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

Centerstone
centerstone.org |800-344-8802

Local Resources Continued

Columbus Behavioral Center
columbusbehavioral.com | 812-376-1711

Columbus Regional Health Hospital
crh.org | (800) 841-4938

NAMI South Central
namiindiana.org | 812-344-1588

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

Adult & Child
adultandchild.com | 877-882-5122 or 812-418-7900

Community North Behavioral Health Pavilion
ecommunity.com/services/mental-behavioral-health
866-621-5719

Ascension St. Vincent Stress Center
healthcare.ascension.org | 317-338-2345

Eskenazi Health Midtown
eskenazihealth.edu | 317-880-8485

Indiana Department of Veteran Affairs
www.in.gov/dva

**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 Columbus Out of the Darkness Walk.

Columbus Out of the Darkness Walk
Saturday, September 19th | Mill Race Park
Learn More and Register for Free: afsp.org/columbusin

American Foundation for Suicide Prevention Indiana

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