BE GENTLE WITH YOUR MIND.

Meet with Your School Counselor

Ms. Tara Gudger

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Ms. Lacy Roberts

lacy.roberts@muncieschools.org

Online Resources:

www.muncie.k12.in.us/departments
/health-services

Your mental health matters, too.
Be mindful of yours.

Principal

Mr. Benjamin Williams
765-747-5290

Student Assistance Coordinator (SAC)

Tiffany Moore
765-747-5290

The SAC encourages positive behaviors and good attendance to support the wellness and academic growth of students.

Family Navigator

Lindsey Mecklenburg
765-747-5290

YOU DON'T NEED TO HAVE THE ANSWER.
Mental health shouldn't be stigmatized with silence.

WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological, and social well-being.
It affects how we think, feel, and act.
It also helps determine how we handle stress, relate to others, and make choices.
Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected.
Many factors contribute to mental health problems, including:
Biological factors, such as genes or brain chemistry
Life experiences, such as trauma or abuse
Family history of mental health problems
Mental health problems are common but help is available.
People with mental health problems can get better and many recover completely.

Early Warning Signs

Not sure if you or someone you know is living with mental health problems?
Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

Eating or sleeping too much or too little
Pulling away from people and usual activities
Having low or no energy
Feeling numb or like nothing matters
Having unexplained aches and pains
Feeling helpless or hopeless
Smoking, drinking, or using drugs more than usual
Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
Yelling or fighting with family and friends
Experiencing severe mood swings that cause problems in relationships
Having persistent thoughts and memories you can't get out of your head
Hearing voices or believing things that are not true
Thinking of harming yourself or others
Inability to perform daily tasks like taking care of your kids or getting to work or school
Learn more about specific mental health problems and where to find help.

Mental Health and Wellness

Positive mental health allows people to:
Realize their full potential
Cope with the stresses of life
Work productively
Make meaningful contributions to their communities

Ways to maintain positive mental health include:
Getting professional help if you need it
Connecting with others
Staying positive
Getting physically active
Helping others
Getting enough sleep
Developing coping skills

Associates in Behavioral Counseling

708 W White River Blvd.

765-288-1110

https://abcbehavioralcounseling.com

There are so many reasons to explore counseling services. If you're interested in improving your life through therapy, we'd love to help.

Meridian Health Services

(MCS partner: Services are available during the school day and after school hours)

240 N. Tillotson Ave.

765-288-1928

https://www.meridianhs.org

Your medical home for "whole person" health.

Centerstone

1200 S. Tillotson Overpass

877-467-3123

https://centerstone.org/locations/indiana

Centerstone is a not-for-profit health system providing mental health and substance use disorder treatments. Our mission is delivering care that changes people's lives and we achieve that mission through a robust offering of services and program.

Still Waters

1904 W Royale Dr.

765-284-0043

https://www.stillwaterspc.com

Welcome to Still Waters, where you'll find health care professionals dedicated to providing you with the highest level of quality care.

Lykins Counseling Clinic

4221 N. Broadway

765-282-7150

https://www.lykinscounselingclinic.net

Our mission is to provide high quality direct care to those individuals and families with mental health challenges helping them to enjoy the best possible quality of life.

Center for Psychological Development

2205 W Wheeling Ave.

765-287-1922

https://muncietherapy.com

Our goal is to help you manage life's difficulties in the best way possible.

Open Door Behavioral Health/PAC

1806 W Royale Dr.

765-381-4578

https://www.opendoorhs.org/services/behavioral-health

Open Door Health Services provides behavioral health services in an effort to ensure that whole-person health is being served.

The Briarwood Clinic

3645 N. Briarwood Ln

765-289-5520

https://www.briarwoodclinic.com

The Briarwood Clinic is an outpatient, mental/behavioral health clinic providing client based counseling for anxiety, depression, grief, anger management, couples/marital counseling, LGBT issues, child or domestic abuse, addictive personalities, post traumatic stress disorder, behavioral problems, bipolar disorder, post-partum depression and many more.

Creative Hearts

765-273-3789

http://www.creativeheartsservices.com

Breathe. Imagine. Grow.

Davidson Counseling Center

1901 W Royale Dr.

765-282-4317

Davidson Counseling Center is a Psychologist office located in Muncie, IN. A psychologist focuses on the evaluation, prevention, diagnosis, and treatment of mental, emotional and behavioral health issues. A clinical psychologist uses psychotherapy and other counseling skills to improve emotional and mental health.

NATIONAL CRISIS RESOURCES

NATIONAL SUICIDE PREVENTION LIFELINE

1–800–273–TALK (1-800-273-8255)

THIS IS A CRISIS HOTLINE THAT CAN HELP WITH MANY ISSUES, NOT JUST SUICIDE. FOR EXAMPLE, ANYONE WHO FEELS SAD, HOPELESS, OR SUICIDAL; FAMILY AND FRIENDS WHO ARE CONCERNED ABOUT A LOVED ONE; OR ANYONE INTERESTED IN MENTAL HEALTH TREATMENT REFERRALS CAN CALL THE LIFELINE. CALLERS ARE CONNECTED WITH A PROFESSIONAL NEARBY WHO WILL TALK WITH THEM ABOUT WHAT THEY ARE FEELING OR CONCERNS FOR OTHER FAMILY AND FRIENDS. CALL THE TOLL-FREE LIFELINE, 24 HOURS/DAY, 7 DAYS/WEEK.

CRISIS TEXT LINE

TEXT “MHFA” TO 741741

AVAILABLE 24/7, 365 DAYS A YEAR, THIS ORGANIZATION HELPS PEOPLE WITH MENTAL HEALTH CHALLENGES BY CONNECTING CALLERS WITH TRAINED CRISIS VOLUNTEERS WHO WILL PROVIDE CONFIDENTIAL ADVICE, SUPPORT, AND REFERRALS IF NEEDED.

LIFELINE CRISIS CHAT

WWW.CRISISCHAT.ORG

VISIT WWW.CRISISCHAT.ORG TO CHAT ONLINE WITH CRISIS CENTERS AROUND THE UNITED STATES.

THE TREVOR PROJECT

CALL 866-488-7386 OR TEXT “START” TO 678678

HTTPS://WWW.THETREVORPROJECT.ORG

TRAINED COUNSELORS AVAILABLE 24/7 TO SUPPORT YOUTH WHO ARE IN CRISIS, FEELING SUICIDAL, OR IN NEED OF A SAFE AND JUDGMENT FREE PLACE TO TALK. SPECIALIZING IN SUPPORTING THE LGBTQI+ COMMUNITY. SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION’S (SAMHSA) DISASTER DISTRESS HELPLINE

CALL 1-800-985-5990 OR TEXT TALKWITHUS TO 66746 TO CONNECT WITH A TRAINED CRISIS COUNSELOR. HTTPS://WWW.SAMHSA.GOV/FIND-HELP/DISASTER-DISTRESS-HELPLINE

SAMHSA’S DISASTER DISTRESS HELPLINE PROVIDES 24/7, 365-DAY-A-YEAR CRISIS COUNSELING AND SUPPORT TO PEOPLE EXPERIENCING EMOTIONAL DISTRESS RELATED TO NATURAL OR HUMAN-CAUSED DISASTERS.

THE NATIONAL COUNCIL FOR BEHAVIORAL HEALTH

HTTPS://WWW.THENATIONALCOUNCIL.ORG/PROVIDERS/?REGION

SEARCH FOR ORGANIZATIONS THAT ARE COMMITTED TO PROVIDING MENTAL HEALTH SERVICES TO ANYONE IN THE COMMUNITY WHO NEEDS IT REGARDLESS OF THEIR ABILITY TO PAY.

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION

HTTPS://WWW.SAMHSA.GOV/FIND-HELP.

SAMHSA PROVIDES INFORMATION ON MENTAL HEALTH SERVICES AND TREATMENT CENTERS THROUGH AN ONLINE SERVICE LOCATOR. YOU CAN SEARCH BY YOUR LOCATION, WHETHER OR NOT THEY PROVIDE SERVICES FOR YOUTH, PAYMENT OPTIONS (PRIVATE INSURANCE, CASH, OR SOMETHING ELSE), LANGUAGES SPOKEN, ETC.

MENTAL HEALTH FIRST AID USA

HTTPS://WWW.MENTALHEALTHFIRSTAID.ORG/MENTAL-HEALTH-RESOURCES/

THE MENTAL HEALTH FIRST AID WEBSITE HAS ADDITIONAL RESOURCES RELATED TO THE MOST COMMON MENTAL DISORDERS.

CHILD WELFARE INFORMATION GATEWAY’S MANDATORY REPORTERS OF CHILD ABUSE AND NEGLECT: SUMMARY OF STATE LAWS

WWW.CHILDWELFARE.GOV/SYSTEMWIDE/LAWS_POLICIES/STATE/INDEX.CFM

THIS SUMMARY WILL ALSO TELL YOU WHETHER YOU ARE REQUIRED TO REPORT BY LAW AND SPECIFIC STATUTE INFORMATION FOR A PARTICULAR STATE.

End the stigma. Reach out.