Community Resource Guide for Ball State Students

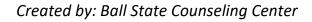


Table of Contents

Indiana 211	2
Crisis Resources	2
Mental Health	2
Interpersonal Violence	3
Mental Health Treatment	3
Outpatient Therapy	3
Intensive Outpatient / Inpatient Treatment	7
Psychological Assessment	8
Psychiatric Treatment	9
Substance Use Resources	10
General Resources	10
Delaware Co. Treatment Resources	11
Statewide Detox & Dual Treatment Centers	13
Statewide Residential Treatment Centers	15
Harm Reduction Resources	17
Narcan Resources	17
Free Resources	18
Eating Disorder Treatment	19
Grief Support	20
LGBTQIA+ Affirming Resources	21
Affordable Health Care	
Family Planning	26
Interpersonal Violence Resources	
Legal Services	27
Housing Assistance	29
Resources for Shelter / Housing Insecurity	29
Rental / Mortgage Assistance	
Utility Assistance	31
Financial Assistance	32
Resources for Food Insecurity	33
Clothing Assistance	
Child Care Resources	
Transportation Services	
Veteran's Resources	
Resources for Pets	

Indiana 2-1-1

IN211 is a free service that connects Hoosiers with help and answers from thousands of health and human service agencies and resources right in their local communities - quickly, easily and confidentially. IN211's team is comprised of experienced, responsive and compassionate community navigators who are skilled at actively listening and identifying needs and providing referrals that best meet those needs. Dial 2-1-1 to connect with a navigator. We're here for you 24 hours a day, 7 days a week.

211 or 866-211-9966

For more information, go to: https://in211.communityos.org/

Crisis Resources

Mental Health

Ball State Crisis Line

The Ball State Crisis Line is a 24/7 resource for students who are struggling with a mental health emergency. This could include thoughts of suicide and/or self-harm or any other mental health concern. The Crisis Line can be reached at: 765-285-HOPE (4673)

988

988, formerly referred to as the National Suicide Prevention Line, is a 24/7 service is available for anyone who may be experiencing thoughts of suicide or a mental health or substance use crisis. To access this resource, dial 9-8-8.

Crisis Text Line

If you are experiencing a mental health crisis, you can text HOME to 741741 or go to https://www.crisistextline.org/ to have access to a "Chat with Us" option.

Trevor Project

The Trevor Project provides an opportunity for those in the LGBTQIA+ community to have access to crisis counselors 24/7.

Contact Number: 1-866-488-7386

Text: START to 678-678

Online Chat: https://www.thetrevorproject.org/get-help/

Trans Lifeline

Trans Lifeline providers a peer support phone service run by trans people for trans and questioning peers. The hotline is available 24/7 at 1-877-565-8860.

Interpersonal Violence

National Domestic Violence Hotline

The National Domestic Violence Hotline allows you to call, text, or chat online with a domestic violence advocate. This service is free, confidential, and is available 24/7. For more information, go to https://www.thehotline.org.

Hotline Number: 1-800-799-7233 (SAFE)

Text "START" to 88788

RAINN (Rape, Abuse, & Incest National Network)

The nation's largest anti-sexual violence organization and sexual assault hotline. This hotline is available 24 hours a day, 7 days a week. You can contact this toll-free hotline by calling: 1-800-656-HOPE (4673)

Mental Health Providers

Outpatient Therapy

Ball State University Counseling Center

The Ball State University Counseling Center offers free and confidential mental health treatment, resources, and supports to Ball State undergraduate and graduate students. Center-based treatment is available via individual and group therapy as well as Let's Talk appointments. In addition, on-demand resources are also available to students 24/7. These include resources such as the Counseling Center website, social media platforms (YouTube, Facebook, Instagram, TikTok, Twitter), the PsychTalk online newsletter, the Canvas-based Self-Care 101 program, and self-help platforms (Welltrack Boost, Togetherall).

Location: Lucina Hall 320 Contact Number: 765-285-1736 Email: CounselCTR@bsu.edu

For more information, go to: https://www.bsu.edu/campuslife/counseling-center

Associates in Behavioral Counseling (ABC)

Associates in Behavioral Counseling (ABC) offer outpatient mental/behavioral health services, including individual, family, and couples' therapy. In addition, ABC also offers Eye Movement Desensitization & Reprocessing (EMDR) therapy. For more information, go to: https://abcbehavioralcounseling.com/

Location: 708 W. White River Blvd. Muncie

Contact Number: 765-288-1110

Hours: Monday-Thursday 9:00am-7:00pm; Friday by appt. only

The Briarwood Clinic

The Briarwood Clinic is an outpatient, mental/behavioral health clinic providing client-based counseling for anxiety, depression, grief, anger management, couples/marital counseling, and a variety of other concerns. For more information, go to https://www.briarwoodclinic.com/

Location: 3645 North Briarwood Lane Suite A, Muncie, IN 47304

Contact Number: (765) 289-5520

Hours: Monday – Friday 9:00am-5:00pm

Center for Psychological Development

The Center for Psychological Development offers mental health and nutritional counseling services and psychological testing for individuals, families, couples, children, and adolescents. Prices per session vary depending on duration and type, most forms of insurance accepted. For more information or to request an appointment, visit https://muncietherapy.com/

Location: 2205 North Wheeling Avenue, Muncie, IN, 47303

Contact Number: (765) 287-1922

Email: cpd526@gmail.com

Centerstone Muncie

Centerstone offers counseling, addiction recovery, and children and family services. For more information, go to

 $\underline{https://centerstone.org/locations/indiana/facilities/centerstone-muncie-south-\underline{tillotson-overpass/}}$

Address: 1200 South Tillotson Overpass, Suite 8, Muncie, IN 47304

Contact Number: (765) 288-1790

Hours: 8am-5pm

Hillcroft Services

Hillcroft provides behavioral support services, recreational therapy, music therapy, and other specialized services to individuals with disabilities. For more information, go to https://www.hillcroft.org/

Address: 501 West Air Park Drive, Muncie, IN 47303

Contact Number: (765) 284-4166

IU Health Ball Behavioral Health

IU Health is Indiana's largest adult psychiatry outpatient program. Their focus is to study, diagnose, treat, and prevent mental disorders. IU Health offers outpatient counseling services that are provided by clinical social workers and counselors. Outpatient mental health services provide treatment for anxiety disorders, ADHD, Bipolar Disorder, Borderline Personality Disorder, depression, mood disorders, Obsessive-Compulsive Disorder, Post-Traumatic Stress Disorder, psychotic disorders, somatoform, and sleep disorders. For more information, go to: https://iuhealth.org/find-medical-services/behavioral-health

Location: 2401 W. University Ave. Muncie

Contact Number: 765-747-3111

Lykins Counseling Clinic

Lykins Counseling Clinic offers individual, family, and marriage or couples counseling. For more information, go to https://www.lykinscounselingclinic.net/

Address: 4221 North Broadway Avenue, Muncie, IN 47303

Contact Number: (765) 282-7150 Hours: Monday-Friday, 8:00am-5pm;

Meridian Health Services

Meridian Health Services is a progressive healthcare organization that believes in treating the "whole-person" integrating, physical, mental, and social well-being to help people achieve their optimum health. They offer a variety of mental health and psychiatry services for all ages. For more information, go to https://www.meridianhs.org/

Address: 240 North Tillotson Avenue, Muncie, IN 47304

Contact Numbers: Main Line: (866) 306-2647

24 Hour Emergency Line: (800) 333-2647

Hours: Monday-Friday, 8am-5pm;

Open Door Health Services

Open Door provides behavioral health services, including behavioral health care and testing, in an effort to ensure that whole-person health is being served. For more information, go to https://www.opendoorhs.org/behavioral-health

Locations, Contact Numbers & Hours:

Open Door Behavioral Health 333 South Madison Street, Muncie, IN 47305 (765) 286-7000 7:30am-6pm

Open Door – Psychological Assessment and Consulting 1806 West Royale Drive, Muncie, IN 47304 (765) 381-4578 8am-5pm

Open Door -- White River 2600 White River Boulevard Muncie, IN 47303 (765) 286-7000 8am-5:30pm

Still Waters Professional Counseling

Still Waters provides individual counseling for all ages, as well as couples and family counseling. For more information about scheduling and pricing, go to https://www.stillwaterspc.com/

Address: 1904 West Royale Drive, Muncie, IN 47304

Contact Number: (765) 284-0043 Hours: Monday-Friday, 9am-5pm;

Psychology Today

Go to https://www.psychologytoday.com/us/therapists to find a therapist, psychiatrist, treatment center, or support group in your area. Results can be filtered based on insurance coverage, areas of specialization, age, language, gender, sexuality, ethnicity, and types of therapy.

WPATH (Trans* Affirming Providers Search)

Go to https://www.wpath.org/provider/search to find trans* affirming medical and mental health providers in your area.

Intensive Outpatient / Inpatient Treatment

IU Health Ball Behavioral Health

IU Health Ball Behavioral Health offers both intensive outpatient and group therapy and inpatient treatment for those struggling with severe mental health concerns. For more information, go to https://iuhealth.org/find-medical-services/behavioral-health.

Location: 2401 W. University Ave. Muncie

Contact Number: 765-747-3111

Ascension St. Vincent Anderson- Center for Mental Health & Addiction Services

The Anderson Center offers inpatient treatment for adolescents and adults who are struggling with severe mental health concerns. For more information, go to https://healthcare.ascension.org/en/locations/indiana/ineva/anderson-ascension-st-vincent-anderson-center-for-mental-health-and-addiction-services.

Location: 2210 Jackson St. Anderson, IN

Contact Number: 765-646-8444

Community Hospital North Behavioral Health Pavilion

The Community Hospital North Behavioral Health Pavilion offers a crisis department and adult inpatient treatment options for those struggling with severe mental health issues. For more information, to go https://www.ecommunity.com/services/mental-behavioral-health/locations-clinics.

Location: 7165 Clearvista Way Indianapolis, IN

Contact Number: 800-273-8255

Options Behavioral Health System

Options Behavioral Health offers an acute inpatient treatment program for adults who are struggling with mental, behavioral, psychiatric disorders and/or co-occurring substance use disorders. For more information, go to https://www.optionsbehavioralhealthsystem.com/programs/adult-inpatient/.

Location: 5602 Caito Dr. Indianapolis, IN

Contact Number: 866-406-1052

Valle Vista Health System

Valle Vista Health System offers adult intensive outpatient programming, adult partial hospitalization programming, and adult inpatient programming for those who are struggling with severe mental health concerns. For more information, go to https://vallevistahospital.com/treatment-services/adults/.

Location: 898 E. Main St. Greenwood, IN

Contact Number: 866-578-1348

Psychological Assessment

Psychoeducation Diagnostic Intervention Clinic (PDIC)

The Ball State University PDIC conducts psychological and educational assessment of individuals of any age, gender, or race. Faculty and students from the Department of Educational Psychology provide these services at a small cost as a service to the community. For more information about PDIC, go to: https://www.bsu.edu/academics/centersandinstitutes/pdic

Location: Teachers College, 037 Contact Number: 765-285-8526

Brain Center Indy

Assessment resources offered at the Brain Center-Indy include: neuropsychological evaluations, autism evaluations, and forensic/legal evaluations. Inquiries can be made to: schedulding@braincenterindy.com.

Locations: 6246 W. Broadway Ste 100 McCordsville, IN

8202 Clearvista Parkway Ste 9E Indianapolis, IN

Contact Number: 317-562-0942

For more information regarding this organization, go to: https://www.braincenterindy.com/?msclkid=80965cceb02e11ecab4ea9a4773e1ab

IU Health Ball Behavioral Health

IU Health is Indiana's largest adult psychiatry outpatient program. Their focus is to study, diagnose, treat, and prevent mental disorders. IU Health offers psychological assessment and diagnostic services. For more information, go to: https://iuhealth.org/find-medical-services/behavioral-health

Location: 2401 W. University Ave. Muncie

Contact Number: 765-747-3111

Open Door Behavioral Health Services

Assessment resources offered through Open Door Behavioral Health Services include testing for: depression & anxiety disorders, autism, ADHD, learning disability, bipolar disorder, intellectual disability, cognitive impairment, memory impairment, personality testing, seizure disorder, trauma, dementia, and neuropsychological impairment. For more information, go to https://www.opendoorhs.org/services/behavioral-health/

Locations, Contact Numbers & Hours:

Open Door Behavioral Health 333 South Madison Street, Muncie, IN 47305 (765) 286-7000 7:30am-6pm

Open Door – Psychological Assessment and Consulting 1806 West Royale Drive, Muncie, IN 47304 (765) 381-4578 8am-5pm Open Door -- White River 2600 White River Boulevard Muncie, IN 47303 (765) 286-7000 8am-5:30pmball

Psychiatric Treatment

Ball State Student Health Center

The Student Health Center at Ball State University offers psychiatric services to Ball State students. For more information regarding the Student Health Center, go to: https://www.bsu.edu/campuslife/healthcenter.

Location: 1500 W. Neely Avenue Muncie

Contact Number: 765-285-8431

Hours: Fall/Spring: Monday, Thursday, Friday 8:00am-4:30pm; Tuesday, Wednesday 9:00am-6:30pm; Summer: Monday-Friday 7:30am-3:30pm

IU Health Ball Behavioral Health

IU Health is Indiana's largest adult psychiatry outpatient program. Their focus is to study, diagnose, treat, and prevent mental disorders. IU Health offers psychiatric services for those needing medication to supplement therapy. For more information, go to: https://iuhealth.org/find-medical-services/behavioral-health

Location: 2401 W. University Ave. Muncie

Contact Number: 765-747-3111

Meridian Health Services

Meridian Health Services offers psychiatric evaluations and medication reviews. Psychiatric appointments are held between 8:00am and 5:00pm Monday thru Friday. A referral from a primary care physician for psychiatric treatment is not necessary, but is helpful. For more information regarding psychiatric services at this organization, go to: https://www.meridianhs.org/mental/psychiatric-services/.

Location: 240 N. Tillotson Ave. Muncie

Contact Number: 866-306-2647

Substance Use Resources

General Resources

AA (Alcoholics Anonymous) Muncie

Alcoholics Anonymous is an international fellowship providing support to those who have had a drinking problem. It is non-professional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about their drinking problem.

For a complete list of AA meetings in and around Muncie, go to https://www.aamuncie.org/

Al-Anon

The Al-Anon Family Groups are a fellowship of relatives and friends of those struggling with alcoholism who share their experience, strength, and hope in order to solve their common problems. Al-Anon has one purpose: to help families of those struggling with alcoholism. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families, and by giving understanding and encouragement.

For a complete list of Al-Anon meetings in and around Muncie, go to https://indiana-al-anon.org/meetings/meetings-by-city/

NA (Narcotics Anonymous)

NA offers recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. The group atmosphere provides help from peers and offers an ongoing support network for people struggling with addiction who wish to pursue and maintain a drug-free lifestyle. NA's approach makes no distinction between drugs including alcohol. Membership is free.

For a complete list of NA meetings in and around Muncie, go to http://www.na.org/

Psychology Today Treatment Center Listing

For a list of treatment centers in and around Muncie, to go https://www.psychologytoday.com/us/treatment-rehab/in/muncie

SAMHSA National Helpline (Substance Abuse and Mental Health Services Administration)

SAMHSA offers free & confidential help to find substance use treatment and information. You can contact them at 1-800-662-4357. For more information, go to https://www.samhsa.gov/find-help/national-helpline

Delaware County Treatment Resources

Centerstone

Resources Offered: Family & Individual Therapy; Housing & Inpatient Services; Primary Care, Crisis, & Urgent Care; Social Services

Location: 421 S. Walnut St. Muncie Contact Number: 765-288-1790 Hours: Monday – Friday 8am-5pm

For more information, go to https://centerstone.org

IU Health Ball Addiction Treatment & Recovery Center

Resources Offered: Medication-Assisted Treatment (MAT); Intensive Outpatient; Group, Individual, and Family Therapy

Location: 210 N Tillotson Ave., Muncie

Contact Number: 765-254-4025

Hours: Individual Program—Monday & Wednesday 9am-4pm

Intensive Outpatient Program—Tuesday, Thursday, Friday 9am-2pm

For more information, go to: https://iuhealth.org/find-locations/addiction-treatment-recovery-center-iu-health-ball-memorial-hospital

Meridian Health Services

Resources Offered: Medication-Assisted Treatment (MAT)—Vivitrol & Suboxone; Individual & Group Counseling; Peer Recovery Support; Support

Groups; Intensive Outpatient Treatment; Case Management

Location: 110 E. Wysor St. Muncie Contact Number: 765-216-1815

Hours: Tuesday 8am-5pm; Friday 8am-5pm

For more information, go to: https://www.meridianhs.org/

Meridian Women's Recovery

Meridian Women's Recovery Home offers services including residential treatment, individual and group therapy, integrated services (i.e. Medication Assisted Treatment, OBGYN, and primary medical care), behavioral health care, and supervised visitation with children. No referrals are necessary. For more information, call 1-866-306-2647 or go to Women's Recovery Home | Meridian Health Services (meridianhs.org).

Meridian Health Services Maternal Treatment Program

The Maternal Treatment Program is an outpatient treatment program providing care and support to mothers struggling with substance use and their newborn babies. The program's services are designed to use "whole-person" health methods to prevent, educate, treat, and provide community supports. For more information, go to Maternal Treatment Program | Meridian Health Services (meridianhs.org).

Location: 3620 W. White River Blvd. Muncie, IN 47304

Contact Number: 765-288-1928 Hours: Monday – Friday 8am-5pm

Muncie Comprehensive Treatment Center

Resources Offered: Medication-Assisted Treatment (Methadone Maintenance, Vivitrol Maintenance, Suboxone Maintenance, Buprenorphine Maintenance); Group & Individual Therapy

Location: 3640 N. Briarwood Ln. Suite 1 Muncie

Contact Number: (463) 214-2523

Business Hours: Monday-Friday 6am-1pm; Sat/Sun 7am-9am

Medication Hours: Monday-Friday 6am-10am; Sat/Sun 7am-9am

For more information, go to https://www.acadiahealthcare.com/locations/muncie-comprehensive-treatment-center/

Recovery Café

Recovery Café Muncie is a peer-based healing community of people in recovery from addiction, trauma, homelessness, and other mental health challenges grounded in the belief that everyone is worthy of love and connection. All recovery pathways welcome! Contact connect@recoverycafemuncie.org or visit https://recoverycafemuncie.org/ for more information about how to get involved.

RU Recovery Ministry

RU is a faith-based recovery program that meets in cities all across the country. There are meetings held locally in Muncie. If you are looking for meetings elsewhere, go to Chapter Locator - RU Recovery.

Location: Grace Baptist Church, 6401 W. River Rd. Muncie, IN 47304

Urban Lighthouse

Resources Offered: Shelter; Addictions Treatment

Contact Number: 765-717-2747

Apply online at https://www.urbanlightcdc.org/lighthouse/, email your application to Urban Lighthouse Director at: dtaylor@urbanlightcdc.org or mail in your application to ULCDC/The Lighthouse PO Box 3185, Muncie, IN 47307

Statewide Detox & Dual Treatment Centers

Allendale Treatment- https://allendaletreatment.com/

Location: 5419 County Rd. 427 Auburn, IN (DeKalb Co)

Contact Number: 833-338-6946

Anabranch Recovery - https://anabranchrecovery.com/

Location: 1400 East Crossing Blvd. Terre Haute, IN (Vigo Co)

Contact Number: 888-909-2415

Anderson Center- https://healthcare.ascension.org/

Location: 2210 Jackson St. Anderson, IN (Madison Co)

Contact Number: 765-646-8444

Bloomington Meadows- https://www.bloomingtonmeadows.com

Location: 3600 N. Prow Rd. Bloomington, IN (Monroe Co)

Contact Number: 812-331-8000

Bridges of Hope- https://bhoperehab.com/

Location: 2200 Madison Sq. Anderson, IN (Madison Co)

Contact Number: 844-449-6392

Fairbanks-

https://www.ecommunity.com/locations/community-fairbanks-recovery-center

Location: 8102 Clearvista Pkwy Indianapolis, IN (Marion Co)

Contact Number: 800-225-4673

Harbor Lights- https://centralusa.salvationarmy.org/harborlightindiana/

Location: 2400 N. Tibbs St. Indianapolis, IN

Contact Number: 317-972-1450

Hendricks Behavioral Hospital- https://www.hendricksbehavioralhospital.com/

Location: 1051 Southfield Dr. Plainfield, IN (Hendricks Co)

Contact Number: 844-991-9900

Michiana Behavioral Health- https://michianabehavioralhealth.com

Location: 1800 N. Oak Rd. Plymouth, IN (Marshall Co)

Contact Number: 800-795-6252

Options Behavioral Health Systems-

https://optionsbehavioralhealthsystems.com

Location: 5602 Caito Dr. Indianapolis, IN (Marion Co)

Contact Number: 866-406-1052

Recovery Works- https://pinnacletreatment.com

Location: 504 Grand Valley Blvd Martinsville, IN (Morgan Co)

Contact Number: 765-516-6275

Sunrise Recovery- https://www.sunriserecoverycare.com/

Location: 1610 Blackiston View Dr. Clarksville, IN (Clark Co)

Contact Number: 877-978-6747

Sycamore Springs- https://sycamorespringshealth.com/

Location: 833 Park East Blvd. Lafayette, IN (Tippecanoe Co)

Contact Number: 765-340-2687

Valle Vista Health System- https://vallevistahospital.com/

Location: 898 E. Main St. Greenwood, IN (Johnson Co)

Contact Number: 866-578-1348

Wellstone Hospital- https://www.wellstonehospital.com

Location: 2700 Vissing Rd. Jeffersonville, IN (Clark Co)

Contact Number: 812-284-8000

Wooded Glen Recovery- https://woodedglen.com/

Location: 2602 Hebron Church Rd. Henryville, IN (Clark Co)

Contact Number: 888-351-0650

Statewide Residential Treatment Centers

Allendale Treatment- https://allendaletreatment.com/

Location: 5419 County Rd. 427 Auburn, IN (DeKalb Co)

Contact Number: 833-338-6946

Anabranch Recovery- https://anabranchrecovery.com/

Location: 1400 East Crossing Blvd. Terre Haute, IN (Vigo Co)

Contact Number: 888-909-2415

ARC- Meridian Addictions & Recovery Center-

For information regarding residential treatment centers through this organization, go to: https://www.meridianhs.org/mental/addictions-therapy/addictions-recovery-center/

Bridges of Hope- https://bhoperehab.com/

Location: 2200 N. Madison Ave. Anderson, IN (Madison Co)

Contact Number: 844-449-6392

Fairbanks Addiction Treatment-

https://www.ecommunity.com/locations/community-fairbanks-recovery-center

Location: 8102 Clearvista Pkwy. Indianapolis, IN (Marion Co)

Contact Number: 800-225-4673

Hickory House- https://www.hickoryhouse.com/

Location: 5486 W. Highway 40 Greenfield, IN (Hancock Co)

Contact Number: 317-434-5375

Landmark Recovery- https://landmarkrecovery.com

Locations:

6330 Digital Way Indianapolis, IN (Marion Co) 13594 N. Meridian St. Carmel, IN (Hamilton Co) 1529 Lancaster St. Bluffton, IN (Wells Co)

Contact Number: 888-448-0302

Mockingbird Hill Recovery- https://www.mockingbirdhill.org/

Location: 4038 Ridgeview Dr. Anderson, IN (Madison Co)

Contact Number: 765-641-8231

Recovery Works- https://pinnacletreatment.com

Locations & Contact Numbers:

2060 State Road 1 North Cambridge City, IN (Wayne Co)—800-782-1520 504 Grand Valley Blvd Martinsville, IN (Morgan Co)—765-516-6275 201 W. 89th Ave. Merrillville, IN (Lake Co)—800-782-1520

Sunrise Recovery- https://www.sunriserecoverycare.com/

Location: 1610 Blackiston View Dr. Clarksville, IN (Clark Co)

Contact Number: 877-978-6747

Tara Treatment Center- https://www.taratreatmentcenter.org/

Location: 6231 South US 31 Franklin, IN (Johnson Co)

Contact Number: 800-397-9978

Volunteers of America (Fresh Start Recovery)-

https://www.voaohin.org/fresh-start

Locations:

927 N. Pennsylvania St. Indianapolis, IN (Marion Co) 313 S. Meridian St. Winchester, IN (Randolph Co) 1351 W. Buena Vista Rd. Evansville, IN (Vanderburgh Co)

Contact Number: 833-659-4357

Wooded Glen Recovery- https://woodedglen.com/

Location: 2602 Hebron Church Rd. Henryville, IN (Clark Co)

Contact Number: 888-351-0650

Harm Reduction Resources

Narcan Resources

Narcan overdose resources are available at the following locations and <u>do not</u> require a prescription. These resources <u>are not free</u> and range in cost from \$70-\$150 for two (2) doses. For information regarding Naloxone/Narcan training, go to:

https://www.overdoselifeline.org/opioid-training-and-courses/layperson-naloxoneadministration/

CVS Pharmacies

Locations & Contact Numbers:

415 E. McGalliard Rd, Muncie (765-288-7336)

201 S. Tillotson Ave. Muncie (765-287-0074)

425 E. Memorial Dr. Muncie (765-288-2157

3601 N. Barr St. Muncie, located inside Target (765-254-9084)

IU Health Ball Memorial Hospital Pavilion Pharmacy

Location: 2401 W. University Ave. Muncie

Contact Number: 765-751-7900

Meijer Pharmacy

Location: 6260 W. McGalliard Rd. Muncie

Contact Number: 765-281-7810

Walgreens Pharmacies

Locations & Contact Numbers:

3250 N. Morrison Rd. Muncie (765-287-8330) 100 E. McGalliard Rd. Muncie (765-288-6171) 2720 W. Jackson St. Muncie (765-287-8533) 400 E. Memorial Dr. Muncie (765-284-3933)

Walmart Pharmacy

Location: 1501 E. 29th St. Muncie Contact Number: 765-282-0578

Free Resources

Muncie Folk Collective

For more information regarding harm reduction supplies available through Muncie Folk Collective, please contact 765-215-2230

Naloxone Vending Machine

This location provides Narcan/Naloxone and Fentanyl test strips free of charge. Resources are available 24 hours a day without an appointment.

Location: 2401 W. University Ave. Muncie, IN

Naloxbox-Muncie Friends Church

The following locations provide Narcan/Naloxone and Fentanyl test strips free of charge. Resources are available 24 hours a day without an appointment.

Muncie Friends Church: 418 W. Adams St. Muncie, IN

Avondale Church: 1314 W. 10th St. Muncie, IN

YWCA of Central Indiana: 310 E. Charles St. Muncie, IN

The Garden: 115 S. Pershing Muncie, IN

Overdose Lifeline: https://www.overdoselifeline.org/

Syringe Disposal Box- Muncie Friends Church

This location provides syringe disposal free of charge for anyone who needs to dispose of syringes. This disposal box is accessible 24 hours a day without appointment.

Eating Disorder Treatment

ANAD Helpline (National Association of Anorexia Nervosa & Associated Disorders)

Call 1-888-375-7767 for emotional support and referrals related to eating disorders. Available M-F, 9am-9pm CST. For additional resources, go to https://anad.org/

Charis Center for Eating Disorders

The Charis Center for Eating Disorders offers Indiana's more comprehensive treatment for eating disorders in adolescents and adults. The center treats patients from across Indiana with conditions such as anorexia, bulimia, binge eating and other types of eating disorders.

Location: 705 Riley Hospital Dr. Indianapolis, IN

Contact Number: 317-295-0608

For more information go to: https://www.rileychildrens.org/departments/charis-center-

for-eating-disorders

OA (Overeaters Anonymous)

Overeaters Anonymous is a community of people who are recovering from unhealthy relationships with food and body image. OA follows a 12-step program. For more information or to find a meeting in your area, go to https://oa.org/

Roundtable Wellness

Roundtable Wellness provides client-centered, trauma informed, gender inclusive, weight inclusive treatment while utilizing a Health at Every Size and Intuitive Eating philosophies. For more information on the services offered here, go to: https://www.roundtablewellness.com/

Locations available in Lafayette (765-630-7222) and Carmel (317-740-1970).

Selah House

Selah House offers Christian-based eating disorder treatment for women and teen girls. For more information, go to https://www.selahhouse.com/

Address: 1106 Meridian Street, Suite 300, Anderson, IN 46016

Contact Number: 833-421-1880

Grief Support

The New Normal

The New Normal is a therapy group offered by the Ball State Counseling Center that provides a supportive environment and includes discussion about normal grief and loss and the tasks involved in the grieving process. For more information about participating in this group, contact the Counseling Center at 765-285-1736 or CounselCTR@bsu.edu.

IU Health Ball Memorial Bereavement/Hospice

IU Health provides support services to people who have experienced the death of a loved one. Our Bereavement Services Program provides a variety of support services including individual counseling services, grief support groups for adults and children, specialized grief workshops, telephone consultations, and grief educational materials. All our services are confidential and are provided at no cost.

If you are interested in learning more or engaging in bereavement services at the Muncie IU Health Ball Memorial Hospital location, you can contact Andrea Duckworth via email at aduckworth1@iuhealth.org or via phone at 765-747-4273. For more information, go to https://iuhealth.org/patient-family-support/support-care/bereavement

Grief Recovery

Meeks Mortuary provides services to help your family cope with the loss of a loved one. We provide aftercare services to anyone struggling with grief. Our grief library has helpful resources to guide you through the mourning process. We can refer you to top specialist and support groups in Muncie, Delaware County, and the surrounding areas.

Location: 415 E. Washington St Muncie IN 47305

Contact Number: 765-288-6669

https://www.meeksmortuary.com/our-services/grief-recovery/

GriefShare

Grief Share is a Christian-based grief group that offers a warm and encouraging environment. This group is operated through The Jar Community Church.

Location: 920 W. Main St. Muncie, IN 47305

Contact Number: 765-289-4527

https://www.thejar.org/grief-share.html

Grief in Common

Grief in Common is an online community designed to connect those who are grieving based on background and similar experiences. To learn more visit https://www.griefincommon.com/

LGBTQIA+ Affirming Resources

Prism

Prism is a therapy group offered by the Ball State Counseling Center that provides a safe space for members of the LGBTQIA+ community to discuss shared experiences and offer support to one another. For more information about participating in this group, contact the Counseling Center at 765-285-1736 or CounselCTR@bsu.edu.

Gender Nexus

Bringing transgender and nonbinary communities together across Indiana to foster a community that is healthy, informed, and empowered by increasing access to care in all seven dimensions of wellness. Services include short-term counseling, community support groups, family care groups, advocacy, legal information, referral letters, sexual health services, and more. For more information, go to: https://www.gendernexus.org/.

Location: 3733 North Meridian Street, Suite 310, Indianapolis, IN

Contact Number: (317) 650-5988 Email: <u>info@GenderNexus.org</u>

Indy PFLAG

PFLAG is a non-profit organization that aims to provide support, education, and advocacy to families, friends, allies, and LGBTQ+ people. For more resources and information about support meetings, go to https://www.indypflag.org/

Indy Pride

Indy Pride, Inc. produces events that educate, honor our history, and celebrate the diversity of the Indianapolis LGBTQIA+ community. For more resources and information, go to https://indypride.org/

Indiana Legal Services- LGBT Project

The LGBT Project provides free legal advice, information and representation to LGBT individuals throughout Indiana. Common issues they help with are: name & gender marker changes, insurance coverage of gender-affirming treatment & services, divorce

and family recognition, bullying, education, and youth issues, and discrimination. For more information, go to https://www.indianalegalservices.org/LGBTVAP

Muncie OUTreach

Muncie OUTreach is Delaware County's only LGBTQ+ youth group. They offer a variety of programs, including:

<u>Youth Group</u>: a safe place for LGBTQ+ youth to learn more about themselves and interact with others in the community; meets every Friday from 6:30-9pm for ages 16-20

<u>Raising Rainbows Group</u>: a support group for parents, family members, and friends of LGBTQ+ youth; meets the second Sunday of the month at 6:30pm

<u>Finding Spirit Group</u>: a support group for trans* and gender non-conforming individuals ages 20+; meets every Tuesday at 6pm

*All meetings are held on the 2nd floor of the Muncie YWCA, located at 310 East Charles Street, Muncie, IN 47305

For more information, go to Facebook (Muncie OUTreach) or Instagram (@muncieoutreach).

The Trevor Project

The Trevor Project offers resources, education, and crisis intervention services for LGBTQIA+ individuals.

TrevorLifeline: Call 1-866-488-7386 crisis intervention and suicide prevention phone services, available 24/7/365

TrevorText: Text START to 678-678 for confidential messaging with Trevor counselor, available 24/7/365

For additional information and resources, go to https://www.thetrevorproject.org/

Trans Lifeline

The Trans Lifeline is a grassroots hotline that is available 24/7 that is run by, and for, trans people. Trans Lifeline offers direct emotional and financial support to trans people in crisis. The hotline is a peer support phone service that offers full anonymity and confidentiality and is certified by the International Council for Hotlines.

Hotline Number: 1-877-565-8860

For more information about Trans Lifeline, go to https://translifeline.org

Trinity Haven

Trinity Haven is a non-profit organization that provides housing options and supportive services for LGBTQ young adults, including a long-term Transitioning Living Program (TLP) as well as a short-term Host Homes Program. The goal of Trinity Haven is to intervene before young people experience chronic homelessness and to help them pursue their education and develop skills to thrive in the world independently.

For additional information and resources, go to https://www.trinityhavenindy.org/.

Unitarian Universalist Church of Muncie

A church that welcomes and supports all people without regard to age, race, national origin, ability status, socioeconomic status, sexual orientation, or gender identity. For more information, go to http://www.uuchurchmuncie.org/

Location: 4800 West Bradford Drive, Muncie, IN 47304

Contact Number: 765-288-9561

Affordable Health Care

Ball State Student Health Center

The Ball State Student Health Center provides ambulatory health care for currently enrolled sick and/or injured students. The Health Center is comprised of a Main Clinic, Women's Center, and Physical Therapy Unit. In addition, the Ball State Employee QuickClinic is also available for university employees seeking assistance for acute illnesses. For more information go to https://www.bsu.edu/campuslife/healthcenter

Location: 1500 W. Neely Ave. Contact Number: 765-285-8431

Hours: Fall/Spring: Monday, Thursday, Friday 8:00AM-4:30PM; Wednesday 9:00am-

6:30pm; Summer: Monday-Friday 7:30am-3:30pm

Office of Health Promotion and Advocacy

This office provides access to The Condom Shoppe and The Menstruation Station. The Condom Shoppe provides FREE barrier methods to help prevent STI's and unplanned pregnancy. The Menstruation Station provides FREE menstrual hygiene products.

Location: 1500 W. Neely Ave, 2nd Floor (201)

Contact Number: 765-285-3775

Hours: Monday-Friday 8:00am-5:00pm

Family and Social Service Administration (FSSA)

Apply for benefits online: Medicaid, HIP, Hoosier Healthwise, TANF, SNAP

https://fssabenefits.in.gov/bp/#/Contact Number: 800-403-0864

Local FSSA Office: Delaware County Division of Family Resources

Location: 3300 W. Kilgore Ave Muncie, IN 47304

Contact Number: 800-403-0864

Hours: 8am – 4:30pm Monday – Friday

Meridian Health Services: Meridian Primary Care & MeridianMD

Meridian Primary Care and MeridianMD provide medical services including routine medical care, treatment of chronic medical conditions, illness visits, routine physicals, vaccinations, and wellness assessments. Meridian accepts most insurances and offers a sliding fee scale to those who qualify. For more information, go to https://www.meridianhs.org/physical/primary-medical-care/

Location: 100 N. Tillotson Ave. Muncie, IN 47304

Contact Number: 765-288-8770

Hours: M-F 8am – 5pm

Meridian Health Services- Meridian Dental

Meridian Dental provides dental services including preventative care, periodontal care, oral surgery, restorative care, emergency care, and prosthetic care. Meridian accepts most insurances and offers a sliding fee scale to those who qualify. For more information, go to https://www.meridianhs.org/physical/dental-health/#locations

Location: 110 N. Tillotson Ave. Muncie, IN

Contact Number: 765-213-3939

Hours: M-F 8am—5pm

Muncie Mission Clinic

The Muncie Mission Clinic provides free medical care to Delaware County residents in need. Clinic sessions are offered by appointment each week. Basic services are free. Emergency services are not provided. For more information on this resource and eligibility for services, go to https://www.munciemission.org/programs/muncie-mission-medical-clinic/

Location; 1725 S. Liberty St. Muncie Contact Number: 765-288-9122 Ext. 103

Needy Meds

Needy Meds is a 501(c)(3) national non-project that connects people to programs that will help them afford their medications and other healthcare costs. All information is free, easy to access, and updated regularly. No registration is required and no personal information is requested. For more information, go to https://www.needymeds.org

Open Door Health Services

Open Door Health Services is a not-for-profit, Federally Qualified Health Center, providing comprehensive primary, urgent, and preventive healthcare services to individuals and families throughout East Central Indiana regardless of their health insurance status. For more information, go to https://www.opendoorhs.org/

Location: 333 S. Madison Street Muncie, IN 47305

Contact Number: 765-286-7000

Open Door Dental Clinic

Open Door offers a state-of-the-art dental clinic. Services provided include dental cleanings, fillings, extractions, root canals and dentures. Emergency visits are available most days of the week for patients who are in pain and need to be seen right away. For more information, go to https://www.opendoorhs.org/dental

Location: 333 S. Madison Street Muncie, IN 47305

Contact Number: 765-286-7000

Open Door Health Coverage Enrollment Assistance

Open Door Health Services has staff available to assist patients and community members with a variety of assistance programs. These staff are licensed Indiana Navigators and provide FREE assistance regardless of whether or not people are patients at Open Door. Some of the services provided are enrollment in the following:

Hoosier Healthwise (HHW): Indiana's health care program for children 0-18 years of age, offering medical, dental, and vision coverage at little or no cost. **Healthy Indiana Plan (HIP):** Indiana's health care program for uninsured adults, offering medical, dental, vision, and pregnancy coverage for a minimal, monthly contribution based on income and family size.

Presumptive Eligibility (PE): A temporary coverage for services only while your eligibility is being determined for other Indiana coverage.

Health Insurance Marketplace: The program where individuals and small businesses not eligible for Indiana's plans can shop for and buy private health insurance at reduced costs based on income and family size. Most applicants qualify for premium tax credits that lower the costs of coverage. All plans cover essential health benefits, pre-existing conditions, and preventive care.

For more information regarding accessing this resource, go to https://www.opendoorhs.org/need-insurance

Family Planning

Meridian Health Services- Meridian Women's Health

Meridian Women's Health provides services in the specialty areas of high-risk pregnancy, infertility counseling, and detailed & 3D ultrasounds. In addition, they also provide the following: comprehensive pregnancy care, normal obstetrics, diagnosis and treatment of infertility, gynecological disease and surgery, laparoscopy, contraceptive counseling and sterilization, and more. Meridian accepts most insurances and offers a sliding fee scale to those who qualify. For more information, go to https://www.meridianhs.org/physical/womens-health/

Location: 100 N. Tillotson Ave. Muncie, IN 47304

Contact Number: 765-286-2000

Hours: Monday – Thursday 8am – 5pm; Friday 8am – 12pm

Open Door Health Services

Open Door Health Services provides safe, effective, low- to no-cost birth control methods and help planning a healthy pregnancy. They also offer STD screening for both men and women, as well as information regarding STD prevention, testing or treatment. For more information, go to https://www.opendoorhs.org/family-planning

Location: 333 S. Madison Street Muncie, IN 47305

Contact Number: 765-281-4263

Interpersonal Violence Resources

Center for Survivor Support, Ball State University Campus

The Center for Survivor Support exists to give Ball State Students inclusive, survivor centered support, through confidential advocacy. They respond to the impact of interpersonal violence and sexual assault crimes and strive to create a community free from violence through education. The Victim Advocate provides nonjudgmental, confidential support to student survivors of gender-based violence. "Confidential support" means they will not release any information without your consent. For more information go to https://www.bsu.edu/about/administrativeoffices/health-promotion-and-advocacy/center-for-survivor-support

Location: 1500 W. Neely Ave. (Health Center), Room 205

Contact Number: 765-285-3775

A Better Way, Muncie

A Better Way offers shelter, transportation, case management, domestic violence and sexual assault education, financial independence education, legal advocacy, support groups, and referrals for survivors of domestic violence and sexual assault. They also offer a 24/7 Crisis Hotline and a 24/7 Suicide Hotline. For more information, go to https://abetterwaymuncie.org/our-services/.

Local Number: 765-747-9107 Crisis Hotline: 765-288-HELP

Suicide Hotline: 988 Business Hours: 8am-5pm

Shelter and Crisis Hours: 24 hours

YWCA of Muncie

The YWCA of Muncie offers a variety of programming to help its emergency shelter residents. They offer an overnight, temporary shelter that provides a safe sleeping option, shower, hygiene products, non-perishable food items, and clean clothing. In addition, they offer a 45-day emergency shelter program for women and children. For more information, go to Services - YWCA Central Indiana.

Location: 310 E. Charles St. Muncie, IN 47305

Contact Number: 765-284-3345

Legal Services

Ball State University Student Legal Services

Student Legal Services (SLS) can help with criminal law; all areas of civil law, including landlord/tenant, contracts, consumer, employment, tort, debtor/creditor, probate, real estate, traffic tickets, and family matters; and provide you with legal reference materials and fill-in-the blank forms for leases, subleases, housing inspection forms, and roommate agreements.

Location: Student Center L-17 Contact Number: 765-285-1888 Hours: Monday-Friday 8 am - 5 pm

For more information, go to:

https://www.bsu.edu/about/administrativeoffices/legalservices

Covenant Partners Ministries

Community Day is the fourth Wednesday of each month. A local attorney will come in and provide legal advice, beginning at 9am.

Location: 911 W. Jackson St., Muncie, IN

Contact Number: 765-284-2545

For more information about this organization, go to https://covenantpartners.church/

Indiana Legal Service

Indiana Legal Services, Inc. (ILS) is a nonprofit law firm that provides free civil legal assistance to eligible low-income residents throughout the state of Indiana. For more information, go to https://www.indianalegalservices.org/.

Contact Number: 317-631-9410

Hours: 8:30am – 5:00pm Monday through Friday

Location: 1200 S. Madison Avenue, Ste 300 Indianapolis, IN 46225

Legal Aid of East Central Indiana

Legal Aid of East Central Indiana is a non-profit organization that provides free legal assistance to people who cannot afford a lawyer because of severely limited resources. The program consists of local attorneys who volunteer their time and expertise. Legal Aid of East Central Indiana strives to promote equal access to justice for all Indiana residents, regardless of economic status, by creating and promoting opportunities for attorneys to provide pro bono civil legal services to persons of limited means. For more information, go to https://myjustice.org/.

Contact Number: 1-800-910-4407

Neighborhood Christian Legal Clinic

Provides fee legal service to those who cannot afford them. Neighborhood Christian Clinic is a faith –based organization and provides services statewide. For more information, go to: https://www.nclegalclinic.org/

Contact Number: 317-429-4131

Housing Assistance

Resources for Shelter / Housing Insecurity

Christian Ministries of Delaware County

Christian Ministries offers family shelters that provide a safe environment for families to stay in as they find and retain permanent housing. Our family shelters consist of one efficiency apartment and four rooms that share a kitchen and bathroom, in which families may stay up to 45 days. Christian Ministries also offers the Men's Sleeping Room, which is a shelter for single men that is open each evening from 6 pm to 8 am between October and April. For more information, go to http://www.christianministriesmuncie.org/programs-services/

Location: 401 E. Main St. Muncie, IN 47305

Contact Number: 765-288-0601

Muncie HUB

Muncie HUB is a daytime service center for persons experiencing housing insecurity. Here unhoused individuals can connect with shelter providers, housing counselors, and other supportive services. Clothing, hygiene items, restrooms, showers, laundry facilities, coffee, and grab & go food items are available.

Location: 318 W. 8th St. Muncie, IN Contact Number: 765-282-3948 Hours: M-F 8am-12pm and 1pm-4pm

Muncie Mission

The Muncie Missions offers an emergency shelter that is available for men to check into any time of day. Following the initial intake, guests are provided with clothing and hygiene items as needed. The Mission provides three meals per day, a safe sleeping dorm, laundry facilities, and opportunities to connect with appropriate community social service agencies. For more information, go to https://www.munciemission.org/.

Location: 1725 S. Liberty St. Muncie, IN 47302

Contact Number: 765-288-9122

Open 24-Hours

YWCA of Muncie

The C.O.T.S program provides a complimentary, overnight, temporary shelter stay for women and children. It is open from 8 p.m. to 8 a.m. every day. Women and their children are provided a safe place to stay for up to three nights and can

then, if needed and eligible, transition into the YWCA's emergency shelter. While using the C.O.T.S. program, clients are provided personal hygiene items, non-perishable food, clean clothing and access to a shower.

The Emergency Shelter is a 45-day program for women and children that provides wrap around services.

Second Stage Housing is a long-term housing program for eligible women and women with children who need additional assistance beyond the 45-day emergency shelter program. For more information go to https://ywcacentralindiana.org/services/.

Location: 310 E. Charles St. Muncie, IN 47305

Contact Number: 765-284-3345

Open 24-Hours

Rental/Mortgage Assistance

Center Township Trustee

The Trustee's office is responsible for administering Township Assistance to those in need of assistance in securing the necessities of living. The Center Township Trustee can provide help with current rent or mortgage payment, utilities, food, household items, prescriptions, laundry vouchers, and bus passes. For more information, go to www.centertownshiptrustee.com.

Location: 1200 E Main Street Muncie, IN 47305

Contact Number: 765-288-8876

Hours: Monday-Friday 8am-4pm (applications accepted until 3:00pm)

High Street United Methodist Church

The Samaritan Fund is an assistance program available to those in Delaware County to assist with utilities, rent, bus passes, and prescriptions. They are only able to assist a limited number of individuals, so assistance is not guaranteed. Appointments can be made via phone or in-person on Tuesday mornings at 8am.

For more information, go to:

https://rentassistance.org/program/muncie_high_street_church_good_samaritan_f und_muncie_in.html

Location: 219 S. High St. Muncie, IN 47305

Contact Number: 765-747-8500

Indiana Housing Now

This is a free, state online resource for renters and property managers in Indiana. The dynamic search options allow you to find affordable, accessible and market-rate housing that will fit your needs. For more information, go to https://www.indianahousingnow.org/.

Contact Number: 1-877-428-8844

Muncie Housing Authority

The Muncie Housing Authority oversees the Housing Choice Voucher Program (Section 8 Housing) and Public Housing which assists low-income, older adults, and persons with disabilities with finding safe and affordable housing. For more information, go to https://www.muncieha.com/

Location: 409 E. 1st St. Muncie Contact Number: 765-288-9242

Hours: Monday – Thursday 7:30am-5:30pm

U.S. Department of Housing and Urban Development

For information regarding your rights as a property owner or renter, go to https://www.hud.gov/states/indiana/renting/tenantrights

Utility Assistance

Center Township Trustee

The Trustee's office is responsible for administering Township Assistance to those in need of assistance in securing the necessities of living. The Center Township Trustee can provide help with current rent or mortgage payment, utilities, food, household items, prescriptions, laundry vouchers, and bus passes. For more information, go to www.centertownshiptrustee.com.

Location: 1200 E Main Street Muncie, IN 47305

Contact Number: 765-288-8876

Hours: Monday-Friday 8am-4pm (applications accepted until 3:00pm)

Energy Assistance Program

The Energy Assistance Program is a federally funded grant designed to assist low-income families with the high cost of home energy. For more information, or to apply online, go to Home Interlocal Community Action Program - ICAP (icapcaa.org).

Location: 407 W Main Street Muncie, IN 47308

Contact Number: 765-288-8732 Ext. 302

I & M Neighbor to Neighbor Program

The I&M Neighbor to Neighbor Program is an emergency relief fund available to qualified I&M customers in Indiana to assist low-income customers pay electric bills. For more information, go to https://www.dollarenergy.org/need-help/indiana/indiana-neighbor-program/

Financial Assistance

Student Emergency Aid

Ball State students who are experiencing financial crisis may be eligible for a one-time grant from the Jack Beyerl Emergency Aid Fund. This grant is based on a student's specific need, but typically does not exceed \$500 and is a one-time award. Assistance is available for students who are unable to meet immediate, essential expenses such as securing food, temporary safe living arrangements, and covering necessary educational and/or living expenses. For more information, go to:

https://www.bsu.edu/about/administrativeoffices/dean-of-students/emergency-aid

Center Township Trustee

The Trustee's office is responsible for administering Township Assistance to those in need of assistance in securing the basic necessities of living. To receive Trustee assistance, a person in need must go through an application process. The Center Township Trustee can provide help with current rent or mortgage payment, utilities, food, household items, prescriptions, laundry vouchers, and bus passes. For more information, go to www.centertownshiptrustee.com.

Location: 1200 E Main Street, Muncie, IN

Contact Number: 765-288-8876

Hours: Monday-Friday 8am-4pm (applications taken until 3:00pm)

Christian Ministries of Delaware County

Christian Ministries of Delaware County is a non-profit, social service agency that serves the poor and needy of our community with emergency assistance through its programs and commissions. For more information, go to www.christianministriesmuncie.org.

Location: 401 E Main Street, Muncie, IN

Contact Number: 765-288-0601

Hours: 9am − 1pm Monday through Friday

Muncie Mission Ministries - Family Services Division

Muncie Mission Family Services provides limited assistance with current financial needs. Each applicant for financial assistance must have a current application with the local Trustees Office before applying with Muncie Mission. For more information, go to www.munciemission.org.

Location: 1725 S. Liberty St., Muncie, IN

Contact Number: 765-288-9122

Supplemental Nutrition Assistance Program (SNAP)

The Supplemental Nutrition Assistance Program (SNAP) is a program through the Delaware County Division of Family Resources that provides food assistance to low- and no-income people. This service is commonly referred to as "food stamps". For more information on how to apply and receive this assistance, go to FSSA: DFR: SNAP (Food Assistance) (in.gov).

Location: 3300 W. Kilgore Ave. Muncie, IN

Contact Number: 1-800-403-0864

Hours: Monday - Friday, 8 a.m. - 4:30 p.m.

Temporary Aid for Needy Families (TANF)

Temporary Assistance for Needy Families is a program through the Delaware County Division of Family Resources that provides cash assistance and supportive services to assist families with children under age 18. For more information, go to <u>FSSA: DFR: About TANF (in.gov)</u>.

Location: 3300 W. Kilgore Ave. Muncie, IN

Contact Number: 1-800-403-0864

Hours: Monday - Friday, 8 a.m. - 4:30 p.m.

Resources for Food Insecurity

Please note that food pick-up locations and times may change throughout the year. You can access the most up to date information by either calling ahead of checking online to confirm availability at each location. If you are interested in a complete listing of food pantries in the area, you can access update to date resources at: www.curehunger.org

Cardinal Kitchen

The Cardinal Kitchen food panty is available to all undergraduate and graduate students of Ball State University. For more information about this program, go to Cardinal Kitchen | Ball State University (bsu.edu)

Food Pantry: Last three Tuesdays of every month, 5-8pm

Location: Student Center, L-27

Blood-N-Fire Ministries: https://www.bnfmuncie.com/ministries

Free Community Meal: Every Saturday at 4:30PM. Food Pantry: Every Saturday from 4:45-5:30PM Location: 300 N Madison St. Muncie, IN

Location: 500 N Madison St. Muncle, IN

Center Chapel United Methodist Church- https://www.centerchapel.church/

Food Pantry: Every 3rd Tuesday of the month from 4-6PM

Location: 900 W Royerton Rd. Muncie, IN 47303

Contact Number: 765-288-9490

Christian Ministries of Delaware County-

http://www.christianministriesmuncie.org/get-help/

Christian Ministries has the largest food pantry in Delaware County. The food pantry provides staple items, meat, and fresh fruits and vegetables (when available). We also provide vouchers for the food pantries of High Street United Methodist Church and Grace Lutheran Church.

Food Pantry: Tuesdays 10am-12:30pm and Wednesday-Friday 9:00am-12:30pm

Location: 401 E. Main Street, Muncie, IN

Contact Number: 765-288-0601

Covenant Partners Ministries- https://covenantpartners.church/

Covenant Partners Ministries (CPM) is part of the multi-church partnership of the United Methodist Church in the Muncie area.

Free Community Meal: Fourth Wednesday of the month offers hot breakfast and a bag of

food and cleaning supplies (while supplies last) Location: 911 W. Jackson St., Muncie, IN

Contact Number: 765-284-2545

Deacon's Pantry—St. Lawrence Catholic Church

Food Pantry: Tuesdays & Thursdays from 1-3pm

Location: 310 S. Hackley St., Muncie, IN

Contact Number: 765-288-9223

For more information about this organization, go to https://stlawrencemuncie.com/food-pantry

Harvest Soup Kitchen: free lunch every Monday-Friday from 9:30-11:30am

Location: 920 East Charles St. Muncie, IN 47305

For more information about this organization, go to https://stlawrencemuncie.com/soup-kitchen

High Street United Methodist Church

High Street United Methodist Church offers grocery items to anyone in need of food assistance. You can participate in this free assistance once every 3 months. Food Pantry: By appointment only. Call between 8am-Noon on Tuesday mornings to sign up for the pantry and then pick up your food items at the church between 1-2pm

Location: 219 S. High Street, Muncie, IN

Contact Number: 765-747-8500

For more information, go to https://www.munciehighstreet.com/outreach-on-high

Holy Trinity Lutheran Church

Holy Trinity Lutheran Church offers Open Hands, a food distribution ministry, from January through October. This provides groceries to those in need throughout the Muncie area. For more information about this program, go to http://www.holytrinitylutheranchurch.com/community-outreach.html

Let Us Feed Your Body and Soul

Food Pantry: First Thursday of the month, 6:00 pm - 8:00 pm

Third Thursday of the month, 5:00 pm - 8:00 pm

Location: 524 W Howard, Muncie, IN

Contact Number: 765-729-1367

For more information about this organization, go to https://www.freefood.org/l/in_47302_let-us-feed-you-body-and-soul-food-pantry

Muncie Mission Ministries

Free Meal: Monday – Friday 12:30pm (includes hearing a brief devotional prior to meal)

Food Pantry: Monday, Tuesday, Thursday 8am - 10:30am

Location: 1725 S. Liberty St., Muncie, IN

Contact Number: 765-288-9122

For more information about this organization, go to www.munciemission.org

Ross Community Center

Ross Community Center hosts a drive thru food pantry every Friday starting at 3:00PM. This allow the community access to fresh produce, frozen meats, canned goods, and personal hygiene products. For more information, go to https://www.rosscentermuncie.org/programs/community-programs/

Location: 1110 W. 10th St. Muncie, IN

Salvation Army

Food Pantry: Tuesdays & Thursdays 2:00 pm – 4:00 pm (except November & December)

Location: 1015 N Wheeling Ave Muncie, IN

Contact Number: 765-289-7924

In order to utilize this food pantry, you must provide the following: photo ID, social security cards or government issue document, proof of residency, proof of household income, and proof of household expenses.

For more information about this organization, go to https://centralusa.salvationarmy.org/muncieIN/cure-hunger/

Second Harvest

The Tailgate Food Distribution in Delaware County is offered twice per month and provides mobile distribution of food items.

Offered 2nd and 4th Thursdays beginning at 8:00am Location: Muncie Mall (3401 N. Granville Ave.)

Soup Kitchen of Muncie

The Soup Kitchen of Muncie is a non-profit, non-sectarian soup kitchen that serves those in need of food in Muncie, Indiana, and the Delaware County Community. Guests receive a hot meal and sack lunch.

Free Meal: Monday – Friday 9:30-11am Location: 920 E Charles St. Muncie, IN Contact Information: 765-287-8439

For more information about this organization, go to https://soupkitchenofmuncie.org/

Clothing Assistance

Cardinal Closet

Cardinal Closet is a resource offered to Ball State Students that provides a one-stop shop for all professional attire needs. Access is available through appointment only. Schedule an appointment at: https://www.bsu.edu/campuslife/housing/get-involved/student-organizations/student-action-team/cardinal-closet

Location: Eastern Tunnel in the Park Residence Hall

Attic Window Thrift Store South-- Muncie Mission

Location: 400 W. Memorial Drive Muncie, IN Contact Number: (765) 288-9122, ext. 207

Hours of Operation: M-F 9 am -5:30 pm; Sat. 9 am -3:30 pm

For more information about this organization, and for locations outside of Delaware County, go to Attic Window Thrift Stores | Muncie Mission Ministries.

Attic Window Thrift Store North—Muncie Mission

Location: 3400 N. Broadway Avenue Muncie, IN Contact Number: (765) 288-9122, ext. 301 Hours of Operation: Mon-Sat. 9 am – 5:30 pm

For more information about this organization, and for locations outside of Delaware County, go to <u>Attic Window Thrift Stores | Muncie Mission Ministries</u>.

Center Chapel United Methodist Church

Location: 900 W Royerton Rd. Muncie, IN

Contact Number: 765-288-9490

Hours of Operation: Clothing is distributed on the 2nd and 4th Monday of each month

from 9:30 am to 2:30 pm

For more information about this organization, go to https://www.centerchapel.church/

St. Vincent DePaul Society Thrift Store

Location: 920 East Charles St., Muncie, IN

Contact Number: 765-282-2842

Hours of Operation: Tuesday through Friday; 10am-3pm

For more information, go to https://stlawrencemuncie.com/thrift-store

Treasure Shop Thrift Store-- Christian Ministries of Delaware County

Location: 401 E. Main Street, Muncie, IN

Contact Number: 765-288-0601

Hours of Operation: Monday-Friday, 9:00am-1:00pm

For more information about this organization, go to www.christianministriesmuncie.org

Resources for Children

Christian Ministries Baby Care Program

The Baby Care program offers baby food, diapers, formula, and other baby supplies. For more information about this program, go to <u>Get Help - Christian Ministries of Delaware County (christianministriesmuncie.org)</u>.

Location: 401 E. Main St. Muncie, IN Contact Number: 765-288-0601

Hours: Monday-Friday 9:00am-1:00pm

Children's Clothing Center

The Children's Clothing Center helps to provide new and used clothing items to local families who are referred to the center by school principals, school nurses, and other community agencies. For more information about this organization, contact info@childrensclothingcenter.org

Location: 920 E. Charles St. Muncie, IN

Contact Number: 765-759-9534

Hours: Tuesdays 12-4 pm (August-May)

Firefly Children and Family Alliance

Connecting Indiana children, adults, and parents to resources they need. Service include Family Resource Center, Child Care Development Fund, Community Partners for Child Safety, Family Preservation and Reunification, Adoption Supports, Older Youth Services, Foster Care, Rachel Glick Courage Center, Children's Shelter, Domestic Violence and Sexual Assault Counseling and Advocacy, Substance Use Assessment and Treatment, and Mental Health Counseling.

Location: 3620 N. Everbrook Lane F, Muncie IN 47304

Contact Number: 765-381-0210

Office Hours: 8:00am – 4:30pm Monday, Tuesday, Thursday, Friday

8:00am - 5:00pm Wednesday

First Choice for Women

First Choice for Women offers free pregnancy tests, ultrasounds, pregnancy options counseling, parenting classes, material assistance, post-abortive recovery, healthy relationships education, and Bible study. Also available is a 24-hour care life. For more information about this organization, go to https://www.firstchoiceforwomen.org/.

Muncie Location: 3020 N Oakwood Ave.

Office Number: 765-286-6085

First Steps East Central Indiana

Indiana's First Steps system is a family-centered, locally based, coordinated system that provides early intervention services to infants and toddlers from birth to 3 who may have developmental delays or who have a diagnosed mental or physical condition that has a high probability of resulting in developmental delays. For more information, or to make a referral for services, go to firststepssoutheast.org/

Indiana Department of Child Services

If you suspect a child is being abused or neglected, contact the Indiana Child Abuse & Neglect Hotline. The hotline is staffed and available to take calls 24 hours a day, 7 days a week, including weekends and holidays. You can report abuse and neglect anonymously. For more information about this process, go to DCS: Child Abuse and Neglect Hotline.

Indiana Child Abuse & Neglect Hotline: 1-800-800-5556

Hours: 24 hours a day, 7 days a week

Meridian Health Services—Behavioral Care & Child Psychiatry

Behavioral Care and Child Psychiatry are available on-site working together with pediatricians and practitioners to diagnose and treatment behavioral and emotional challenge, including ADHD, Autism Spectrum Disorders, depression and anxiety disorders, parent/child conflict, family skill-building, and Oppositional Defiant Disorder.

Location: 3620 W. White River Blvd. Muncie

Contact Number: 765-288-1928

For more information, go to: https://www.meridianhs.org/mental/children-family-programs/

Meridian Health Services—Pediatrics

Meridian Health Services has a team of board-certified pediatricians and pediatric nurse practitioners that provide a wide range of medical services including: well-baby/child

check-ups, annual physicals, family dental care, COVID testing/vaccines, vaccinations, minor injuries, illnesses, and prescriptions.

Location: 205 N. Tillotson Ave. Muncie Contact Number: 765-291-KIDS (5437) Hours: Monday-Friday 8:00am-5:00pm

Meridian Health Services—Prime-Time Pediatric Urgent Care

Prime-Time Pediatrics offers walk-in, pediatric medical urgent care for children from birth through age 18. Services are available during the day, evenings, weekends, and most holidays with no appointment required. For more information about this organization, go to Prime-Time Pediatric Urgent Care | Meridian Health Services (meridianhs.org)

Location: 205 N. Tillotson Ave, Suite 201B Muncie, IN

Contact Number: 765-291-KIDS (5437)

Hours: Monday – Friday 12pm-9:30pm; Saturday & Sunday 11am-7pm

Meridian Health Services—School Clinics

School-based clinics are a collaborative partnership with Meridian Health Services and community school systems, including Muncie Community Schools. In addition to the services provided to students by the school nurse, this partnership provides primary medical care, behavioral and social health services to students and their families, as well as to the general public.

Location: Southside Middle School, Muncie

For more information, go to: https://www.meridianhs.org/physical/schoolclinics/

Open Door Health Services

Open Door offers medication assistance, diaper assistance, car seat safety checks, safe infant sleep resources, and other services that support individuals and families. For more information about this organization, go to www.opendoorhs.org

Locations: 333 S. Madison Street Muncie AND 2600 W. White River Blvd. Muncie

Contact Number: 765-286-7000

Open Door Health Services-- WIC Program (Women, Infants, and Children)

Pregnant women, new moms, breastfeeding moms, infants, and children under the age of five who reside in Indiana and meet income guidelines are eligible for WIC. WIC provides vouchers that can be used to get nutritious foods, as well as providing

breastfeeding support and nutrition counseling. For more information about this program, go to https://www.opendoorhs.org/assistance-programs

Locations: 333 S. Madison Street, Muncie, IN & 2600 W. White River Blvd., Muncie,

Contact Number: 765-286-7000

The Villages Healthy Family Program

Provides support and encouragement to new parents and gives babies a brighter beginning. A family support worker (FSW) visits the family in their home to help establish support systems, teach problem-solving skills, and enhance positive parent-child interaction. Services can be received until the child is 5 years old. All services are voluntary and provided at no charge to participants.

Location: 3312 N. Janney Muncie IN Contact Number: 765-288-6391

Hours: 9am – 3pm Monday through Friday

Child Care Resources

Early Childhood & Family Support—Transition Resources Corp (TRC)

The Early Childhood & Family Support program provides services to eligible families with children ages 6 weeks to 5 years in Head Start centers. Head Start is a comprehensive program that offers quality early education in and out of the home, parenting education, health and social-emotional wellness services, nutrition education, and family support services. In Indiana, infant and toddler childcare for children up to age 3, home-based parenting education, and preschool for children ages 3-5 are available. For more information about this organization, go to https://www.telamon.org/where-wework/indiana/early-childhood-family-support/

Participating Centers:

TRC Muncie Early Head Start and Head Start

3900 East Wysor Street, Muncie 765-288-3000

TRC Muncie Central Head Start

801 N. Walnut Street, Muncie 765-288-3000

Huffer Memorial Children's Center 2000 North Elgin Street, Muncie 765-289-0409

Teddy Bear Childcare 1600 W. Cowing Drive, Muncie 765-288-1930

YMCA of Muncie, Mitchell Early Childhood & Family Center 2809 W. Purdue Ave., Muncie 765-285-1987

Firefly Child & Family Alliance: Child Care and Development Fund (CCDF)

The CCDF program is design to ensure that low-income families in Indiana have equal access to child care and educational opportunities. The CCDF program provides parents with the financial support to afford quality child care while they are working, attending training, or going to school.

For more information about this organization go to https://fireflyin.org/programs-services/child-abuse-prevention/child-care-and-development-fund-ccdf/

You can now apply online for CCDF using "Early Ed Connect". To apply now, go to https://www.in.gov/fssa/carefinder/child-care-assistance/

On My Way Pre-K-Muncie BY5

On My Way Pre-K is a state-funded program that provides free pre-school education to eligible 4-year-olds in Indiana. Delaware County's On My Way Pre-K program currently has 25 diverse childcare providers, including childcare centers, home daycares, and four elementary schools in Muncie. For more information about this organization and to learn how to get your child involved, go to https://www.muncieby5.org/on-my-way-prek

Location: 108 S. Walnut St, Suite 306, Muncie, IN

Contact Number: 765-216-7423

United Day Care Center

United Day Care Center provides quality, holistic, affordable licensed child care and early childhood education without regard to race, color, national origin, sex, or handicap. Center-based childcare is available to families of all income levels with low-income families as the target population. They accept CCDF (and can assist you in applying). They also offer a sliding free scale for families that are eligible. For more information, go to https://uniteddaycarecenter.org/.

Location: 312 S. Vine Street, Muncie Contact Number: 765-285-1742

Transportation Services

Ball State Shuttle Buses

During the Fall and Spring semesters, Ball State University operates a shuttle bus service for the campus community. Shuttle services are available at no cost and with no ID required. Shuttles provide free service every 5-10 minutes. For more information about the Ball Shuttle Buses and to download a map of the routes, go to Bus and Shuttle Buses Services | Ball State University (bsu.edu)

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Hours: Monday – Thursday—every 5-10 minutes from 7:15am – 11pm
Friday—every 5-10 minutes from 7:15am – 8pm
Sunday—every 10-15 minutes from 5pm – 11pm
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Catch A Ride

Catch A Ride provides "student only" bus transportation for Ball State students during Thanksgiving, winter and spring breaks, between Ball State and the Chicagoland / Northwest Indiana areas. For more information about this service, go to Serving Ball State University | Catch a Ride | Ball State.

Contact Number: 847-498-8969 Email: <u>ballstate@catcharide.com</u>

Charlie's Charter

Charlie's Charter provides free transportation on Ball State University-owned or controlled properties. This service follows the Bracken Library Schedule and is first come, first served and is limited to 4 students at a time. This service is operated during the Fall, Spring, and Summer semesters. For more information about Charlie's Charter, go to Charlie's Charter | Ball State University (bsu.edu).

Request a Ride Numbers: 765-760-RIDE (7433)

765-285-5005

Hours: Sunday – Thursday 6pm – 1:30am

Demand Response Bus

If you are a student registered with the Office of Disabilities Services at Ball State, you can call the Demand Response dispatch line for a ride. You should call at least 30 minutes before you want to be picked up. For more information about this service, go to Demand Response Bus | Ball State University (bsu.edu)

Contact Number: 765-285-9045

Hours: Monday – Thursday 7:15am – 11pm; Friday 7:15am – 8pm

Hoosier Ride—Miller Transportation

Hoosier Ride provides buses to the Indianapolis Airport and varying locations throughout Indiana, Kentucky, and Ohio. For more information about this service, go to https://hoosierride.com/

Contact Number: 1-800-544-2383

Hoosier Shuttle

Hoosier Shuttle provides daily bus service between Fort Wayne and Indianapolis. For more information, go to Hoosier Shuttle - Service from Fort Wayne to Indy

Contact Number: 260-469-8747

Muncie Indiana Transit System (MITS)

The MITS bus system offers 14 different routes that cover the city of Muncie. All Ball State University students, faculty, and staff with a valid school ID can ride FREE with MITS. For more information about routes and services, go to https://www.mitsbus.org/

Student Airport Shuttle

Students can use the Ball State airport shuttle for convenient and affordable transportation to and from the Indianapolis airport at the beginning of each semester and during holiday and summer breaks. Reservations are required 48 hours in advance by completing the Airport Shuttle Reservation form. For more information on the Airport Shuttle, go to Student Airport Shuttle Service | Ball State University (bsu.edu).

Veteran's Resources

Ball State University Veteran's Affairs

Veteran's Affairs provides resources to veterans, reservists, guardsmen, and family members. There are numerous federal and state programs and grants available to qualifying veterans and their family members. Veteran's Affairs assists in determining what you may be entitled to and in completing the application procedures. For more information about this office, go to <u>Veterans Affairs | Financial Aid and Scholarships |</u>
Ball State University (bsu.edu)

Location: Cardinal Center, Student Center

Contact Number: 765-285-8801

Hours: Monday-Thursday 7:30am-4:00pm; Friday 10:00am-4:00pm

Ball State University Student Veteran Organization (SVO)

SVO provides information, assistance, and social activities within the Ball State community. It meets regularly throughout the academic year and became an official chapter of the Student Veterans of America national organization in 2011. You can contact this office via email at: svo@bsu.edu. For more information about this organization, go to Resources for Veterans | Ball State University (bsu.edu)

Delaware County Veterans Affairs Office

The Delaware Country Veterans Affairs Office provides services to veterans in the following areas: health benefits, compensation and pension benefits, home loans, education, life insurance programs, employment, and other services. For more information, go to https://www.co.delaware.in.us/department/index.php?fDD=4-0

Location: 100 West Main Street #302, Muncie, IN 47305

Contact Number: (765) 747-7810

Indiana Department of Veterans Affairs

For information about benefits, financial support, events, and other resources for veterans in Indiana, go to https://www.in.gov/dva/

Military Family Relief Fund

This fund is designed to assist Indiana veterans and their legal dependents that are experiencing financial hardship. This emergency grant may be used for needs such as housing, utilities, food, medical services, basic transportation, which have become difficult to afford.

For more information on eligibility criteria and the application, go to https://www.in.gov/dva/about-idva/links/military-family-relief-fund/

Muncie VA Clinic

The Muncie Veterans Affairs Clinic provides primary health care and mental health services to eligible veterans. For more information, go to https://www.northernindiana.va.gov/locations/Muncie.asp

Location: 3401 North Morrison Road, Muncie, IN 47304

Contact Number: (765) 254-5602

Veterans Affairs GI Bill

The GI Bill benefits help veterans pay for college, graduate school, and training programs. For more information, go to https://www.benefits.va.gov/gibill/

Veterans Crisis Line

Call, text, or chat online with qualified responders from the Department of Veterans Affairs. This crisis line is confidential, available 24/7, and it serves all veterans, service members, National Guard and Reserve, and their family members and friends. For more information, go to https://www.veteranscrisisline.net/

Crisis Line: Dial 988, then press 1

Crisis Line Text: 838255

Resources for Pets

ARF (Animal Rescue Fund) Veterinary Clinic

ARF provides shelter, medical care, and love to abused, abandoned, neglected, and unwanted animals until permanent homes can be found. ARF is a "no-kill" community. ARF houses an adoption center and also provides opportunities to foster pets. In addition, ARF is home to the "Bark Park", which is a 1-acre fenced dog park. Access is available for a nominal membership fee. For more information about this organization, go to ABOUT | ARF (munciearf.com)

Location: 1209 W. Riggin Rd. Muncie, IN

Contact Number: 765-282-2733

Business Office Hours: Monday-Friday 10am-4pm; Sunday 12-3pm

Low Cost Spay Neuter Clinic

The Low Cost Spay Neuter Clinic, Inc. provides low cost, high quality spay and neuter surgeries and vaccines for domestic and feral cats and dogs. For more information about this organization, go to Low Cost Spay and Neuter Clinic Indiana – Happy and Healthier Pets (lowcostspayneuterindiana.org).

Noblesville location: 1721-A Pleasant St. Noblesville, IN 46060; 317-706-0537 Brownsburg location: 409 N. Green St. Brownsburg, IN 46112; 317-852-0537

Muncie Animal Care and Services

Muncie Animal Care and Services (MACS) is no-kill animal shelter and animal control department of the City of Muncie. MACS provides animal control services and an

adoption program for all. For more information about this organization, go to https://www.cityofmuncie.com/department/index.php?structureid=15

Location: 901 W. Riggin Rd. Muncie, IN

Contact Number: 765-747-4851

Hours: Monday – Friday 10am-12pm & 1-5:30pm; Saturday 12-4pm

SNAP (Spay and Neuter Assistance)

SNAP is a program that provides income-qualified pet owners spay and neuter services for \$25 per surgery. Participating veterinarians are part of the Pet Friendly Services' statewide network. For information on how to qualify for this service and how to locate a participating veterinarian, go to Spay Neuter Assistance Program (SNAP) - Pet Friendly Services