



SHINE LAB

MENTAL HEALTH SERVICES & SUPPORT FOR ADULTS

Discover National and Indiana resources for you and your loved ones to strengthen your emotional wellbeing

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





Navigating your mental health is hard. ***But you are not alone.***

According to the National Alliance on Mental Illness,

1 in 5 ADULTS EXPERIENCE MENTAL ILLNESS

However, only about half of U.S. adults with mental illness actually receive treatment. Financial burden, social barriers, and a lack of accessibility prevents many adults from receiving the help they need – *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 loved ones, regardless of where you are on your mental health journey.

Seeking mental health support is not a sign of weakness; rather, it is a symbol of strength, resilience, and a desire for better. By encouraging open, earnest conversations surrounding mental health, we counteract the harmful stigmas that prevent millions of Americans from receiving the help they need.

Together, we echo the most important message of all:

You are not alone.



The Purdue SHINE Lab

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Mental Health Support Resources

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

National Alliance on Mental Illness Indiana

Provides educational programs, virtual/in-person support groups, and volunteer opportunities for those struggling with mental illness



<https://www.namiindiana.org/home>

FindTreatment.gov

Enter your zip code to find available treatment for mental health and/or substance abuse in your area



<https://findtreatment.gov/>

Mental Health America

Utilize this guide to understand how to find, select, and pay for the mental health treatment that's right for you



<https://mhanational.org/finding-help/>

Anxiety & Depression Association of America

The ADAA offers free, online peer-to-peer communities for individuals with mental health disorders to connect, receive advice, and feel supported



<https://adaa.org/find-help/support>

Substance Use & Recovery Resources

To learn about local resources or seek emotional support during a crisis, PLEASE CALL (800) 662-4357, Indiana's 24/7 addiction hotline.

Indiana Addiction Treatment

Connects you to addiction treatment and/or recovery housing in Indiana based on location, type of treatment, etc. to ensure you receive the proper care



<https://www.in.gov/fssa/addiction/>

Indiana Recovery Network

Find health and housing resources, discover regional recovery hubs, and get connected to a peer for support with your recovery journey



<https://indianarecoverynetwork.org/>

Substance Abuse and Mental Health Services Administration

Matches you with treatment providers, healthcare, support groups, helplines and other ways to receive help, regardless of socioeconomic status



<https://www.samhsa.gov/find-support/health-care-or-support/professional-or-program>

Overdose Lifeline – CRAFT Family Support

Offers training, programs, and support groups for families dealing with addiction



<https://www.overdoselifeline.org/craft-model/>

Interpersonal Relationship Resources

*If you are experiencing relationship abuse, **PLEASE CALL 1-800-799-SAFE (7233)** or TEXT "START" to 88788, the national 24/7 domestic violence hotline.*

Indiana Coalition Against Domestic Violence

Connects you to domestic violence/abuse intervention programs near you, prevention trainings, and more to keep you safe



<https://icadvinc.org/>

National Domestic Violence Hotline

Learn how to identify signs of domestic abuse, form a safety plan, and locate services in your area that fit your needs



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

forBetter

Offers free, step-by-step healthy marriage lessons to strengthen romantic relationships and build a better future



<https://www.forbetter.us/module-1/lesson-1>

HelpGuide.org

Offers helpful articles to navigate all types of relationships, both romantic and non-romantic, in an effective, healthy way



<https://www.helpguide.org/relationships>

Suicide & Safety Resources

*If you or someone you know is experiencing a crisis, **PLEASE CALL OR TEXT 988**, Indiana's 24/7 suicide hotline.*

Indiana Suicide Prevention Network

Allows you to find mental health care providers in your area, as well as training/support groups for people experiencing suicidal thoughts



<https://indianasuicidepreventionnetwork.org/resources/#support>

International Association for Suicide Prevention

Provides information for people experiencing suicidal thoughts and their loved ones. Includes links to create a safety plan, talk to someone confidentially, and more



<https://www.iasp.info/suicidalthoughts/>

Alliance of Hope

Offers information, support groups, and opportunities for involvement for suicide loss survivors



<https://allianceofhope.org/our-story/>

American Foundation for Suicide Prevention

Contains resources and information for people experiencing suicidal thoughts and for those concerned about a loved one, including survivor stories, support groups, etc.



<https://afsp.org/>

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*

Mental Health America Wabash Valley Region

Connects you with the care you need from professionals in the Wabash Valley area. Provides resources for people who need help and people seeking help for a loved one



<https://mhawv.org/>

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

Support Groups in Tippecanoe

Psychology Today provides a list of available support groups in Tippecanoe County, covering a wide range of concerns



<https://www.psychologytoday.com/us/groups/in/tippecanoe-county>

Purdue Student Support Services

If you are a Purdue University student residing in Tippecanoe County, Student Support Services outlines the mental health resources available to you



<https://www.purdue.edu/advocacy/parents/mentalhealth.html>



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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