



HAMILTON EAST
PUBLIC LIBRARY

DISCOVER

MENTAL HEALTH RESOURCES

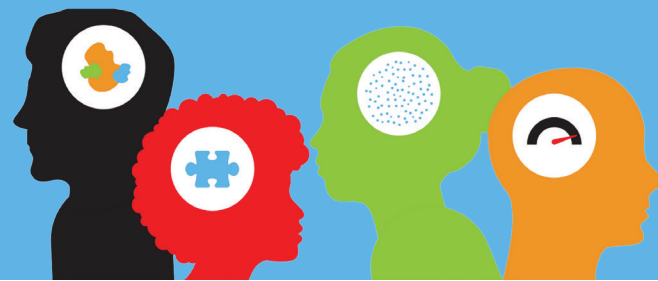
MENTAL HEALTH | WELL-BEING | SUBSTANCE ABUSE

2025



Resources

for Mental Health, Well-Being and Substance Abuse



Mental health affects everyone in different ways - physically, mentally, financially, socially, and emotionally. The shared well-being of our community is dependent on ensuring that compassionate assistance is readily available for those who need it. If you or someone you know is struggling, there is help out there. Our staff are happy to help you locate additional library and community resources. In an emergency, call 911 for help.



Call **911** for any emergency
Call **988** for the Suicide and Crisis Lifeline
Call **211** for resources and referrals to health, human, and social services

Resource Guide Key:

Mental Health



Well-Being



Substance Abuse



M National Institute of Mental Health (NIMH)

W NIMH offers authoritative information about mental disorders and the latest mental health research, including statistics, brochures & fact sheets, help for mental illness, and clinical trials.
nimh.nih.gov/health/find-help/



M CDC — Mental Health Index

W Info on managing stress, mental health data sources, mental health stigma, adolescent and school health, worker mental health, and coping with a disaster or traumatic event.
S cdc.gov/mental-health/index.html



M SAMHSA (Substance Abuse and Mental Health Services Administration)

W SAMHSA's National Helpline (also known as the Treatment Referral Routing Service) is a confidential, free, 24-hours-a-day, 365-days-a-year information service in English and Spanish for individuals and family members facing mental and/or substance abuse disorders.
S Call 1-800-662-HELP (4357) or TTY: 1-800-487-4889
samhsa.gov



M NAMI (National Alliance on Mental Illness)

W NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. This organization raises awareness and provides helpful support, education, and resources on many mental health and substance abuse topics. Spanish language resources are available.
S Helpline: 1-800-950-6264 or chat/text "helpline" to 62640 | nami.org



M World Health Organization – Mental Health

W Choose from: fact sheets, questions & answers, databases & tools, initiatives & groups, resolutions & decisions, and technical work. You can also choose from among various country profiles for specific information on those regions.
who.int/health-topics/mental-health#tab=tab_1



M Mental Health America

W For people seeking help with mental health, crisis support, finding a warmline, navigating healthcare systems to work with providers, and finding support in your local community. A timely new feature is the Global Conflict Mental Health Resources option.
mhanational.org



M U.S. Department of Veteran Affairs

W As a Veteran, you might experience difficult life events or challenges after leaving the military. VA has resources to address the unique stressors and experiences that Veterans may face – and we're just a click, call, text, or chat away. Resources available for veterans and their families and friends.
S Veterans Crisis Line: Call 988 and select 1
mentalhealth.va.gov



M Indiana Suicide Prevention Network (ISPN)

W ISPN is a statewide community working to prevent suicide by advancing the conversation, eliminating stigma, and building hope. The website has resources including websites, mobile apps, support groups, trainings, toolkits, and useful links.
indianasuicidepreventionnetwork.org/resources/



M NobleAct

W The City of Noblesville has joined forces with the Noblesville Police and Fire Departments to create NobleAct, a mental health crisis and substance abuse response program. Noblesville Mayor Chris Jensen said this program will utilize mental health police officers, community paramedics, and mental health clinicians to provide linkage to community services and divert those in crisis away from the criminal justice system.
S Call 317-770-1420 for non-emergency needs or referrals
noblesville.in.gov/departments/division.php?structureid=302



M StigmaFree Fishers

W Confidential and available 24/7, with CredibleMind you can learn new skills, understand your own mental health, take a mental health assessment, and browse the library of thousands of mental well-being resources. The free online service for residents and employees to access mental health education, resources, and assessments.
fishers.crediblemind.com



M Recovery Café Hamilton County

W This local organization provides a safe and all-accepting place where everyone can begin to heal. They offer a safe, warm, drug- and alcohol-free space that comes with a loving community to anchor people in the sustained recovery they need to gain and maintain access to housing, social and health services, healthy relationships, education, and employment.
S Call 317-620-1875
recoverycafehcc.com
New members visit on Monday/Thursday at 7050 E. 116th St. Suite 100, Fishers, IN

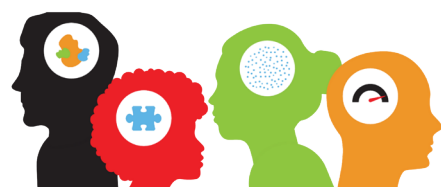


M Crisis Text Line

W Crisis Text Line provides free, 24/7, high-quality text-based mental health support and crisis intervention by empowering a community of trained volunteers to support people in their moments of need.
S Text HOME to 741741
crisistextline.org



Please note: Information in italics has been taken directly from the linked websites.





LIBRARY INFO

LOCATIONS

Noblesville Library

One Library Plaza
Noblesville, IN 46060
317.773.1384

Fishers Library

Five Municipal Drive
Fishers, IN 46038
317.579.0300

Ignite Studio

317.579.0331

Crossroads Discovery Center

317.770.3236

LIBRARY HOURS

Monday – Thursday

9:00 am – 8:00 pm

Friday – Saturday

9:00 am – 6:00 pm

Sunday

12:00 pm – 6:00 pm

FOLLOW US



hamiltoneastpl.org

LIBRARY NEWSLETTER

Sign up for our monthly Bright
Ideas Newsletter



HAMILTON EAST
PUBLIC LIBRARY