



We strongly believe that asking for help is an act of courage. Shame and stigma have no place here, and only prevent people from seeking the treatment they need to enjoy a healthier, happier life.

We've been serving Hoosiers for more than half a century. As an Indiana-chartered Community Mental Health Center (CMHC), we're entrusted with being the state's "official" provider of mental health services in four counties: Marion, Hamilton, Boone and Madison.

BEHAVIORAL CARE SERVICES

Aspire practices fully integrated "whole health" care, meaning we emphasize the connection between your physical and mental health.

We treat children and adults of all ages whose behavior and quality of life has been impaired by depression, anxiety, thought disorder, substance use, trauma and other issues such as housing and employment. If necessary, we'll refer you to other members of our team for additional help who will collaborate with each other on building a comprehensive treatment plan.

Effective treatment begins with a comprehensive assessment. Your first visit will be with a clinician specially trained to assess the challenges that prompted you to seek help. They will ask how key areas of your life are functioning and then develop a personalized plan for making a change.

The Aspire approach to care involves a number of clinical services in order to provide a "whole health" perspective of care that's tailored to each



individual's needs. You may encounter Licensed Clinical Social Workers, Licensed Mental Health Counselors, Psychiatrists, Medical Practitioners, Psychologists, Care Coordinators, Advanced Practice Nurses and more.

Treatment may include services such as individual therapy, group therapy, family therapy, medication evaluations, care coordination and life skills instruction.

ASL INTERPRETING SERVICES AVAILABLE

WE HAVE A LOCATION NEAR YOU!

Same Day Access (SDA) hours are now available for new behavioral health patients at any of our locations below:

- Monday - Thursday: 8:15 a.m. - 3 p.m.
- Friday: 8:15 a.m. - 1 p.m.

To schedule all appointments by phone, call:
(877) 574-1254



LEBANON:
1600 W. Main St., Lebanon, IN



NOBLESVILLE:
17840 Cumberland Rd.,
Noblesville, IN



CARMEL:
697 Pro-Med Ln., Carmel, IN



HOAK:
2009 Brown St., Anderson, IN



ELWOOD:
10731 SR 13, Elwood, IN



INDIANAPOLIS:
2506 Willowbrook Pkwy.,
Indianapolis, IN

**IF IT IS A MEDICAL
EMERGENCY
PLEASE CALL 911.**

Aspire 24/7 Crisis:
(800) 560-4038

Aspire website:

www.AspireIndiana.org

Aspire Indiana Health accepts Medicaid, Medicare and most commercial insurance. We also offer a sliding fee scale for clients who are uninsured and have health navigators to assist people in obtaining coverage.



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