

SERVICES

SYSTEM OF CARE NAVIGATORS

We help find appropriate providers to meet your needs and remove the barriers to recovery.

CERTIFIED PEER SUPPORT

Our peers help people with Substance Abuse and Mental Health issues to stabilize, start, and maintain their personal recovery journey.

PRESENTATIONS

Depression, De-escalation (Adults and Children), Goal Setting and Follow-Up, Self-Efficacy, Gratitude, Mindfulness, Self-Compassion, Suicide (Adults and Youth) We offer Compassion and Fatigue presentation for staff and counselors
Don't see a topic? Reach out to customize one

WARMLINE: 765-742-0244

Call or Text "SAFE2TALK"

HOTLINE: 988

24/7 hotline for crisis de-escalation

SUICIDE PREVENTION

Q.P.R. TRAINING

(Question, Persuade, Refer) offers vital training for emergency response to those at risk of suicide, akin to CPR's role in medical emergencies. 2-hour course offered monthly.

Register at mhawv.org

ASIST TRAINING

A 2-day intensive workshop. ASIST (Applied Suicide Intervention Skills Training) provides essential skills to help someone considering suicide.

TOO GOOD FOR DRUGS

Evidence-based curriculum equips students with crucial life skills, fostering resilience and deterring substance use. With substance use posing significant challenges in our region, from increased rates of addiction to strain on community resources, prevention efforts are essential.

To inquire about starting this program in your school, email Woody Berentes at rberentes@mhawv.org with the subject line: Too Good For Drugs

GETTING INVOLVED

JUNIOR ACHIEVEMENT STOREFRONT

MHA Wabash Valley Region is partnering with Junior Achievement of Northern Indiana | Greater Lafayette (JA) to create an innovative mental health experience for youth as part of the JA Finance Park® program. Students will learn invaluable life skills while prioritizing their mental well-being. We need your help to make it happen. Visit: mhawv.org/volunteer to learn more.

BECOME A JUNIOR ADVISORY COUNCIL MEMBER

Are you a passionate student interested in mental health advocacy and leadership? Mental Health America is excited to announce the formation of a Junior Advisory Board to advise our Board of Directors on issues affecting youth mental health. We are seeking enthusiastic students to join this innovative initiative and make a difference in our community. Visit: mhawv.org/volunteer to learn more.

DELPHI • KOKOMO • LAFAYETTE • 765.742.1800 • MHAWV.ORG

Crisis Hotline: 988 • Local Crisis Warmline: Talk or Text SAFE2TALK to 765.742.0244



RESOURCES

FINANCIAL WELLNESS CENTER

In Partnership with Purdue Federal Credit Union and Banzai; bringing you clear, in-depth lessons that help you dive into the financial topics you care most about.

LILLY CONFERENCE ROOM

The Lilly Conference Room is located on the first floor of the Lafayette Office Building. Need a meeting room off-site? Book the Lilly Conference Room for your next meeting.

JOEY A. SEAMAN MEMORIAL LIBRARY

Our library is open to the public for you to educate yourself on all sorts of mental health information Hours: Monday - Friday
9:00 am - 4:00 pm



ACCESS ALL OUR
RESOURCES HERE:



MENTAL HEALTH SCREENING:

Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition. Many are common and treatable, and recovery is possible.

TAKE A MENTAL HEALTH SCREENING



Achieving Better Mental Health in
the Wabash Valley Region of
North Central Indiana

A United Way Agency

