

WISDOM FOR LIFE

Below you will find different organizations where you can find food, clothing, counseling and emotional support, transportation help, emergency financial help, alcohol and drug abuse help and more.

RESOURCES AVAILABLE

Suicide & Crisis Lifeline (U.S.): Call 988 (24/7), or 911

- Crisis Text Line: Text 741741 (U.S., U.K., Canada)
- Veterans Crisis Line: Call 988, then press 1
- NFL Lifeline (800) 506-0078

If you are safe right now but struggling with daily needs, here are resources that can help.

LOCAL FOOD PANTRIES & HOT MEALS

Call 211 or visit 211.org

St. Vincent de Paul Food Pantry

Address: 3001 E. 30th St., Indianapolis, IN 46218

Gleaners Community Cupboard

Address: 3737 Waldemere Ave., Indianapolis, IN 46241

Boulevard Place Food Pantry (Food bank)

Address: 4202 Boulevard Place, Indianapolis, IN 46208

Mid-North Food Pantry

Address: 3333 N. Meridian St., Indianapolis, IN 46208

Westminster Neighborhood Services

Address: 2325 E. New York St., Indianapolis, IN 46201

The Lord's Pantry at Anna's House

Address: 303 N. Elder Ave., Indianapolis, IN 46222

Rise Church Food Pantry

6001 west 52nd st. Indianapolis, In. 46268

Northside Mission Food Pantry at Second Presbyterian Church

Address: 7700 N. Meridian St., Indianapolis, IN 46260

Crooked Creek Food Pantry, Inc.

Address: 6940 N. Michigan Rd., Indianapolis, IN 46268

Mary Rigg Food Pantry

Address: 1920 W. Morris St., Indianapolis, IN 46221

The Salvation Army - Fountain Square

Address: 1337 Shelby St., Indianapolis, IN 46203

Clothing

Goodwill, Salvation Army, St. Vincent de Paul (clothing vouchers)

Catholic Charities Indianapolis Food Pantry

Address: 1435 N. Illinois St., Indianapolis, IN 46202

Details: Provides clothing to those in need, with assistance limited to once every three months.

Fletcher Place Community Center

Address: 1637 Prospect St., Indianapolis, IN 46203

Details: Operates a free thrift store for homeless neighbors and low-income working families in a set boundary area, offering clothing and hygiene items.

Horizon House Inc

Address: 1033 E. Washington St., Indianapolis, IN 46201

Details: Primarily serves individuals experiencing homelessness with essential needs including clothing, blankets, and hygiene supplies.

Lambswear Inc

Address: 5841 Thunderbird Rd #5837

Details: A non-profit that gives away free, gently used clothing for children from newborns through youth size 16.

Metropolitan Baptist Center

Address: 952 N. Pennsylvania St., Indianapolis, IN 46204

Details: Provides clothing and nonperishable food to persons in need within a limited service area.

Mt Nebo Baptist Church

Address: 2325 Hovey St., Indianapolis, IN 46218

Details: Offers free, donated clothing for adults and children.

Phillips Temple CME Church

Address: 210 E. 34th St., Indianapolis, IN 46205

Details: Distributes free clothing for adults, children, and babies to people in need in Marion County.

St. Vincent de Paul Society

Address: 1201 E. Maryland St., Indianapolis, IN 46202

Details: Offers a clothing pantry to persons in need by assessment, with specific walk-in hours for those who are homeless.

Thrifty Threads

Addresses: 1501 W. 86th St., Indianapolis, IN 46260

Details: Survivors of domestic abuse can shop at the store for free to obtain needed items.

Warren Township Trustee

Address: 501 N. Post Rd., Indianapolis, IN 46219

Details: Provides clothing and shoes to individuals in need, but it is recommended to call the office first for specific information and to make an appointment.

COUNSELING AND EMOTIONAL SUPPORT

- Call or text **988** for emotional support (not only emergencies)
- Community mental health centers (free or sliding-scale counseling)
 - Faith-based counseling through local churches

National Alliance on Mental Illness – Indiana affiliate offering peer support, education, and connection to resources for individuals and families affected by mental health issues.

921 E 86th St #130, Indianapolis, IN 46240, (317) 925-9399
info@namiindiana.org, www.namiindiana.org

2. Mental Health America of Indiana

Provides community mental health support, peer recovery coaching, crisis navigation, resource referrals, and wellness programming.

1431 N Delaware St, Indianapolis, IN 46202
(317) 638-3501 or 1-800-555-MHAI (6424)
info@mhainet.net, mha i.net

3. Sandra Eskenazi Mental Health Center - Crisis Intervention

Part of Eskenazi Health providing acute mental health crisis intervention services — walk-in support and crisis assessment available.

720 Eskenazi Ave, Indianapolis, IN 46202; (317) 880-8485
eskenazihealth.edu/mental-health

4. Sandra Eskenazi Mental Health Center

Another location associated with Eskenazi Health providing behavioral health support, counseling referrals, and outpatient services.
3419 English Ave, Indianapolis, IN 46201; (317) 880-8491
eskenazihealth.edu/locations/3419-english-ave

5. Hamilton Center, Inc.

Regional behavioral health provider offering mental health counseling, support services, case management, and crisis diversion (free or low-cost options may be available based on income or Medicaid).
2160 N Illinois St, Indianapolis, IN 46202; (317) 937-3700
HamiltonCenterMarketing@hamiltoncenter.org. hamiltoncenter.org

6. Community Mental/Behavioral Services

Provides mental health assessment, counseling, and support services — call to inquire about low-cost and sliding-scale options.
6950 Hillsdale Ct, Indianapolis, IN 46250; (317) 621-7740
ecomunity.com/services/mental-behavioral-health

7. Community Mental/Behavioral Health Services

Another community provider offering behavioral health support and treatment resources, potentially with sliding-scale or referral support.
5470 E 16th St, Indianapolis, IN 46218. (317) 355-2560
ecomunity.com/s/behavioral-health/mental-health-disorders-treatment

8. 211 / Be Well Crisis Navigation (not a physical address but essential)

Call 2-1-1 and select the mental health or Be Well option — trained specialists can connect you to free or low-cost support services and counseling referrals throughout Indianapolis and Marion County.

9. 988 Suicide & Crisis Lifeline (national, serves Indianapolis)

**Call or Text 988 — Free, confidential, 24/7 support for anyone experiencing suicidal thoughts or emotional crisis — counselors can also help connect you with local community resources.

10. Horizon House – downtown Indianapolis nonprofit offering daytime services that include mental health support and community resources, often connected with referrals to counseling and support.
1033 E Washington St, Indianapolis, IN 46202

TRANSPORTATION HELP

- Medicaid transportation (if enrolled)
- Churches and nonprofits that provide rides or gas cards
- Call **211** and ask for transportation help

1. The Salvation Army - Fountain Square

One of the local Salvation Army corps that distributes IndyGo bus passes to support people facing transportation barriers — such as getting to healthcare, counseling, job resources, or shelter.

1337 Shelby St, Indianapolis, IN 46203. (317) 632-0156
indyfs@usc.salvationarmy.org

2. Adult & Child Health Center (contact for transportation support resources)

Serves individuals with mental illness, homelessness, and other challenges — and receives bus pass support through IndyGo Foundation partnerships. (Main Indianapolis clinic locations — call for appointments). (317) 636-0800 (general); Check adultandchild.org contact form

3. Coalition for Homeless Intervention & Prevention (CHIP)

Local nonprofit partner receiving IndyGo bus-fare support for individuals needing transit assistance to services and appointments.

1515 N Delaware St, Indianapolis, IN 46202; (317) 636-1900
info@chipindy.org

4. Coburn Place Safe Haven

Provides shelter and support for women; part of IndyGo Foundation bus fare partners, giving clients passes to access care and appointments.

320 N Tibbs Ave, Indianapolis, IN 46222. (317) 925-7660
info@coburnplace.org

5. Community Health Network Foundation

Partners with IndyGo Foundation to support transportation to medical and related care — contact them to access services/resources.

Community Health Network – multiple Indianapolis locations
(317) 621-0177 (Main Foundation line)
foundation@chw.edu

6. Aspire Indiana Health

A behavioral health provider that has received IndyGo bus pass funding to help clients with transit to counseling, appointments, and wellness services. Multiple locations, including 550 N Meridian St, Indianapolis, IN 46204
(317) 274-0500; Use website contact form at aspireindiana.org

7. Arise Together, Inc.

Community nonprofit included in some rounds of IndyGo Foundation bus pass recipients — supports residents needing access to services.
(Call ahead for address and bus pass availability). (317) 396-0424
info@arisetgether.org

8. John H. Boner Community Centers

A community hub that has received bus passes for clients, often helping with transportation to health, job, and support services.
2236 E 10th St, Indianapolis, IN 46201. (317) 892-2457
info@boner.org

9. Bosma Center for Visionary Opportunities

Serves people with visual impairments; receives transit support and can help clients access accessible transportation resources.
2050 E River Rd, Indianapolis, IN 46202. (317) 283-2288
info@bosma.org

10. Horizon House

Daytime shelter and support services that help with accessing healthcare and housing-related supports; reachable by IndyGo bus (free pass programs available through partners).

1033 E Washington St, Indianapolis, IN 46202. (317) 951-0030
info@horizonhouse.cc

EMERGENCY FINANCIAL HELP

Rent, utility, and emergency assistance through Salvation Army, St. Vincent de Paul, and local nonprofits • Call 211

1. Edna Martin Christian Center

A community center offering emergency assistance for utility or rental needs, food support, clothing, and transportation help for individuals and families trying to stabilize.

*2605 E 25th St, Indianapolis, IN 46218; (317) 637-3776
ednamartincc.org*

2. Catholic Charities

Provides crisis support and referrals for emergency financial needs including rent and utilities assistance, as well as food distribution and case management. Many programs are income-based or require appointment/verification.

1400 N Meridian St, Indianapolis, IN 46202; (317) 236-1500;

archindy.org/cc/indianapolis

3. Indiana 211 (Free Referral Service)

Not a physical place, but dialing 211 (or 1-866-211-9966) connects you with local agencies throughout Indianapolis that offer emergency financial help for rent, utilities, food, transportation, and other needs. It's free, confidential, and available 24/7.

211 or 1-866-211-9966

4. Indiana Community Action Association

*This organization helps connect residents to Community Action Agencies (CAA) that provide income-based emergency financial supports, including help with rent, utilities, energy assistance, and self-sufficiency services.
1845 W 18th St, Indianapolis, IN 46202; (765) 622-6223
incap.org*

5. IndyEAP – Indy Energy Assistance Program

*Provides financial assistance to keep heat and electric services connected for eligible low-income households in Marion County (part of the annual Energy Assistance Program).
Call or apply via 211 for local support sites; 211 or 1-866-211-9966
indyeap.org*

6. Township Trustee Offices (Poor Relief / Emergency Aid)

*Every township in Marion County has a Trustee who may provide temporary emergency financial help for rent, utilities, basic needs, or medical costs depending on residency and eligibility. Call your local trustee or 211 to find the right one.
211 or contact township trustee (e.g., Center, Lawrence, Warren, etc.)
indiana.gov/townships*

7. United Way of Marion County – Emergency Assistance Fund

*United Way provides limited, one-time financial assistance for unexpected hardships such as urgent car repairs, sudden income loss, disaster needs, or other crisis expenses. Applications are reviewed case-by-case.
Varies (assistance is processed online/case-by-case)
Call 211 to be connected to the application
uwmc.org/emergency-assistance*

8. Community Action of Greater Indianapolis (CAGI)

A local Community Action Agency that provides services including utility bill assistance, financial coaching, housing support, and connection to emergency funds (often in partnership with state programs). Call 211 to get

*connected to CAGI's intake.
caginet.org*

9. Local Churches & Faith-Based Assistance Networks (e.g., Love INC)

Many Indianapolis area churches partner with Love INC or similar networks to provide emergency help with rent, utility bills, transportation support, and other urgent needs. Call 211 to be connected to a nearby church assistance program.

10. Findhelp.org (Online Resource Directory)

A free online tool where you can enter your ZIP code to find local organizations providing emergency financial aid, rental assistance, utility help, food support, and more near Indianapolis.
go.findhelp.com/indiana

OTHER NUMBERS

AGE-SPECIFIC (OLDER ADULTS, YOUTH).

Indiana aging & Disability Resource Center (574) 737-2100, Youthlink - (317) 699-1994.

ALCOHOL, DRUG, ADDICTION, RECOVERY

Addiction hotline 1-800-662-4357, AA Indianapolis (317) 632-7864, NA Indiana (317) 875-5459.

ASSAULT, ABUSE, VIOLENCE

CHIP 1-800-332-7385, ICADV (317) 917-3685

COUNSELING, CRISIS SUPPORT

Cigna Work Life/Resources (866) 421-8628

DISABILITY (Physical, intellectual).

Office of Disability Affairs (317) 327-4000, accessABILITY (317) 926-1660.

EDUCATIONAL (for students, pupils, teachers).

The mindtrust.org, Indianapolis Public Library (317) 275-4100

FINANCIAL/LEGAL

Indiana 211 - call 211 or 1-866-211-9966 or MHA of Indiana (317) 638-3501

LBGTI+

The Trevor Project (866) 488-7386, Indypride.org; gendernexu.org.

MEDICAL, MENTAL HEALTH

Ascension St. Vincent or Health Crisis Line (317) 621-5700; option #1

PEER SUPPORT, SELF HELP

Nami Greater Indianapolis (317) 257-7517

PRISON, REHABILITATION

Pace (317) 612-6800, Step Up (317) 259-7034

SPIRITUAL, FAITH COMMUNITIES

Center for Interfaith Cooperation (317) 268-5300

TRAUMA TREATMENT, RECOVERY

Ascension St. Vincent Stress Center (317) 338-4800

WORKPLACE

My Noble Life (317) 375-2700