

Indiana Legal Services, Inc

Using the law to fight poverty, empower clients, and improve access to justice.

www.indianalegalservices.org



COVID-19: Mental Health and Other Resources

The COVID-19 outbreak can be stressful to both individuals and communities. Fear and worry for ourselves and loved ones can feel overwhelming. If you are looking for resources to care for your mental health at this time, we have compiled the following resources:

Mental Health Care and Resources

Are mental health services available during the COVID-19 crisis?

- Yes. Because of the COVID-19 crisis, mental health services will likely be available through telemedicine. Telemedicine is where you and your provider have your appointment via phone or video, which means you don't need to leave your home to access care.
- If you have health insurance (including HIP, ACA plans, and employer-sponsored insurance), mental health services should be covered by your health plan. If you don't have health insurance, see the Medical Care and Health Insurance section below.
- You can find more resources on the new BeWellIndiana website.

Are inpatient facilities are still accepting patients?

- Yes. But for admission you should contact the facility directly instead of going to an emergency room. A list of facilities and their intake procedures are available at <https://www.in.gov/fssa/dmha/4325.htm>

Additional Mental Health Resources

- *If you are experiencing thoughts of suicide, call the National Suicide Prevention Lifeline at 1-800-273-8255.*
- COVID-19 Stress Substance Abuse and Mental Health Services Administration's Disaster Distress Hotline

Phone: 1-800-985-5990

Text: TalkWithUs to 66746.

Relay service: call 1-800-985-5990.

- For non-crisis support

KEYS National Warmline at (800) 933-5397. Note: not 24/7.

- Trans Support

Trans Lifeline offers peer crisis support for trans folks at 877-565-8860.

- LGBTQIA+ Youth

The Trevor Project offers crisis support via phone (866-488-7386), chat or text (text START to 678678).

- Veterans Support

Veterans Crisis Line call 800-273-8255 or text 838255

- Family Support

American Psychiatric Association has resources for families to cope with this time here: <https://www.psychiatry.org/psychiatrists/covid-19-coronavirus#family>

- Eating Disorder Support: Call the National Eating Disorder Association Helpline at (800) 931-2237 or chat online here. Note: not 24/7.
- Additional Support: For a variety of mental health resources, go to virusanxiety.com.
- Grief

National Alliance on Mental Illness Indiana is offering to connect Hoosiers to online grief support. Call (317) 925-9399, email info@namiindiana.org, or visit their website here for more information.

GriefShare hosts online grief support groups. Find a local meeting here.

The Dinner Party is a Millennial-targeted organization offering virtual spaces to share and process grief here.

- Other Free Self-Care Resources

Your local library may be closed, but many offer virtual access to free audiobooks, e-books, videos, and more through the Libby app.

The YMCA is offering free online workout videos here: <https://ymca360.org/on-demand#/>.

Substance Use Resources

Are inpatient facilities accepting new patients?

- Yes. Calling 2-1-1 (24/7) will connect you with an available inpatient or residential treatment provider. for help 24 hours a day, 7 days a week, or [click here](#) to connect with help.

Are opioid treatment facilities accepting new patients?

- Yes. You should call your local program for enrollment information. A list of opioid treatment programs in Indiana is [here](#).

How can I get my medication from my Opioid Treatment Program?

- If you are part of an Opioid Treatment Program (OPT), you should not be required to go in person every day to receive medication-assisted treatment (MAT). Instead, your OPT should be able to give you a “lockbox” to take multiple doses home. The lockbox will also come with naloxone.

Is naloxone still available?

- Yes. If you need naloxone, [Ship Happens](#) will mail naloxone directly to you.

Additional Substance Use Resources

- Treatment Services

[Indiana Addiction Hotline](#) call 1-800-662-HELP (4357), [chat](#) with a representative or search for a program [on-line](#).

The American Society of Addiction Medicine has a list of online support groups (including, but not limited to, online AA and NA meetings), apps, and podcasts [here](#).

- Safer Use

Harm Reduction Coalition’s [COVID-19 Guidance for People Who Use Drugs and Harm Reduction Programs](#)

[Indiana Recovery Alliance](#)

Medical Care

I don’t have health insurance. What can I do?

- If you’ve recently lost your job or your income, you may be eligible for the Healthy Indiana Plan or for a federally-funded marketplace subsidy. For more information on COVID-19 and benefits programs like HIP, [click here](#).

How do I apply for HIP?

You can apply for HIP (and sign your kids up for the Children's Health Insurance Program, a.k.a. CHIP) at any time, by phone, by mail, or online. Do you need help applying? You can call:

- A navigator at [Covering Kids and Families](#) at 1-888-975-4CKF
- A social worker at your doctor's office (if you visit a Federally Qualified Health Center)
- If you are approved for Medicaid/HIP, you will not need to pay a monthly payment, pay to visit the doctor or hospital, or pay to pick up a prescription during the COVID-19 emergency.

What if I am denied coverage?

- If you are being asked for documentation you cannot provide due to COVID-19, are denied Medicaid coverage, or your benefits are terminated, you can [contact us](#) immediately.

Additional Resources

Legal Assistance

- To apply for legal assistance, [click here](#).

Domestic Violence and Sexual Assault

- *Call 9-1-1 if you or children in your home are in danger. Call 9-1-1 if children in your home are being abused.*

[National Network to End Domestic Violence](#) Call -800-SAFE (7233)(24/7) or chat online (including services for people with deafness or hearing loss) [here](#).

[RAINN National Sexual Assault Hotline](#) Call 1-800-656-HOPE (4673)(24/7) or chat online [here](#). Resources available [here](#).

Domestic Violence Safety Planning

[Indiana Coalition Against Domestic Violence](#) has compiled a list of [resources](#) for individuals experiencing domestic violence and during the COVID-19 pandemic.

Financial

- [Unemployment benefits resources](#) from ILS
- [Stimulus Payment](#) FAQ from ILS

Food

- **SNAP:** If you've recently suffered a loss in income, you and your family may be eligible for SNAP benefits (also known as food stamps). You can apply for benefits by phone, by mail, or online. For more information on benefits during this time, click [here](#).
- **Immediate Food Assistance** For a status update on which food pantries are open and which are closed, visit [here](#). To find a local food pantry, call 2-1-1 or visit FSSA's [Food Assistance Availability Map](#).
- If you are in Indianapolis: [Community Food Compass](#) can help locate food resources. Indianapolis Public Schools are providing free boxed meals to any student ages 18 and younger. Meals can be picked up on Mondays (six meals) and Fridays (nine meals). For locations and updates on food distribution, click [here](#). Indy Parks and Second Helpings are also offering free meals for kids ages 18 and younger and free sack lunches for adults on Mondays, Wednesdays, and Fridays. For locations and updates on food distribution, click [here](#). Gleaners Food Bank has moved to drive-through pick up. Services users only need to provide proof of residency. If someone plans on picking up food on behalf of someone in a high-risk group, they will need to complete a Proxy Pick-Up form. For more information, visit the Gleaners website [here](#).

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<http://www.indianalegalservices.org/node/1040/covid-19-mental-health-and-other-resources>

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