

# Mental Health America of Hendricks County

## Abundant Life Counseling

**Address:** 180 N. S. Avon Ave., Avon, IN. 46123  
**Phone:** 317-272-1444  
**Fax:** 317-272-1458  
**Bilingual:** No  
**Sliding fee:** No  
**Insurance:** Private  
**Age groups served:** Adults, teenagers, children, families  
**Program types:** Outpatient  
**Counseling services:** Individual, marriage, family, depression, anxiety, addictions  
**Office hours:** Mon-Fri: 1pm-9pm

## Advantage Counseling & Training

**Address:** 1005 E. Main St., Plainfield, IN. 46168  
**Phone:** 317-839-7323  
**Email:** angiedudley@rocketmail.com  
**Bilingual:** No  
**Sliding fee:** Yes  
**Insurance:** None  
**Age groups served:** Adults  
**Program types:** Intensive outpatient, outpatient  
**Counseling services:** Individual, substance abuse, anger management, domestic violence, relapse prevention, alcohol and drug  
**Office hours:** Mon-Fri: 8am – 8pm

## Avon Christian Counseling Center

<http://avonchristiancounselingcenter.com>

**Address:** 79 N. CR. 625 E., Avon, IN. 46123  
**Phone:** 317-272-6999  
**Bilingual:** No  
**Sliding fee:** Yes  
**Insurance:** Private  
**Age groups served:** Adults, children, teenagers, families  
**Program types:** Outpatient  
**Counseling services:** Individual, children, marriage, family, domestic violence, trauma, depression, anxiety, alcohol and drug.  
**Office hours:** Mon – Fri: 8am – 6pm (some late evenings)

## Brandenburg, Margarete (LLC, M.Div., MA, LMHC, D.CEP, Adv.-EFT, MT-BC)

<http://mbrandenburg.com>

**Indianapolis address:** 1125 Spruce St., Indianapolis, IN. 46203  
**Zionsville address:** Solus Center at 260 S. 1<sup>st</sup> St., Suite 2, Zionsville, IN. 46077  
**Phone:** 317-347-1001  
**Fax:** 317-347-1006  
**Email:** margarete1@sbcglobal.net  
**Bilingual:** No  
**Sliding fee:** No  
**Insurance:** Anthem, United Healthcare, some other major insurance providers  
**Age groups served:** Adults  
**Program types:** Outpatient  
**Counseling services:** Individual, couples, premarital, emotional freedom technique, NeuroLinguistic Programming, PSYCH-K, Z-Point, The Work, holographic trauma release, matrix energetics, reiki, yuen energy method, garcia energetics, somaenergetics, pastoral counseling, transpersonal psychotherapy, consciousness-shifting technology, spiritual coaching  
**Office hours:** Indianapolis office: Mon: 12pm-6pm  
Zionsville office: Wed: 12pm-6pm

## Brownsburg Guidance & Counseling Center (LCSW, LMFT)

<http://brownsburgcounseling.com>

**Address:** 39 Motif Blvd., Brownsburg, IN. 46112  
**Phone:** 317-852-6603  
**Email:** mail@brownsburgcounseling.com

# Mental Health America of Hendricks County

**Bilingual:** No

**Sliding Fee:** Yes

**Insurance:** Private

**Age groups served:** Adults, teenagers, children (6 and older)

**Program types:** Outpatient

**Counseling services:** Individual, couples, marriage, family, anxiety, depression, relationship issues, personal growth, stress management, job performance, school performance, grief and loss, low self-esteem, post-traumatic stress, anger management, behavioral issues.

**Office hours:** Mon-Thurs: 8am – 8pm

## Burks, Diane A.

<http://www.dianeburks.com>

**Address:** 1350 Terry Dr., Plainfield, IN. 46168

**Phone:** 317-294-7691

**Fax:** 317-838-7024

**Email:** [diane@dianeburks.com](mailto:diane@dianeburks.com)

**Bilingual:** No

**Sliding fee:** No

**Insurance:** Private

**Age groups served:** Children, teenagers, families

**Program types:** Outpatient

**Counseling services:** Individual, family, group, equine-assisted families, education, special needs, adoptive families

**Office hours:** Mon-Thur: 1pm-6pm

## Care To Change Counseling

<http://www.caretochange.org>

**Address:** 10080 E. Us. Hwy 36. Suite A. Avon, Indiana. 46123

**Phone:** 317-790-9396

**Bilingual:** No.

**Sliding Fee:** None

**Insurance:** None

**Age Groups:** Adults, teenagers, children, families.

**Program types:** outpatient

**Counseling Services:** Individual, marriage, couples, family, therapy, nutritional, financial, trauma, abuse, grief and loss.

**Office Hours:** Not Available

## Caring Associates Counseling Group, Inc.

**Brownsburg Address:** 23 Motif Blvd., Ste 203, Brownsburg, IN. 46112

**Lebanon Address:** Arc of Greater Boone County, 900 W. Main St. Lebanon, IN. 46052

**Brownsburg Phone:** 317-286-7034

**Lebanon Phone:** 317-520-5017

**Bilingual:** No.

**Sliding fee:** No.

**Insurance:** Private, Medicaid

**Age groups served:** Adults, teenagers (13 and older)

**Program types:** Outpatient, intensive outpatient

**Counseling services:** Individual, anxiety, bipolar disorder, major depression, substance abuse, group, spirituality awareness, relapse prevention, psycho education, after care services, anger management, coping skills, addictions

**Office hours:** Mon-Fri: 9am-6pm

## CCS Counseling & Psychiatric Associates ( LMHC)

<http://www.ccscounseling.net>

**Address:** 515 N. Green St., Suite. 301, Brownsburg, IN. 46112

**Phone:** 317-852-2300

**Bilingual:** No

**Sliding fee:** No (if someone doesn't have insurance there might be a 50% reduction fee for hardship cases)

**Insurance:** Private

**Age groups served:** Adults, children, teenagers, families

**Program types:** Outpatient

**Counseling services:** Individual, parenting, employee assistance, medication assessment referral, substance abuse, depression, stress management, anxiety, behavioral issues, ADHD, Bipolar disorders, women's issues, postpartum mood disorders, life transitions, relationship issues

**Office hours:** Mon – Fri: 11am – 7pm

# Mental Health America of Hendricks County

## Cummins Behavioral Health Systems

<http://www.cumminsbhs.org>

**Corporate office address:** 5101 E. U.S. 36, Suite 101, Avon, IN. 46123 (Locations in Avon, Crawfordsville, Greencastle, Indianapolis, and Lebanon)

Corporate Phone: (317) 745-9568 Fax: (317) 745-9569

**Avon address:** 6655 E. U.S. 36, Avon, IN. 46123 Phone: (317) 272-3330 Emergency: (800) 860-3330

**Indianapolis address:** 5638 Professional Circle, Indianapolis, IN. 46241 Phone: (317) 247-8900 Fax (317) 247-8935 24-hour Emergency: (888) 244-6083

Hearing Impaired: (800) 743-3333

**Bilingual:** Yes

**Sliding fee:** Yes

**Insurance:** Private, Medicare, Medicaid

**Age groups served:** Adults, children, teenagers

**Program types:** Outpatient, intensive outpatient, day programs

**Counseling services:**

**Adult Services:** Assessment and evaluation, community-based services, consultation and education, substance abuse, psychiatric services, care coordination

**Child Services:** Assessment and evaluation, community-based services, consultation and education, psychiatric services, outpatient services, case management, afterschool program

**Teen services:** Assessment and evaluation, community-based services, consultation and education, psychiatric services, outpatient services, case management, afterschool program

**Addiction services:** Detoxification, relapse prevention, individual treatment, addiction education, assessment & evaluation

**Community reintegration services** (Programs for individuals with serious mental illness): Day programs, care coordination, assertive community treatment (ACT), employee assistance

**Office Hours:** Mon – Fri: 8am – 7pm

## DuBina, Monica M. (LCSW)

<http://www.lovethesandlady.com>

**Address:** 2680 E. Main St., Suite 125, Plainfield, IN. 46168

**Phone:** 317-245-8958

**Email:** monica.dubina@gmail.com

**Bilingual:** No

**Sliding fee:** No

**Insurance:** Private

**Age groups served:** Adults, children, teenagers, elderly, families

**Program types:** Outpatient

**Counseling services:** Individual, children, teenagers, families, Jungian Sand-Play Therapy, ADHD, alcohol and drugs, relapse prevention, coping skills, developmental disorders, domestic violence, family conflict, medication management, parenting, self-esteem, sexual abuse, spirituality, suicidal ideation, traumatic brain injury, academic underachievement, adoption, anger management, chronic impulsivity, codependency, depression, divorce, grief, obsessive compulsive disorder, peer relationships, self-harming, sleep irregularities, substance abuse, grief and loss, Trauma, Post Traumatic Stress Disorder, mood disorders, addictions

**Office hours:** Mon-Fri: 10am-7pm

## Eagle Creek Counseling

<http://www.eaglecreekcounseling.com>

**Address:** 3935 Eagle Creek Pkwy, Suite C, Indianapolis, IN. 46254

**Phone:** 317-293-5563

**Fax:** 317-293-7478

**Email:** eaglecreekcounsel@sbcglobal.net

**Bilingual:** No

**Sliding fee:** No

**Insurance:** Private, Anthem, IU health, Sagamore

**Age groups served:** Adults, children, teenagers, and families

**Program types:** Outpatient

**Counseling services:** Individual, children, premarital, marriage, couple, relationship issues, depression, anxiety, grief and loss, sexual addiction, domestic violence, trauma, obsessive compulsive disorder, life transitions, medication management

**Office hours:** Mon-Fri: 9am-5pm, Sat: 9am-1pm. Evening appointments available.

## Embracing Hope Center (IU Health)

**Address:** 950 N. Meridian St., Indianapolis, IN. 46204

**Phone:** 317-962-1852

**Fax:** 317-962-5229

**Bilingual:** Yes

**Sliding fee:** No

# Mental Health America of Hendricks County

**Insurance:** Private, Medicare, Medicaid (also possible to make other arrangements if insurance is an issue)

**Age groups served:** Adults, elderly

**Program types:** Outpatient, inpatient

**Counseling services:** Grief and loss, aromatherapy, biofeedback, craniosacral therapy, emotional freedom techniques, healing touch, manual lymphatic drainage, music thanatology, vibro-acoustic therapy, hospice care

**Office hours:** Mon-Fri: 8am-4pm. Phone lines answered 24/7.

## Fairbanks Addiction Treatment Center

<https://www.fairbanksd.org>

**Indianapolis address:** 8102 Clearvista Pkwy., Indianapolis, IN. 46256

**Plainfield address:** 6100 Clarks Creek Rd., Plainfield, IN. 46168

**Phone:** 317-849-8222; Fairbanks Access Center: 317-572-9396 (Available 24/7)

**Fax:** 317-849-1455

**Bilingual:** yes

**Sliding fee:** No. (Charity care and self-payment plans are available)

**Insurance:** Private, Medicaid

**Age groups served:** Adults, children, teenagers, families

**Program types:** Inpatient, outpatient

**Counseling services:**

**Adult programs:** Detoxification, rehabilitation, supportive living, addiction education, La Verna Lodge residential treatment program, recovery management opportunities

**Adolescent programs:** Detoxification, rehabilitation, Hope Academy high school, recovery management opportunities

**Family:** Educational support, support group

**Office hours:** Mon – Fri: 9am – 7:30pm Sat – Sun: 8:30am – 3:30pm / 24 hours for inpatient

## Fall Creek Counseling Online

<http://www.fallcreekcounseling.com>

**Address:** 5610 Crawfordsville Rd., Suite 2401, Indianapolis, IN. 46224

**Phone:** (317) 291-6360

**Fax:** (317) 291-6562

**Email:** [info@fallcreekcounseling.com](mailto:info@fallcreekcounseling.com)

**Bilingual:** Yes (some classes are held in Spanish)

**Sliding fee:** Clients can choose to do their own

**Insurance:** None

**Age groups served:** Adults, children, teenagers, families

**Program types:** Outpatient, intensive outpatient

**Counseling services:** Domestic violence, parenting, addiction education, PRIME for life, assessment and evaluation, relapse group

**Office hours:** Mon, Tue, & Thurs 9am-7pm, Wed. 1pm-7pm

## Families First

<http://www.familiesfirstindiana.org>

**Main address:** 615 N. Alabama St., Suite 300, Indianapolis, IN. 46202

**Phone:** 317-634-6341

**Bilingual:** No

**Sliding fee:** Yes

**Insurance:** Private, Medicaid

**Age groups served:** Adults, teenagers, families

**Program types:** Outpatient

**Counseling services:** Individual, marriage, couples, family, relationship issues, domestic violence, substance abuse, parental, home-based services for older adults, Employee Assistance Program, financial literacy, money management and loans, VISTAS-Caregivers

**Office hours:** Mon-Thur: 10am-6pm

## Family Counseling Associates

<http://www.fcahelp.com>

**Nb Castleton address:** 7526 E. 82<sup>nd</sup> St., Suite 150, Indianapolis, IN 46256

**Zionsville address:** Eagle Alliance Church, 5801 S. Main St. Whitestown, IN. 46075

**Greenwood address:** 435 E. Main St., Suite 270, Greenwood, IN. 46143

**Phone:** 317-585-1060

**Fax:** 317-585-9811

**Bilingual:** Yes

**Sliding fee:** No

**Insurance:** Private

**Age groups served:** Adults, children, teenagers, families

# Mental Health America of Hendricks County

**Program types:** Outpatient

**Counseling services:** Individual, marriage, depression, anxiety, bipolar disorder, substance abuse, eating disorders, spiritual issues, relationship issues, anger management, sleep irregularities, post-traumatic stress disorder, pornography, life transitions, crisis management, psychiatric assistance, behavioral issues, academic tutoring, ADD, ADHD, alcohol and drug, pre-marital, parenting, blended families, grief and loss, adoption, career

**Office hours:** Mon-Friday: 7am-7pm, Saturdays by appointment

## Farman, Tanya C. (Ph.D., HSPP)

<http://www.dranyafarman.com>

**Address:** Office Suites West 2680 E. Main St., Suite 205, Plainfield, IN. 46168

**Phone:** 317-402-9477

**Email:** Tanya.Farman@alum.northwestern.edu

**Bilingual:** No

**Sliding fee:** Yes

**Insurance:** None.

**Age groups served:** Adults, families

**Program types:** Outpatient

**Counseling services:** Individual, family, group, psychological testing, divorce, domestic violence, peer relationships, relationship issues, grief and loss, post-traumatic stress disorder, survivors of abuse, depression, anger management, anxiety, self-esteem, body image concerns, women's issues, men's issues, cultural/ethnic issues, gay/lesbian issues

**Office hours:** Not available

## Hamilton Center Incorporated

<http://www.hamiltoncenter.org>

**Corporate office address:** 620 Eighth Ave., Terre Haute, IN. 47804

**Plainfield office address:** 900 Southfield Dr., Plainfield, IN. 46168, Phone: 317-837-9719, Fax: 317-837-9726

**Email:** PublicRelations@hamiltoncenter.org

**Bilingual:** Yes.

**Sliding Fee:** No

**Insurance:** Medicare, Medicaid

**Age groups served:** Adults, children, teenagers, families

**Program types:** Outpatient, inpatient

**Counseling services:** individual, family, children, pregnant women, infants, drug and alcohol, group, couples, assessment & evaluation, stress, life transitions, relationship issues, depression, anxiety, anger management, coping with chronic illness, parenting, domestic violence, sexual abuse, adjustment to school work, crisis management, psychological testing, eating disorders, attention deficit disorder, behavioral issues, home-based case management, school-based counseling, addictions

**Office hours:** Mon-Thur: 8am- 7pm, Fri: 8am-5pm

## Hendricks Therapy

<http://www.hendrickstherapy.com>

**Danville address:** 202 Myers Rd. Danville, IN. 46122

**Plainfield address:** 1100 Southfield Dr., Suite 1205, Plainfield, IN. 46168

**Phone:** 317.718.8436

**Fax:** 317.718.8438

**Email:** staff@hendrickstherapy.com

**Bilingual:** No

**Sliding fee:** No. Self-pay rate is offered instead.

**Insurance:** Private, Medicare

**Age groups served:** Adults, children, teenagers, families

**Program types:** Outpatient

**Counseling services:** Individual, marriage, couples, family, depression, anxiety, bipolar disorder, conflicts, life transitions, divorce, grief & loss, domestic violence, sexual abuse, attention-deficit disorder, phobias, developmental disorders, eating disorders, medication management, panic disorder, post-traumatic stress disorder, personality disorders, obsessive compulsive disorder.

**Office fours:** Mon-Fri: 8:00 a.m. – 5:00 p.m., though many therapists see patients after hours and on weekends.

## Hicks, Laurel (LCSW, LCAC, LLC)

<http://www.laurelhickstherapy.com>

**Address:** 2680 E. Main St., Plainfield, IN. 46168

**Phone:** 317-966-8366

**Fax:** 317-837-4901

**Email:** LaurelHicksLCSW@gmail.com

**Bilingual:** No

**Sliding fee:** Yes

**Insurance:** Private

**Age groups served:** Adults, teenagers

**Program types:** Outpatient

# Mental Health America of Hendricks County

**Counseling services:** individual, depression, anxiety, panic disorders, adoption, fertility, post-traumatic stress, military issues  
**Office hours:** Mon-Fri: 9am-3pm

## Indianapolis Comprehensive Treatment Center

<http://www.indianactc.com>

**Address:** 2626 E. 46<sup>th</sup> St., Suite J, Indianapolis, IN. 46205

**Phone:** 844-631-7969

**Bilingual:** No

**Sliding fee:** No

**Insurance:** None

**Age groups served:** Adults, families

**Program types:** Outpatient, intensive outpatient

**Counseling services:** Individual, group, transitions program, substance abuse, road to recovery program, seeking safety program, stages program, peer support services, family education, Thinking for a Change, Recovery 101

**Office hours:** Not available

## Johnson, Alyssa M.

<http://www.vibrantlylive.com>

**Address:** 709 E. Main St., Suite B, Brownsburg, IN. 46112

**Phone:** 317-513-5678

**Bilingual:** No

**Sliding fee:** No

**Insurance:** None

**Age groups served:** Adult women

**Program types:** Outpatient

**Counseling services:** Individual, life transitions

**Office hours:** Not available

## Joyner, Lelyne (LMFT)

**Address:** 611 N. Dan Jones Rd., Avon, IN 46123

**Phone:** 317-272-6208

**Bilingual:** No

**Sliding fee:** No

**Insurance:** Private

**Age groups served:** Adults

**Program Types:** Outpatient

**Counseling services:** Marriage, family

**Office hours:** Not available

## Kids Count LLC

<http://www.kidscounttherapy.com>

**Address:** 1353 E. Main St., Brownsburg, IN. 46112

**Phone:** 317-294-5242

**Email:** [info@kidscounttherapy.com](mailto:info@kidscounttherapy.com)

**Bilingual:** Bilingual therapists available

**Sliding fee:** No. Self-pay

**Insurance:** Private, Medicaid

**Age groups served:** Children (2-13)

**Program types:** Intensive outpatient, outpatient

**Counseling services:** Individual, speech, sensory needs, social skills, cognitive skills, daily living activities, behavioral issues, autism

**Office hours:** Mon-Fri: 8am-5pm

## Life Enrichment Counseling (Connections Counseling)

<http://www.lifeenrichmentindy.com>

**Address:** 7378 Business Center Dr., Suite 300, Avon, IN. 46123

**Phone:** 317-268-8070

**Email:** [info@lifeenrichmentindy.com](mailto:info@lifeenrichmentindy.com)

**Bilingual:** No.

**Sliding fee:** No (reduced rates are offered)

**Insurance:** Private

**Age groups served:** Adults, children, teenagers

**Program types:** Outpatient

**Counseling Services:** Individual, marriage, relationship issues, family, couples, premarital, parenting, divorce, depression, anxiety, life transitions, adjustment to chronic illness, grief and loss

**Office hours:** Mon-Thur: 10am-7pm

# Mental Health America of Hendricks County

## Life Recovery Center

<http://www.liferecoverycenterindiana.com>

**Main address:** 3607 W. 16<sup>th</sup> St., Suite B-3, Indianapolis, IN. 46222

**Southside address:** 8150 Madison Ave., Indianapolis, IN. 46227

**Phone:** 317-887-3290

**Fax:** 317-887-6894

**Email:** [recovery@liferecoverycenter.net](mailto:recovery@liferecoverycenter.net), [eric@liferecoverycenter.info](mailto:eric@liferecoverycenter.info)

**Bilingual:** No

**Sliding fee:** No (grant available to those who qualify for addiction treatments)

**Insurance:** Private

**Age groups served:** Adults

**Program types:** Outpatient, intensive outpatient

**Counseling services:** Individual, group, substance abuse, family, Christian counseling, alumni support, employee assistance, trauma, domestic violence, anger management, gambling, PRIME for life, parenting, education, addictions

**Office hours:** Mon-Fri: 8am-5pm, educational programs held on weekends

## LSB & Associates

<http://www.resolvechurchconflict.com/brenda-lycan.htm>

**Address:** 5252 E. Main St., Avon, IN. 46123

**Phone:** 317-698-4463 / 1-866-893-9497

**Email:** [bslycan@aol.com](mailto:bslycan@aol.com)

**Bilingual:** No

**Sliding fee:** Yes

**Insurance:** Medicaid

**Age groups served:** Adults, children, and family

**Program types:** Outpatient

**Counseling services:** Individual, marriage, family, parenting, anger management, communication, eating disorders, sexual addiction

**Life coaches:** Megan Beutel (works primarily with children ages 5- young adult, eating disorders, parenting and parenting classes)

Ty Huber (Certified Life Coach) (working with anger issues & sexual addiction issues)

**Office hours:** Day, evening, and Saturday appointments.

## Meaningful Day Services

<http://www.meaningfuldays.com>

**Address:** 225 S. School St., Brownsburg, IN. 46112

**Brownsburg phone:** 317-858-8630

**Fax:** 317-858-8715

**Email:** [humanresources@meaningfuldays.net](mailto:humanresources@meaningfuldays.net)

**Bilingual:** No

**Sliding fee:** No. (Co-pay from insurance may be based upon sliding scale)

**Insurance:** Private, Medicaid

**Age groups served:** Adults, children

**Program types:** Outpatient, day services

**Counseling services:**

**Adults:** Individual, day services, behavioral issues, community habilitation, equine assisted therapy, music therapy, occupational therapy, recreational therapy, residential supports, respite, speech therapy

**Children:** Individual, applied behavior analysis, ABA-Based preschool program, behavioral issues, community habilitation, equine assisted therapy, music therapy, occupational therapy, recreational therapy, residential supports, respite, school breaks program, speech therapy

**Office hours:** Mon-Fri: 8:30am-5pm.

## Methodist Hospital (IU Health)

<http://www.iuhealth.org/methodist/behavioral-health/>

**Address:** 1701 N. Senate Ave. Indianapolis, IN. 46202

**Phone:** 317-962-2622

**Bilingual:** Yes

**Sliding fee:** No

**Insurance:** Private, Medicare, Medicaid

**Age groups served:** Adults

**Program types:** Inpatient, outpatient, partial hospitalization

**Counseling services:** Individual, group, addictions, drugs and alcohol, eating disorders, bipolar disorder, anxiety, depression

**Office hours:** 24/7

## Metro, Kimberly (MA, NCC, LMHC)

# Mental Health America of Hendricks County

<http://www.metrocounselor.com>

**Brownsburg address:** 217 E. Main St., Suite 3, Brownsburg, IN. 46112

**Zionsville address:** 260 S. 1<sup>st</sup> St., Suite 2, Zionsville, IN. 46077

**Phone:** 317-732-8761

**Bilingual:** No

**Sliding fee:** No

**Insurance:** Private

**Age groups served:** Adults, children

**Program types:** Outpatient

**Counseling services:** Individual, stress, anxiety, depression, relationship issues

**Office hours:** Brownsburg: Mon-Tue: 9am-8pm, Zionsville: Fri: 9am-6pm

## Mossman, Katie (MSW, LCSW)

<http://www.counselorkatie.com>

**Address:** 1122 N. Lebanon St., Lebanon, IN. 46052

**Phone:** 765-894-2620

**Bilingual:** No

**Sliding fee:** No

**Insurance:** None

**Age groups served:** Adults, elderly

**Program types:** Outpatient

**Counseling services:** Individual, depression, anxiety, anger management, substance abuse, bipolar disorder, women's issues, aging, life transitions

**Office hours:** Not available

## Nolan Counseling & Consulting Services ( BCPC)

<http://www.nolancounseling.com>

**Address:** 2152 N. C.R. 800 E., Avon, IN. 46125

**Phone:** 765-676-5310

**E-mail:** john@nolancounseling.com

**Bilingual:** No.

**Sliding fee:** Yes

**Insurance:** None

**Age groups served:** Adults, teenagers

**Program types:** Outpatient

**Counseling Services:** Individual, couples, marriage, premarital, financial, depression

**Office hours:** No set hours; call for appointment

## Northern Light Christian Counseling (Ph.D., M.Div., MSW, MA, LMFT, LCSW)

<http://www.northernlightcc.com>

**Address:** 4215 W. 86<sup>th</sup> St., Suite E., Indianapolis, IN. 46268

**Phone:** 317-471-0500

**E-mail:** info@northernlightcc.com

**Bilingual:** No

**Sliding fee:** No

**Insurance:** None

**Age groups served:** Adults, children, teenagers, families

**Program types:** Outpatient

**Counseling services:** Individual, families, churches, businesses, marriage, career, premarital

**Office hours:** Mon-Fri: 9am-9pm, Sat: 10am-2pm, Sundays by appointment

## O'Mara, Michelle (PhD, LCSW, specializing in LGBTQ issues)

<http://www.michelleomara.com>

**Address:** 2680 E. Main St., Suite 121, Plainfield, IN. 46168

**Phone:** 317-517-0065

**Fax:** 866-540-9013

**Bilingual:** No

**Sliding fee:** No

**Insurance:** None

**Age groups served:** Adults

**Program types:** Outpatient



# Mental Health America of Hendricks County

**Counseling services:** Individual, couples, imago therapy, relationship issues, chronic illness, sex therapy, gender confliction, divorce, parenting, depression, anxiety, grief and loss, life transitions,  
**Office hours:** Not available

## Providence Guidance Center

**Address:** 2680 E. Main St., Suite 316, Plainfield, IN. 46168

**Phone:** 317-839-6856, 317-409-1520 (cell)

**Fax:** 317-837-0874

**Email:** jalowry002@aol.com

**Bilingual:** Yes

**Sliding fee:** Yes (for some services)

**Insurance:** None

**Age groups served:** Adults, children (over age 5), families

**Program types:** Outpatient

**Counseling services:** Individual, children, family, court referred, divorce, grief and loss, Christian counseling, substance abuse, alcohol and drugs, eating disorders, marriage, pre-marital counseling, addictions

**Office hours:** Mon-Fri: 9am-5pm. Weekends and evenings by appointment.

## Riley Hospital for Children (IU Health)

<http://iuhealth.org/riley/behavioral-health/>

**Address:** 705 N Meridian St., Indianapolis, IN. 46202

**Phone:** 317-944-5000

**Bilingual:** Yes

**Sliding fee:** No.

**Insurance:** Private, Medicare, Medicaid

**Age groups served:** Children, teenagers, families

**Program types:** Inpatient, outpatient, partial hospitalization

**Counseling services:** Individual, family, pharmacotherapy, social skills treatment, behavior modification, autism, Aspergers, developmental disorders, ADHD, disruptive behaviors, mood disorders, depression, obsessive-compulsive disorder, anxiety, tics, trichotillomania, dual-diagnosis

**Office hours:** 24/7

## Roath, Keirsten J. (MSW, LCSW)

<http://www.kjroath.com>

**Address:** 1350 Terry Dr., Plainfield, IN. 46168

**Phone:** 317-750-1177

**Fax:** 317-838-7024

**Bilingual:** No

**Sliding fee:** No

**Insurance:** None

**Age groups served:** Adults, children, teenagers, families

**Program types:** Outpatient

**Counseling services:** Individual, couples, family, divorce, parenting, Parenting Coordination Services,

**Office hours:** Not available

## Roger Outcalt Counseling Service (ACSW, LCSW, ICAC 1)

<http://www.rogeroutcaltcounselingservice.net>

**Address:** 39 Motif Blvd., Brownsburg, IN. 46112

**Phone:** 317-402-2881

**Email:** roger@rogeroutcaltcounselingservice.net

**Bilingual:** No

**Sliding fee:** Yes

**Insurance:** None

**Age groups served:** Adults, teenagers

**Program types:** Outpatient

**Counseling services:** Individual, substance abuse, family, group, assessments and evaluations, anxiety, depression, anger management, relationship conflict, pre-marital counseling, grief and loss, addictions

**Office Hours:** Mon: 10 am-6pm, Thurs: 10am-5pm, other times available by appointment.

## Sudsberry and Colgrove Counseling Centers

<http://www.saccc.com>

**Avon address:** 7517 Beachwood Center, Suite 300, Avon, IN. 46123

**Indianapolis address:** 6745 S. Gray Rd., Suite C, Indianapolis, IN. 46237

**Phone:** 317-272-8138

**Fax:** 317-272-8165

# Mental Health America of Hendricks County

**Bilingual:** No

**Sliding fee:** No

**Insurance:** Self pay (other options available depending on counselor)

**Age groups served:** Adults, children, teenagers, families

**Program types:** Outpatient, intensive outpatient

**Counseling services:** Individual, children, teenagers, families, parenting, relationship issues, grief and loss, behavioral issues, anxiety, depression, anger management, adult children of alcoholism, sexual abuse, emotional abuse, substance abuse, phobias, school maladjustment, problems related to attachment or authority, home-based services, forensics,

**Office hours:** Mon-Wed: 8am – 8pm, Thurs: 8am – 5pm, Fri: 8am – 12pm

## Sycamore Services, Inc.

<http://www.sycamoreservices.com>

**Address:** 8313 E. CR. 300 S., Plainfield, IN. 46168

**Phone:** 317-838-7705

**Fax:** 317-838-7707

**Bilingual:** No

**Sliding fee:** No

**Insurance:** Private, Medicaid

**Age groups served:** Adults, children, teenagers

**Program types:** Outpatient, supported living

**Counseling services:** Individual, speech, physical therapy, nutrition services, social work, developmental therapy, family education, vision services, nursing, audiology, occupational therapy, psychological services, community integration, respite care, day programs, behavioral issues

**Office hours:** Mon-Fri: 8am-4:30pm

## Valle Vista Health System

<http://www.vallevistahospital.com>

**Address:** 898 E. Main St., Greenwood, IN. 46143

**Phone:** 317-887-1348 / 1-800 – 447- 1348

**Bilingual:** Yes

**Sliding fee:** No

**Insurance:** Private, Medicaid, Medicare

**Age groups served:** Adults, children, teenagers

**Program types:** Outpatient, intensive out patient, inpatient, day programs

**Counseling services:** Individual, family, education, group, assessment and evaluation, substance abuse, dual diagnosis, mood disorders, depression, psychosis, disruptive disorders, anxiety, post-traumatic stress, detoxification, community support programs, medication management, discharge planning

**Office hours:** 24/7

## Warner, Jason A. PH.D. LMFT, LMHC

**Address:** 459 S. Avon Ave., 267, Avon, IN. 46123

**Phone:** 317-838-0242

**Email:** Jason@drjwarner.com

**Bilingual:** No

**Sliding fee:** No

**Insurance:** Private

**Age groups served:** Adults, children, teenagers, families,

**Program types:** Outpatient

**Counseling information:** Individual, marriage, family, children, substance abuse

**Office hours:** Mon – Fri: 7am – 4pm

## Westside Mental Health

<http://westsidementalhealth.org>

**Address:** 129 N. Avon Ave., Suite 300, Avon, IN. 46123

**Phone:** 317-268-6555

**Fax:** 317-268-6556

**Email:** jane.d@westsidementalhealth.org

**Bilingual:** No

**Sliding Fee:** No

**Insurance:** None

**Age groups served:** Adults

**Program types:** Outpatient

**Counseling services:** Individuals

**Office Hours:** Mon-Thur: 9am-5pm

# Mental Health America of Hendricks County

## The Willow Center

<http://thewillowcenter.com>

**Address:** 515 North Green Street, Suite 402, Brownsburg, IN 46112

**Phone:** 317-852-3690

**Fax:** 317-852-2766

**Email:** [sspycher@thewillowcenter.com](mailto:sspycher@thewillowcenter.com)

**Bilingual:** No

**Sliding Fee:** Yes

**Insurance:** Will be accepted in Jan 2017

**Age groups served:** Adults

**Program types:** Outpatient

**Counseling services:** Substance abuse, gender-specific adult programs, young adult programs, relapse prevention, life coaching, Individual counselling, couples and family counseling, anger management, domestic violence

**Office Hours:** Mon-Fri: 9am-4pm

## Support Groups

### AAA Hope Counseling

**Support group is held at AAA Hope Counseling 2840 N High School Road, Suite A., Indianapolis, IN 46224**

Wednesdays:

11:00AM-12:15PM

**Sessions cost \$50-70, call for admittance 317-796-8838**

### Authentic Life Counseling

**Support groups are held at Authentic Life Coaching's facility: 3125 Dandy Trail, Suite 240, Indianapolis, IN 46214**

Dates and Times may vary

**Sessions cost \$40-90, call for admittance 317-272-5247**

### Caring Associates Counseling Group

**Support groups are held at Caring Associates Counseling Group's facility: 23 Motif Blvd. Suite 201, Brownsburg, IN. 46112**

Mondays:

- Adult Mental Health Intensive Outpatient Group, 6:00 PM-9:00 PM
- Adult Dual Diagnosed Drug & Alcohol IOP Group, 6:00 PM-9:00 PM
- Teenage Mental Health Intensive Outpatient Group, 5:00 PM-9:00 PM

Tuesdays:

- Adult Mental Health Intensive Outpatient Group, 6:00 PM-9:00 PM
- Teenage Mental Health Intensive Outpatient Group, 5:00 PM-9:00 PM

Wednesdays:

- Adult Mental Health Intensive Outpatient Group, 6:00 PM-9:00 PM
- Adult Dual Diagnosed Drug & Alcohol IOP Group, 6:00 PM-9:00 PM

Thursdays:

- Adult Dual Diagnosed Drug & Alcohol IOP Group, 6:00 PM-9:00 PM
- Teenage Mental Health Intensive Outpatient Group, 5:00 PM-9:00 PM

**Sessions cost \$300+, call for admittance 317-602-1539**

### Connection Pointe Christian Church

**Support groups are held at Connection Pointe Christian Church: 1800 N. Green St., Brownsburg, IN. 46112**

Tuesdays:

- General bereavement support group, 6:30 PM-8:30 PM

Thursdays:

- Divorce care, 7:00 PM-9:00 PM

**Call for admittance 317-852-2221**

### Fairbanks Addiction Treatment Center

**Support groups are held at Fairbank's facility: 8102 Clearvista Pkwy., Indianapolis, IN. 46256**

Mondays:

- A New Vision (Alcoholics Anonymous meeting), 12:00 PM, Room #150 (open group)
- Bob White Meeting of AA, 8:00 PM, Room #129 (open group)

Tuesdays:

# Mental Health America of Hendricks County

- Pills Anonymous, 6:00 PM, Room #139 (open group)
- Alcoholics Anonymous Meeting 7:00 PM, Room #144 (open group)
- Beginners Alcoholics Anonymous Meeting, 7:00 PM, Room #150 (open group)

## Wednesdays:

- Recovery Management for Families, 6:00 PM, Room #158 (open group)
- SMART Recovery, 6:00 PM, Room #139 (open group)
- Yoga of 12 Step Recovery, 6:30 PM, Room #128 (open group)
- Women's Alcoholics Anonymous Meeting, 6:30 PM, #242 (open group)
- Adult Children of Alcoholics, 6:30, Room #129 (open group)

## Thursdays:

- Narcotics Anonymous Meeting, 7:00 PM, Room #157 (open group)
- Parent Support Group, 7:30 PM, Room #144 (open group)

## Fridays:

- Alcoholics Anonymous Meeting, 12:00 PM, Room #150 (open group)
- Friday Night Fun, 6:00 PM, Lobby (open group)
- CMA Meeting, 6:30 PM, Room # 144 (open group)
- Overeaters Anonymous, 7:00 PM, Room #219 (closed group)
- Codependents Anonymous, 7:00 PM, Room #219 (open group)
- Narcotics Anonymous, 8:00 PM, Room #128/158 (open group)

## Saturdays:

- Men's Alcoholics Anonymous 12 Step Meeting, 7:30 AM, Room #128/158 (open group)
- Gambler's Anonymous, 9:00 AM, Room #139 (open group)
- Adult Children of Alcoholics, 9:00 AM, Room #150 (open group)
- Alcoholics Anonymous Literature Study Meeting, 10:30 AM, Room #128 (open group)
- New Beginnings Alcoholics Anonymous Meeting, 8:00 PM, Room #128/158 (open group)

## Sundays:

- Alcoholics Anonymous Meeting, 9:30 AM, Room #108 (open group)
- Eating Disorders Anonymous 4:00 PM, Room #108 (closed group)
- CA Meeting, 7:00 PM, Room #128/158 (open group)

## Hendricks Regional Health

**Support group meetings are held at Hendricks Regional Health: 1000 E. Main St. Danville, IN. 46122**

Hendricks Regional Health offers a wide variety of support groups for mental illness including Mommies Matter (Postpartum Depression Support), Bereavement Support Groups, and physical health support groups

-Dates and Times vary.

**Call for admittance 317-718-4360**

## IU Health

**Support groups are held at IU Health: 1111 N. Ronald Regan Pkwy, Avon, IN. 46123**

### Thursdays:

- General bereavement support group, 4:30 PM- 6:30 PM, Cancer Center (open group)
- General bereavement support group, 7:00 PM-9:00 PM, Cancer Center (open group)

## Mental Health America of Hendricks County

**Support groups are held at Mental Health America of Hendricks County: 75 Queensway Drive, Avon, IN. 46123**

### Thursdays:

- Peer-to-peer support group, 6:30 PM (open group)
- Enter on the South side of the building

## National Alliance on Mental Illness (NAMI)

**Support group meetings are held at the Avon Town Hall: 6570 E. U.S. 36, Avon, IN. 46123**

Fourth Wednesday of every month:

- Mental health support group, 7:00 PM (open group)

## Saint Susana Church

**Support groups are held at Saint Susana Church 1210 E. Main St., Plainfield, IN. 46168**

### Fridays:

- Narcotics Anonymous, 7:30 PM (open group)

## Survivors of Suicide

**Support group meetings are held at Hendricks Regional Health: 1000 E. Main St. Danville, IN. 46122**

First and third Tuesdays of the month:

- 6:00-7:00 PM (open group)

# Mental Health America of Hendricks County

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## Witham Memorial Hospital

Support group meetings are held at Witham Memorial Hospital: 2605 N. Lebanon St., Lebanon, IN. 46052

Second and fourth Tuesdays of the month:

-General bereavement support group, 6:00 PM (open group)

## Teen Groups

### Between the Lines

Held at Brownsburg Public Library: 450 S Jefferson St, Brownsburg, IN 46112

Meetings held every month:

-Dates and times vary

Discuss and read books with other teens

Age group: 11-19

Pre-registration required 2 weeks before meeting

Contact the library to register: 317-852-3167

### Crossroads Youth

Held at Crossroads Church: 7209 E. County Road 100 S.

Every Sunday:

Christian based youth group, live music, worship, games, lesson, 6:00 PM - 8:00 PM

Age group: 7<sup>th</sup>-12<sup>th</sup> grade

Contact Crossroads Church: 317-838-9100

### Get Real

Held at The Barn: 6190 E County Road 350 N, Brownsburg

Every Monday:

Christian based youth group, games, discussions about life issues, spiritual guidance, 7:27 PM - 9:00 PM

Age group: Unknown

Contact Kendra Mallory: 317-716-5864

### Indiana Youth Group (IYG)

Held at Indiana Youth Group: 2943 E. 46th St. Indianapolis, IN 46205

Monday-Tuesday: appointment only

Wednesday-Thursday: 3:00 PM – 9:00 PM

Friday: 3:00 PM - 11:00 PM

LGBTQ based youth group, various activities. wellness programing, LGBTQ community discussions, open and closed small groups.

Age group: 12-20

Contact IYG: 317-541-8726

### Teen Advisory Board

Held at Danville Public Library: 101 S Indiana St, Danville, IN 46122

Second Tuesday of every month:

# Mental Health America of Hendricks County

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Discuss and help create teen library programs and book collection development, 6:00 PM – 7:30 PM

Age group: 6<sup>th</sup>-12<sup>th</sup> grade

Contact Megan Edwards to register: 317-745-2604

## Teen Leaders Club (YMCA)

Held at the YMCA: 301 Satori Pkwy, Avon, IN 46123

Meetings and times vary:

Promotes/develops leadership among teens, service projects, fundraising, career/college exploration

Age group: Unknown

Contact YMCA: 317-273-9622

## Teen Night (YMCA)

Held at the YMCA: 301 Satori Pkwy, Avon, IN 46123

Third Tuesday of every month:

Dodgeball, basketball, pool, board games, music and more. 7:00 PM – 10:00 PM

General admission: \$5.00, Free for members and students who show their school ID

Age group: 11-19 (students under 18 must have a parent/guardian fill out a release form with the YMCA)

Contact YMCA: 317-273-9622

## Teen Talk Youth Council

Held at Sheltering Wings: 1251 Sycamore Ln, Danville, IN 46122

Second Tuesday of every month:

Promoting awareness within the community about teen dating violence. 6:30-8:00 PM

Age group: Unknown

Contact: Melissa Echerd 317-386-5061

## Online Resources

### Anxiety and Depression Association of America

<https://www.adaa.org/>

**Mission statement:** An international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depressive, obsessive-compulsive, and trauma-related disorders through education, practice, and research.

### Child Help

<https://www.childhelp.org/>

**Mission statement:** Through treatment programs designed to help children already affected by child abuse, and prevention programs designed to educate children and aid in prevention, we can help change the lives of many.

# Mental Health America of Hendricks County

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## **Families for Depression Awareness**

<http://www.familyaware.org/>

**Mission statement:** Families for Depression Awareness helps families recognize and cope with depression and bipolar disorder to get people well and prevent suicides. We offer education, training, and support to unite families and help them heal while coping with mood disorders.

## **IN Mood Rings**

<https://inmoodrings.org/>

**Mission statement:** IN Mood Rings is an online community developed by the Depression and Bipolar Support Alliance of Indiana (DBSAI) for people and families dealing with any type of mood disorder or substance abuse issue. It's designed to connect members to important resources as well as to provide emotional support, education and inspiration for all people dealing with mental health and substance abuse issues.

## **Key Consumer**

<http://keyconsumer.org/>

**Mission statement:** We advocate individually and collectively in order to improve services, promote understanding, and end discrimination against persons with mental illness. Our mission includes not only protecting our rights, but also educating ourselves and the public about psychiatric disorders. We unite our efforts with others concerned about themselves or loved ones being treated by mental health professionals.

## **NAMI (Nation Alliance on Mental Illness)**

<http://www.nami.org/>

**Mission statement:** NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Mental Health America of Hendricks County

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