



Mental Health Resources in Putnam County

Mental health conditions, such as depression or anxiety, are real, common and treatable. And recovery is possible.

Resources:

(Details on reverse page)

- Crisis Text Line - Text MHA to 741741
- Take a screening - www.mhascreening.org
- Research –
 - mhaopc.org
 - BeWellIndiana.org
- Locate professional help –
 - mhanational.org/finding-therapy
 - mhanational.org/get-involved/b4stage4-where-get-help-0
 - www.mhaopc.org/mha-in-our-community/clearinghouse-services
 - Ask your Primary Care physician or medical office
 - Visit an Emergency Room
- Substance Use/Addiction:
 - Putnam County Recovery Coalition listing
- Putnam County's two behavioral health systems organizations:
 - Cummins Behavioral Health
 - Hamilton Center

Our Putnam County contact Information:

- Mental Health America of Putnam County Office
- Address – 10 ½ North Jackson Street, Greencastle, IN 46135
- Phone – 765-653-3310 -- Text – 765.246.1003
- Website – www.mhaopc.org
- Email - info@mhaopc.org

Don't hesitate to contact MHAoPC directly to get in touch with a helpful person!

If You Are In Crisis, Please Seek Help Immediately.
Call 1-800-273-TALK (8255) to reach a 24-hour crisis center, Text MHA to 741741,
Call 911, or Go to the nearest emergency room.

Resource Details:

Approaching a crisis, needing interaction very soon:

- **Texting Hotline – Text MHA to 741741** The Crisis Text Line is a free 24/7 text line that can address crises, as well as provide coping and other advice. They will stay on the line if the caller is serious about suicide or other self-harm until help is called and able to assist, moving a hot moment to a cool calm. Any word or phrase can be texted to start the conversation in addition to MHA, such as Help, Home, or Hello.
- **Visit an urgent facility** - Putnam County Hospital's emergency room and many other Urgent Care and emergency rooms can assist with not only timely/urgent physical but mental health issues, plus they're available 24/7, 365 days a year.

Take a screening

www.mhascreening.org - Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition. Benefits include identifying mental health factors bringing symptoms to light. There is also a screening for parents to help determine if children in your care are vulnerable/experiencing mental health challenges.

Local/Statewide websites:

Our recently updated LOCAL website mhaopc.org includes many resources to assist you in finding help, specifically www.mhaopc.org/mha-in-our-community/clearinghouse-services. The state of Indiana's website BeWellIndiana.org also has valuable information, especially concerning the COVID-19 pandemic.

Locating Professional Help:

The national office of Mental Health America has several great websites:

- mhanational.org/finding-therapy. Of those, we've used:
 - Substance Abuse and Mental Health Services Administration (SAMHSA)'s Locator: <https://findtreatment.samhsa.gov/locator>
 - Psychology Today's Therapy Directory - <https://www.psychologytoday.com/us/therapists>
- mhanational.org/get-involved/b4stage4-where-get-help-0
- mhanational.org/finding-help

Tips when choosing a professional:

- Call your insurance provider and ask THEM for a list of those who they would approve. That way you get a list of services that are covered for you.
- Ask your primary care doctor or medical office for specific recommendations/suggestions. . For example, if your primary care doctor is in the Putnam County Hospital, they can refer you to their in-house Behavioral Health office, but that Behavioral Health Office doesn't take appointments from the public.

Substance Use/Addiction:

The Putnam County Recovery Coalition can provide a listing of specific resources including in-patient, residential and outpatient options, plus support groups for ongoing assistance.

Putnam County Behavioral health organizations

Cummins Behavioral Health
<https://www.cumminsbhs.org>

308 Medic Way
Greencastle, IN 46135
(888) 714-1927 ext. 1500 for appointments, or dial 0 to talk to someone

You may also ask for Rebecca Roy, Director for Putnam County.

The Hamilton Center

<http://www.hamiltoncenter.org/locations/putnam-county/>

239 Hillsdale Ave.
Greencastle, IN 46135
(765) 653-1024

HamiltonCenterMarketing@hamiltoncenter.org

Remember, if you don't feel comfortable with the professional after the first, or even several visits, talk about your feelings at your next meeting; don't be afraid to contact another counselor. Feeling comfortable with the professional you choose is very important to the success of your treatment.