

STATEWIDE RESOURCES FOR IMMEDIATE HELP

DIAL 988

If you or someone you know is currently experiencing thoughts of suicide, or a mental health or substance use crisis, please call 9-8-8 to reach Suicide & Crisis Lifeline and speak with a trained crisis specialist 24/7.

988 is more than just an easy-to-remember number—it will offer a direct connection to compassionate, accessible care and support for anyone experiencing mental health-related distress – whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress. People can also dial 9-8-8 if they are worried about a loved one who may need crisis support.

Text HOME to741741 to connect with a Crisis Counselor

Ascension St. Vincent - Stress Center, Indianapolis

Provides mental health services through adult and youth services programs.

Stress Centers and Mental Health

Help is a phone call away. Our Stress Centers are open 24-7:

- Indianapolis, 317-338-4800
- Toll-free Indiana, 800-872-2210

At Ascension St. Vincent Stress Centers and behavioral health clinics throughout Indiana, we deliver a wide range of mental health services with compassionate care. Our care team listens to understand your concerns, so together we deliver the care that is right for you. Our team approach focuses on healing mind, body, and spirit. Our care teams are here when you feel overwhelming stress or have medical problems that affect emotional health.