Walk to Fight Suicide

American Foundation for Suicide Prevention | OUT OF THE DARKNESS Community Walks

It is important to be proactive about your mental health during uncertain times. If you or someone you know has a mental illness, is struggling emotionally, or has concerns about their mental health, there are ways to get help. These resources can be used for support in addition to situations of crisis.

You are not alone. We are in this together.

National Resources

American Foundation for Suicide Prevention
afsp.org/resources

National Suicide Prevention Lifeline
1-800-273-TALK (8255)

Crisis Text Line
Text TALK to 741-741

The Trevor Project (LGBTQ Crisis Line)
1-866-488-7386

Seize the Awkward
seizetheawkward.org

My3 (safety planning app)
My3app.org, or download on Android & iOS

Local Resources

211 Indiana
in211.communityos.org | 211

LOOKupIndiana
lookupindiana.org | 800.284.8439

Indiana Department of Veteran Affairs
www.in.gov/dva 765-973-6915

Local Resources Continued

Reid Health Psychiatry
reidhealth.org/services/psychiatrics/locations
Richmond 765-983-3298
Connersville 765-222-1079

Centerstone
centerstone.org | 800-344-8802
Richmond & Connersville Locations

Meridian Health Services
meridianhs.org | 765-935-5390
Richmond & Connersville Locations

Living Pathways
Living-pathways.business.site
765-935-7284

Lutheran Counseling Center of Richmond
765-935-3116

Innerconnection Counseling Services
765-966-8000

Mental Health of America Indiana
mhai.net | 317-638-3501

NAMI Indiana
namiindiana.org | 317-925-9399

**Many employers offer Employee Assistance Plans through which members can access mental health services. Check with your company's Human Resources contact for information on what is available to you.

HOPE WALKS HERE

Find a community of support. Join us for our Wayne County Out of the Darkness Walk

Wayne County Out of the Darkness Walk
Saturday, October 10th | Wayne County Fairgrounds
Learn More and Register for Free: afsp.org/richmondin

American Foundation for Suicide Prevention Indiana

Indiana Chapter Website: afsp.org/indiana
Social: Facebook facebook.com/afspindiana | Instagram @afspindiana | Twitter @afspindiana