



# Mental Health and Illness Resources

Current as of March 2023

## Dial 988

Calls and text messages to “988” route to a Suicide and Crisis Lifeline call center. The 988 Suicide and Crisis Lifeline provides 24/7, confidential support to people in suicidal crisis or mental health-related distress.

Anyone who needs suicide or mental health-related crisis support, or who has a loved one in crisis, can **connect with a trained counselor by calling, chatting, or texting 988** (as long as the caller has telephone, cellular or internet services available to them.)

## Remedy Live

As a 24/7 mental health chat center, we want to meet you where you’re at if you’re struggling. Chat with us now for an anonymous conversation with one of our caring team members. Text **494949** from anywhere in the United States to start the conversation or visit our website at: [www.remedylive.com](http://www.remedylive.com)

## SUICIDE AND CRISIS RESOURCES

### Park Center Walk-In Clinic

2710 Lake Avenue, Fort Wayne 46805  
Call 24/7: (260) 481-2700  
Hours: 10 AM-7 PM Monday-Friday  
[www.parkcenter.org](http://www.parkcenter.org)

### Parkview Behavioral Health

1720 Beacon Street, Fort Wayne 46805  
Call 24/7: (260) 373-7500 or 1-800-284-8439  
[www.parkview.com/services-specialties/behavioral-health/behavioral-health](http://www.parkview.com/services-specialties/behavioral-health/behavioral-health)

### Dupont ER

2520 E. Dupont Road, Fort Wayne 46825  
(260) 416-3000  
[www.theduponthospital.com](http://www.theduponthospital.com)

## Dial 211

Dialing 211 helps direct callers to services for, among others, **the elderly, the disabled, those who do not speak English, those with a personal crisis, those with limited reading skills, and those who are new to their communities.**

**Referrals that Indiana 211 can provide include but are not limited to the following:**

- Children and family services
- Counseling and support groups
- Domestic violence, human trafficking and sexual assault resources.
- Education and employment resources
- Food and clothing
- Health care
- Housing and utility assistance
- Legal aid

## SUICIDE AND CRISIS RESOURCES

### Lutheran Downtown ER

702 VanBuren Street, Fort Wayne 46802  
(260) 425-3000  
[www.lutherandowntownhospital.com](http://www.lutherandowntownhospital.com)

### Lutheran ER

7950 W. Jefferson Blvd, Fort Wayne 46804  
(260) 435-7001  
[www.lutheranhospital.com](http://www.lutheranhospital.com)

### Parkview North ER

11109 Parkview Plaza Dr, Fort Wayne 46845  
(260) 266-1000  
[www.parkview.com](http://www.parkview.com)

### Parkview Main ER

2200 Randallia Dr, Fort Wayne 46805  
(260) 373-4000  
[www.parkview.com](http://www.parkview.com)

### 911 – ask for a CIT Officer

(Crisis Intervention Team – they are specially trained in Mental Health Issues)

## MENTAL HEALTH PROFESSIONALS

### Tarena Borden, MA, LMCH

Aberdeen Group  
12948 Coldwater Road, Fort Wayne 46845  
(260) 373-0880  
[www.aberdeengroup.com](http://www.aberdeengroup.com)  
[tarena.borden@theaberdeengroup.com](mailto:tarena.borden@theaberdeengroup.com)

### Lisa Heller, MSW, LCSW

Cornerstone Vision  
10315 Dawson's Creek Blvd.,  
Bldg 12, Ste E, Fort Wayne 46825  
(260) 387-6340  
[www.Corvision.org/lisa-heller](http://www.Corvision.org/lisa-heller)  
[lisah@corvision.org](mailto:lisah@corvision.org)

### Mary Lisa Barta, MS, LMFT

Cornerstone Vision  
10315 Dawson's Creek Blvd.,  
Bldg 12, Ste E, Fort Wayne 46825  
(260) 387-6340  
[www.corvision.org/mary-lisa-barta](http://www.corvision.org/mary-lisa-barta)  
[marylisab@corvision.org](mailto:marylisab@corvision.org)

### Sarah Lobacz, MS, LMFT

Northeastern Center  
1930 Dowling St., Kendallville 46755  
(260) 347-4400  
[www.necmh.org](http://www.necmh.org)

### Dr. Robert Heck, Ph.D., Lisa Heck, M.A.

Cornerstone Vision  
10315 Dawson's Creek Blvd, Ste F, Fort Wayne, IN  
(260) 387-6340  
[www.corvision.org](http://www.corvision.org)

### Sarah Baldwin, LMHC

Counseling for women, couples, and teens  
Story House  
14110 Pony Express Run Suite 4  
Leo, IN 46765  
[www.Storyhousecounseling.com](http://www.Storyhousecounseling.com)  
[sara@storyhousecounseling.com](mailto:sara@storyhousecounseling.com)

### Kim Woodward, LMHC, LCAC

Counseling for adults, couples, and teens  
Story House  
14110 Pony Express Run Suite 4  
Leo, IN 46765  
[www.Storyhousecounseling.com](http://www.Storyhousecounseling.com)  
[kim@storyhousecounseling.com](mailto:kim@storyhousecounseling.com)

## SPECIALIZED ISSUES

### Bipolar, Teens, Divorce, Grief, Severe Mental Illness, Depression, Anxiety, General Counseling

Tarena Borden, MA, LMHC (as of 12/19)  
(260) 373-0880  
[www.aberdeengroup.com](http://www.aberdeengroup.com)  
[tarena.borden@theaberdeengroup.com](mailto:tarena.borden@theaberdeengroup.com)

### Trauma, EMDR (trauma therapy), Depression, Anxiety, General Counseling

Lisa Heller, MSW, LCSW  
(260) 387-6340  
[www.corvision.org/lisa-heller](http://www.corvision.org/lisa-heller)

### Marriage, Children, General Counseling

Mary Lisa Barta, MS, LMFT  
(260) 387-6340  
[www.corvision.org/mary-lisa-barta](http://www.corvision.org/mary-lisa-barta)

### Veterans Crisis Hotline

(800) 273-8255, #1  
Text: 838255  
Live Chat: [veteranscrisisline.net](http://veteranscrisisline.net)

### Addictions

Sarah Lobacz, MS, LMFT (also couples & families)  
(260) 347-4400  
[www.necmh.org](http://www.necmh.org)

### Living Free Recovery of Allen County

[www.livingfreerecoveryac.org](http://www.livingfreerecoveryac.org)

### Marriage and Pre-Marital

Brooke Sellhorn, MA, LMFT  
(260) 370-6573  
[www.graceloveandconnection.org](http://www.graceloveandconnection.org)

### LGBTQ Issues (Including help for parents)

Beth Pictor, MA, LMHC  
(260) 370-6573  
[www.graceloveandconnection.org](http://www.graceloveandconnection.org)

### Children

Kim Fish, LCSW, LMHC  
(260) 823-3100  
[www.claritycounselingfortwayne.com](http://www.claritycounselingfortwayne.com)

### Eating Disorders

Brooke Farrington, MSW, LCSW, CEDS-S  
(260) 358-7180  
[www.farringtonspecialtycounseling.com](http://www.farringtonspecialtycounseling.com)

## SPECIALIZED ISSUES

### GriefShare

Grabill Missionary Church

<http://grabillmissionarychurch.ccbchurch.com/>

[goto/forms/165/responses/new](http://goto/forms/165/responses/new)



## LOW INCOME OPTIONS

**\*\*Most Counselors Offer Sliding Fee Scales If You Ask Them\*\***

### Bowen Center

1-800-342-5653

[www.bowencenter.org](http://www.bowencenter.org)

### Lifeline Youth and Family Services

1-800-509-6884

[www.lifelineyouth.org](http://www.lifelineyouth.org)

### Hope Alive

(260) 420-6100

[www.hopealivefortwayne.org](http://www.hopealivefortwayne.org)

## CHRISTIAN PRIVATE PRACTICES

### Grace Love and Connection

[www.graceloveandconnection.org](http://www.graceloveandconnection.org)

### Cornerstone Vision

[www.corvision.org](http://www.corvision.org)

### C Jantzen & Associates

[www.catherinejantzen.com](http://www.catherinejantzen.com)

### Aberdeen Group

[www.theaberdeengroup.com](http://www.theaberdeengroup.com)

## COMMUNITY RESOURCES

### Fellowship of Christian Counselors-Fort Wayne

[www.fellowshipofchristiancounselors.com](http://www.fellowshipofchristiancounselors.com)

### NAMI of Northeast Indiana

(National Alliance on Mental Illness)

[www.namifortwayne.org](http://www.namifortwayne.org)

### Lookup Indiana

[www.lookupindiana.org](http://www.lookupindiana.org)

## COMMUNITY RESOURCES

### Mental Health America of NE Indiana

[www.mhanortheastindiana.org](http://www.mhanortheastindiana.org)

### Celebrate Recovery

[www.celebraterecovery.com](http://www.celebraterecovery.com)

### Stop Suicide Northeast Indiana

[www.stopsuicidenow.org](http://www.stopsuicidenow.org)

### Live Heal Grow – Columbia City

[www.livehealgrow.com](http://www.livehealgrow.com)

## “GET ME THROUGH THE MOMENT”

## SHORT-TERM HELPS

### National Suicide Prevention Lifeline

Call 24/7: 1-800-273-8255

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

### Lookup Indiana

Text Lookup to 494949

[www.lookupindiana.org](http://www.lookupindiana.org)

### Remedy Live

(260) 422-1958

[www.remedylive.com](http://www.remedylive.com)