

# Aspire

Indiana Health

WHOLE HEALTH FOR YOUR WHOLE FAMILY

## BEHAVIORAL HEALTH SERVICES

Aspire Indiana Health has been serving Hoosiers' behavioral health challenges for more than half a century. We treat you as a whole person and not just a bundle of symptoms or problems. 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 a host of other issues.

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 you need to enjoy a healthier, happier life.

Aspire practices fully integrated "whole health" care, meaning we emphasize the interconnected relationship between your physical and mental health, substance use issues and social determinants of health such as housing and employment. If necessary, you will be referred to other members of our team for additional help who will collaborate with

each other on building a comprehensive treatment plan.

We are the Indiana-chartered Community Mental Health Center (CMHC) in four

counties: Marion, Hamilton, Boone and Madison, entrusted with being the state's "official" provider of mental health services in these communities.

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 about functioning in key areas of your life and develop a personalized plan for making a change.

The Aspire approach to care involves a number of clinical disciplines in order to provide a well-rounded perspective of care tailored to each individual's needs. You may encounter Licensed Clinical Social Workers, Licensed Mental Health Counselors, Psychiatrists, Medical Practitioners,



*All individuals pictured in photos are posed by models.*

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.

Aspire is nonprofit and accepts Medicaid, Medicare and most commercial insurance, plus a sliding-fee scale for the uninsured.



### VIDEO IN PERSON

Aspire Indiana Health has been a pioneer in the use of virtual appointments, including Video in Person (ViP) over your computer or mobile device, as well as telephone.

### HOW TO GET HELP

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.

- Appointments.. (877) 574-1254
- 24/7 Crisis..... (800) 560-4038
- Website ..... [www.AspireIndiana.org](http://www.AspireIndiana.org)

### WE HAVE HEALTH CENTERS IN THE FOLLOWING CENTRAL INDIANA LOCATIONS:

- Anderson
- Carmel
- Elwood
- Indianapolis
- Lebanon
- Noblesville