



Mental Health Resources in Putnam County

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

Resources at a glance:

(Details on reverse page)

- Crisis Text Line - Text MHA to 741741
- Take a screening - www.mhascreening.org
- Research –
 - mhaopc.org
- Locate professional help –
 - mhanational.org/finding-therapy
 - <https://mhanational.org/b4stage4-get-help>
 - <http://www.mhaopc.org/findinghelp>
 - Ask your Primary Care physician or medical office
 - Visit an Emergency Room, or Urgent Care facility
- 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 988 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:

- **Telephone or text 988** – The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. Visiting their website also offers an online chat option to reach the same trained counselors.
- **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 website:

Our LOCAL website mhaopc.org includes many resources to assist you in finding help, specifically www.mhaopc.org/FindingHelp.

Locating Professional Help:

Finding an online/virtual service: In lieu of face-to-face counseling, many online companies can now practice in Indiana due to lifted restrictions in response to the pandemic. Advantages are wait times are much less, and you can choose a variety of interactions, from phone, text and virtual (video conferencing).

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. An interactive website to find help
- mhanational.org/finding-help and <https://mhanational.org/b4stage4-get-help>. Our national's website to help find resources

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. MHAoPC Staff can assist in connection with this organization.

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; dial 0 to talk to someone, or Option 1 for Crisis situations
MHA Contact: Director for Putnam County

The Hamilton Center
<http://www.hamiltoncenter.org/locations/putnam-county/>
239 Hillsdale Ave.
Greencastle, IN 46135
(765) 653-1024 or (800) 742-0787
HamiltonCenterMarketing@hamiltoncenter.org
MHA Contact: Program Manager for Putnam and Clay Counties

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.