

## Counseling Resources in Bloomington

### Counseling Services

#### Centerstone

**What:** Community Mental Health Hospital for children, adults, substance abuse, and crisis services.

**When:** 24-hour crisis assessment and walk-ins available at most location

**Where:** More than 17 locations in Indiana

**Phone:** (800) 832- 5442 or crisis services (800) 832-5442

**Cost:** sliding scale and accepts most insurances

#### Catholic Charities in Bloomington

**What:** nonprofit secular organization aimed at providing affordable mental health services

**When:** Monday through Thursday, 9am-6pm and Friday 9am to 5pm

**Where:** 803 N. Monroe Street Bloomington, IN 47404

**Phone:** 812-332-1262

**Cost:** sliding scale and accepts Medicaid

#### Center for Human Growth

**What:** Counseling clinic staffed by graduate students in the Department of Counseling at Indiana University

**When:** Monday through Thursday, 12pm- 8pm and Friday 12pm- 5pm

**Where:** Indiana University School of Education

201 N. Rose Avenue, Suite 0001 Bloomington, Indiana 47405-1006

**Phone:** 812-856-8302

**Cost:** Intake is free, individuals counseling is \$15 a session, and couples counseling is \$20 a session. CHG is willing to work with you if cost is a burden and they do not accept credit cards or insurance.

## Support Groups

### Middle Way House

**What:** Intimate Partner violence, Incest community, and sexual violence support group

**When:** ongoing and can be joined at anytime

**Where:** you can get more information by calling the crisis line

**Phone:** crisis line (812) 336-0846

**Cost:** free

### Monroe Owen County Medical Society

**What:** For more information and a list of a wide variety of support groups offered in the area visit their website.

**Website:** [goo.gl/kjpPZx](http://goo.gl/kjpPZx)

### National Alliance on Mental Illness

**What:** Grassroots mental health organization dedicated to building better lives to those affected by mental illness. Their mission is to educate, advocate, research, and improve community services.

**Website:** <https://www.nami.org/About-NAMI>

**Phone:** Greater Bloomington area hotline (812) 369-3119