

# Newton County Youth Mental Health Resources

## Counseling Services

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### Valley Oaks

Since 1938, Valley Oaks Health has been known throughout Indiana for its contributions to treating those with mental illness and substance abuse disorders. With a rich history, and a name synonymous with mental health care in the many communities they serve, some have wondered why a name change would be necessary.

[www.valleyoaks.org](http://www.valleyoaks.org)

### Rensselaer

131 W. Drexel Parkway, Rensselaer, IN 47978  
219-866-4194

### Monticello

920 W. Executive, Monticello, IN 47960  
574-583-9350

### Otterbein

606 Limerick Lane, Otterbein, IN 47970  
765-583-0186

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### Four County Counseling Center -Winamac

Whether in -person, by video, or phone, Four County is here to support your mental health and substance use recovery journey. In today's world we are finding new, flexible ways to provide our clients with the highest level of clinical support across all mediums, without compromising care. Appointments can be weekly. To support your journey, care needs to be excellent in quality AND convenient to your lifestyle. Virtual care services allow you to commit to treatment you need while eliminating barriers like excess time off work, child care needs, and transportation challenges.

<https://fourcounty.org/>

118 N. Sally Drive, Winamac 46996  
574-946-4233

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### Sycamore Springs-Lafayette

Provide mental health services & substance abuse treatment. As well as individual & group therapy; psychological testing & assessment; medication management; family counseling.

<https://sycamorespringshealth.com/>

765-588-4548

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### Crown Counseling—Crown Point

Outpatient Treatment for Adults, Children and Adolescents, Juvenile Justice. CARF International accreditation demonstrates a program's quality, transparency, and commitment to the satisfaction of the persons served. CARF International is an independent, nonprofit accreditor of health and human services.

<http://www.crowncounselingservices.com/>

219-663-6353

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### Just Do It (JDI) Counseling

Just Do It Counseling will improve the psychological, behavioral, and emotional functioning of children, adolescents, and adults through different types of therapeutic services. Just Do It Counseling will help galvanize clients to improve their overall well-being and to help them function appropriately in their home and social-environment.

1450 E. Joliet St.

Suite 101 Crown Point, IN. 46307

[\(219\) 331-4875](tel:2193314875)

[www.jdicounseling.com](http://www.jdicounseling.com)

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### Geminus—Merrillville

Circle Around Families is a referral-based, cross system of home-based care. The program designs and implements individualized, case-coordination strategies for children with emotional and behavioral problems and their families. Admission into the program is based on referrals from the Lake County, Indiana Juvenile Justice Court System and the Indiana Department of Child Services.

<https://www.geminus.care/Circle-Around-Families.php>

888-357-4264

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### Heartland—Lowell

Wellness Center: a guided approach to help you meet your wellness goals.

Recovery Center: focused healing for those struggling with the pain & suffering of addiction.

Behavioral Health: mental & emotional wellbeing when life becomes overwhelming.

<https://heartlandrecoverycenter.com/>

219-690-7025

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### Family Focus

From Crisis Management to Prevention Services to Parent Education Classes.

<https://familyfocusinc.net/>

660 W Morthland Dr. Suite A, Valparaiso  
800-582-4198 or 219-462-9200

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### Brookes' Place

Support and services to grieving children and families.

50 East 91st Street, Suite 103, Indianapolis, IN 46240

[\(317\) 705-9650](tel:3177059650)

[Website](#)

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### Community Fairbanks Recovery Center

For more than 75 years, the name Fairbanks has been known for the best in evidence-based drug and alcohol addiction treatment. Now as Community Fairbanks Recovery Center, we can provide access to one of the state's most comprehensive behavioral health systems as well. We offer the full range of scientifically supported treatments from Level One outpatient therapy to long-term residential programs including medication-assisted treatment (MAT), a supportive living program, recovery management, and family support.

<https://www.ecommunity.com/locations/community-fairbanks-recovery-center>

317-849-8222

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### Phoenix Recovery Solutions

To provide multiple pathways to recovery solutions through peer-based services & lived experiences with empathy & compassion.

<https://www.prsqrt.com/>

765-490-0381

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## Websites/Helplines

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### Be Well Indiana

<https://bewellindiana.com/>

These resources have been compiled by the Indiana Division of Mental Health and Addiction designed to help Hoosiers stay connected and maintain their well-being. The information has been validated by local and national experts that you can trust.

### Be Well Crisis Helpline

Speak with a trained counselor 24/7 regarding stress, anxiety, loneliness or mental health strains due to the COVID-19 pandemic. Service is free and confidential. Call: [211](tel:211)

### Crisis Text Line

Free, 24/7 support from a trained crisis counselor. Chat: Text **HOME** to [741741](tel:741741)

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### National Addiction & Recovery Helpline

Free, confidential treatment referral and information for individuals and families.

Call: [\(800\) 662-HELP \(4357\)](tel:800662HELP(4357))

TTY: [\(800\) 487-4889](tel:8004874889)

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### The Disaster Distress Helpline 24/7

Immediate crisis counseling for stress, anxiety, depression and more.

#### English

Call: [\(800\) 985-5990](tel:8009855990)

TTY: [\(800\) 846-8517](tel:8008468517)

Chat: Text **TalkWithUS** to [66746](tel:66746)

#### Spanish

Llama: [\(800\) 985-5990](tel:8009855990) (Llama y prensa "2")

Charla: Texto **Hablanos** to [66746](tel:66746)

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### Suicide Prevention Lifeline

Confidential, 24/7 support for those experiencing emotional distress or considering hurting themselves.

Call: [\(800\) 273-TALK\(8255\)](tel:800273TALK(8255))

TTY: [\(800\) 799-4889](tel:8007994889)

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### Find Help

Connecting people to social care services and follow up more quickly for services within your community.

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