

Mental Health Resources

IU Mental Health Resources

Counseling & Psychological Services

IU's Counseling and Psychological Services (CAPS) supports all IU students through trauma response, outreach and prevention consultations, and counseling by trained professionals. In partnership with the Health Center and CAPS, O'Neill offers students a dedicated Counselor in Residence.

Students wanting to make an appointment should call 812-855-5177 and indicate they are O'Neill students.

Offices remain closed to in-person contact due to the ongoing pandemic.

O'Neill counselors:

Ian Arthur
Felicia Cianchetti

8 a.m. - 5 p.m.
Monday - Friday

Phone: 812-855-5711

24/7 Resources include:

- Crisis counselors: 1-812-855-5711 or contact your local hospital emergency department.
- National Suicide Prevention Lifeline: 1-800-273-8255

Additional resources on CAPS/IU Mental Health include:

- [CAPS workshops \(Links to an external site.\)](#)
- [the O'Neill Mental Health Guide \(Links to an external site.\)](#)
- [Coalition for Overcoming Problem Eating/Exercise \(COPE\)](#)

Counseling through the Center for Human Growth

[The Center for Human Growth \(CHG\) \(Links to an external site.\)](#) is a training counseling center staffed by graduate students in the Department of Counseling and Educational Psychology, serving residents of south-central Indiana. **The CHG offers individual, couple, and family counseling, as well as psychoeducational groups and outreach workshops in English, Mandarin, and Spanish.** Services may also be offered in other languages depending on needs and availability of counselors native of the requested languages.

The fees for CHG services (as of February 2021)
are below.

Session type

Fee

Initial Intake Session	Free
Individual Counseling	\$15.00
Couple and Family Counseling	\$20.00

Student counselors are supervised by a faculty member or advanced graduate student being supervised by a faculty member. Because counselors are trainees, all sessions are videotaped and may be reviewed by supervisors to provide feedback to counselors. Additionally, sessions may be viewed live by supervisors and other counselors.

CHG Contact Information

CHG: centgrow@indiana.edu

Mandarin Services: chgmand@indiana.edu

UNIDO Spanish Services: chgundo@indiana.edu

International Connections and Outreach: chgico@indiana.edu

Submit a Care Referral

[A Care Referral \(Links to an external site.\)](#) is an easy way to request help for yourself or someone else for help with anything from academic to personal to substance abuse or wellness issues. No matter the issue, you can submit a confidential Care Referral and the Care Team will take it from there.

**Please be aware that the Care Referral system is not monitored 24 hours a day.
If there is a life-threatening emergency, call 911.**

[Submit a Care Referral now](#) (button)

Non-IU Mental Health Resources

Local Mental Health Resources

[Amethyst House](#): Provides residential and outpatient services for those with drug and alcohol addiction and problem gambling issues

[Bloomington Meadows Hospital](#): Offers an array of treatment and services for adults, children, and adolescents.

[Office of Mental Health](#): Part of the Monroe County Department of Human Services and offers a wider variety of services and information.

[Centerstone Bloomington](#): has numerous wellness resources and specialized services, including Military Services and Mobile Crisis Response.

State/National Mental Health Resources

[National Suicide Prevention Hotline](#)

[Indiana Suicide and Crisis Hotline](#)

[National Alliance on Mental Illness](#)

[Depression and Bipolar Support Alliance](#)

[Attention Deficit Disorder Association](#)

[National Eating Disorder Association](#)

[Indiana Division of Mental Health and Addiction \(DMHA\)](#)