Program – *Temporarily Unavailable*

The CARE Program allows you or your child's pediatrician to complete an intake form. Then, you will be connected to resources specific to your child's needs



<https://www.inaap.org/projects-3>

The Kids Mental Health Foundation

Empowers caregivers to understand and address a wide range of mental health topics with their kids. Includes resources specifically for working parents



<https://www.kidsmentalhealthfoundation.org/mental-health-resources>

National Alliance on Mental Illness Indiana

NAMI Indiana offers a free, virtual, self-guided education course to help parents navigate their child's mental health. Be sure to explore NAMI for more resources!



<https://www.namiindiana.org/programs/basics>

Indiana Psychological Association

The IPA's "Find a Psychologist" Tool allows you to discover mental health care providers in your area, tailored to your child's needs



https://mms.indianapsychology.org/members/directory/search_inpa.php?org_id=INPA

Education and Development Resources

*For help navigating state and federal grant programs, **PLEASE CALL 1-317-232-6610**, the Indiana Department of Education*

Indiana First Steps

Provides free/low cost services for children under 3 who exhibit developmental needs. If you're unsure if your child needs help, connect with First Steps for an evaluation



<https://indianafirststeps.org/>

Indiana Head Start Association

Learn if you are eligible/how to enroll your child in Head Start for developmental and educational support (Early Head Start is for kids 0-3, Head Start is for kids 3-5)



<https://indianaheadstart.org/howtoenroll/>

United Way Indiana

United Way provides a list of free, developmentally appropriate sites to support your child's learning in STEM, literacy, and problem solving



<https://heartofindianaunitedway.org/ready/>

PBS.org

Utilize PBS's helpful tool top find activities tailored to your child's age, learning interest, and favorite shows



<https://www.pbs.org/parents>

Disability Resources

*For help navigating First Steps and/or waiver services (disability and autism),
PLEASE CALL 1-800-545-7763, Indiana Disability and Rehabilitative Services*

The Arc Indiana

Explore services, support, and information for navigating your child's intellectual or developmental disability. Connect with your local chapter for further assistance



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

Indiana Family to Family

Connects families of children with diverse physical and mental health needs to a Peer Services Specialist to receive individualized help. Also offers fact sheets/videos



<https://www.inf2f.org/>

Children's Special Health Care Services

Find out if you qualify for supplemental medical coverage for families of children with chronic health conditions



https://www.in.gov/health/cshcs/#Medical_Eligibility

IN*SOURCE

Provides families of children with disabilities with a variety of resources. You can also connect with a local liaison who can provide individualized assistance



<https://insource.org/get-help/>

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*

Healthy Families

Residents of Tippecanoe and Carroll County can receive a free home visitation designed to the strengthen parent-child bond, evaluate developmental progress, and more



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

Tippecanoe County Family Resource Center

The Tippecanoe FRC offers a wide variety of resources, programs, and tools for parents and children alike, including support groups and safe spaces for kids to play



<https://strengtheninginfamilies.org/programs/tippecanoe/>

Tippecanoe County Resource List

This PDF contains a lengthy list of mental health care providers in Tippecanoe County. Utilize the key to find the type of care you are looking for



https://investinyourmentalhealthindiana.com/wp-content/uploads/2024/06/Tippecanoe-County_Edited_2024.pdf

Tippecanoe County Public Library

Find free programs, electronic resources, movie nights, and more to support your child's learning



<https://tcpl.lib.in.us/>



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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