



# “HEALTHY” MEANS MENTAL HEALTH, TOO

**ONE IN FOUR** Hendricks County children and adults struggle with mental health issues that also affect the people around them.

As a community, we need to take a caring, comprehensive approach to mental health ... and it starts with you. Take a positive approach. Become aware of our community's mental health resources and connect individuals and families with the help they need.

Visit [hendrickshealthpartnership.org](http://hendrickshealthpartnership.org) for an updated list of local mental health providers who are here to make our community even healthier, or Mental Health America of Hendricks County at [mhahc.com](http://mhahc.com) or 317-272-0027, for more information about local mental health services.



[hendrickshealthpartnership.org](http://hendrickshealthpartnership.org)

# TALK ABOUT IT. YOU ARE WORTH IT.

TEXT  
741741  
FOR HELP

**IS SOMEONE YOU KNOW TALKING ABOUT SUICIDE?  
ARE YOU THINKING ABOUT IT?** Help is available 24 hours a day. Text 741741, or call the 24-hour hotline at 317.251.7575 and someone will respond quickly ... listen to what you have to say ... and offer friendly support. No shaming, no preaching ... just ways to help

## WATCH FOR THESE WARNING SIGNS

- Talking or thinking about death
- Saying there's no hope
- Negative self-image
- Starting risky behaviors
- Drinking or using drugs
- Giving things away

If you or someone you know is thinking about suicide, text **741741** or call the 24-hour crisis hotline at **317.251.7575** for help right now.



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