



www.AspireIndiana.org

Behavioral Health Services

Aspire Indiana Health is a nonprofit, fully integrated “whole health” provider with wide-ranging services including primary medical care, behavioral health, substance use disorder and programs addressing social drivers of health. We are certified as a Federally Qualified Health Center (FQHC) as well as an Indiana Community Mental Health Center (CMHC).



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,

Whole Health for Your Whole Family

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.

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, 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.



Appointments

(877) 574-1254

24/7 Crisis

(800) 560-4038

If it is a medical emergency please call 911.



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Where can I get care from Aspire?

Choose to see your primary care provider in one of our Central Indiana clinics listed below or through Video in Person (ViP) appointments on your computer or mobile device.



While ViP appointments cannot replace a physical examination, they can often be used for basic medical concerns or as a first step to see if an in-person exam is needed.

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



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