

Mental Health

Wellness modules

- To help manage anger, problem solving, healthy thinking and more, [click here](#).

Negative thinking

- To learn how to change your thoughts and thinking patterns, [click here](#).

Mental health support

- Call 211 or visit www.211.org to speak with someone who can help talk through a problem, locate long-term mental health resources, or explore mental health treatment options.
- The National Alliance on Mental Illness offers support groups, education, training and more. NAMI offers local programming in Indiana. [National Alliance on Mental Illness \(NAMI\) | Mental Health Support, Education & Advocacy](#)

Substance Abuse and Mental Health Services

- samhsa.gov/find-support