

Indiana University
South Bend

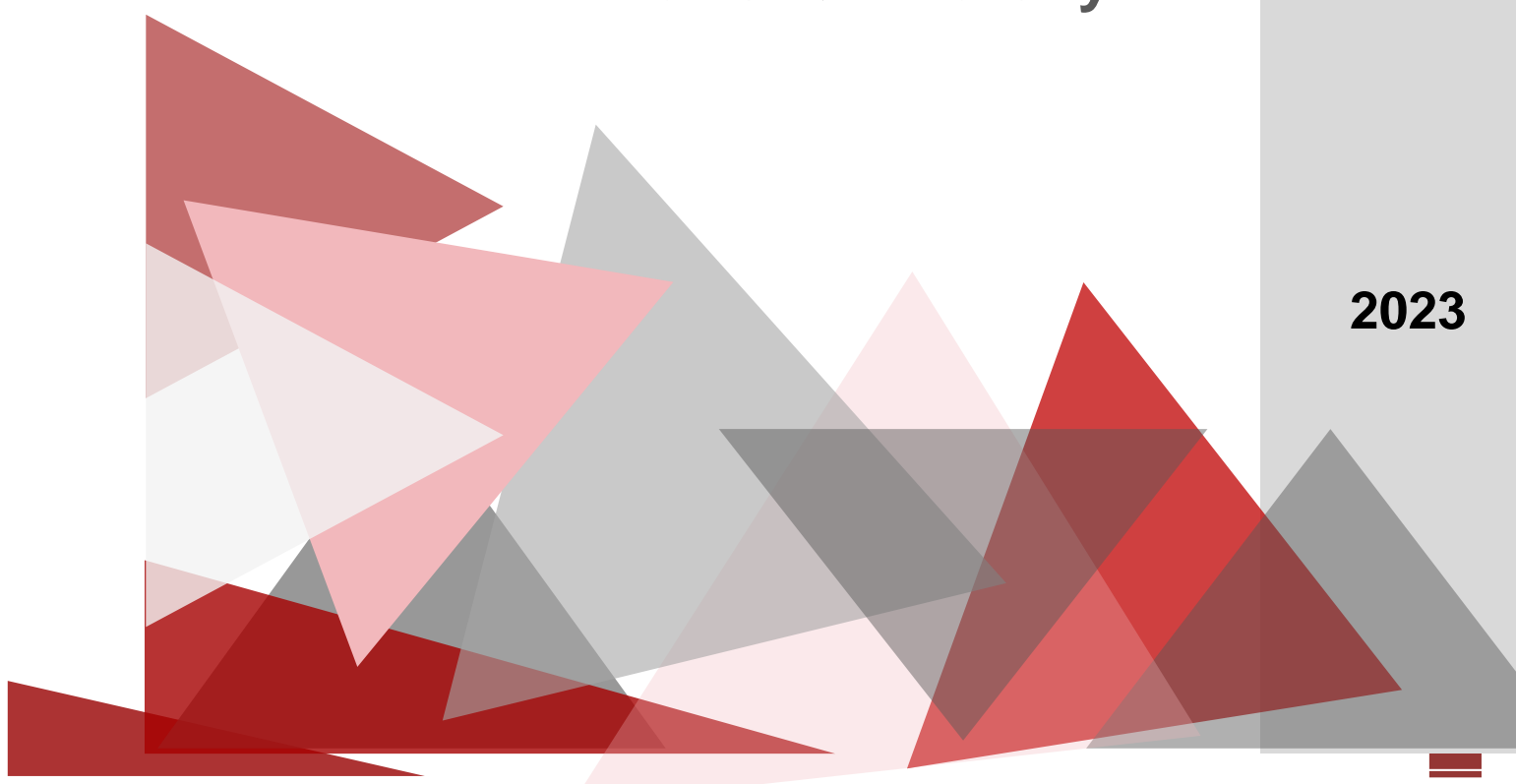


*Hoosier Spirit
Titan Pride*

Community Resource Guide

Division of Student
Affairs & Diversity

2023



Welcome to our Titan Community!

Please find the 2023-24 Indiana University South Bend Community Resource Guide (4th Edition). Over 140 national, state, and local resources are available, identifying meaningful supports that will connect you to services for: Emergency and Crisis Lines, Advocacy and Inclusion, Community Health and Wellness, Food and Housing Insecurity, and IU South Bend Campus Supports.

It takes a caring and compassionate team to identify resources, research, and vet contact information, and publish a comprehensive community resource guide. We would like to thank our IU South Bend faculty and staff, division of student affairs & diversity, student government association, and titan success center who contributed to this process.

Wishing you all a happy, healthy, and successful year.

*In Hoosier Spirit and Titan Pride, please remember – **It's Okay to Ask for Help***

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24/7 Help: Emergency and Crisis Lines

(In case of an emergency, please contact 911 or 988)

What is 988?

The 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) offers 24/7 call, text, and chat access to trained crisis staff who answer calls from individuals at risk for suicide as well as those experiencing other mental health and substance use-related emergencies. Specialized services are available for veterans, LGBTQ+ individuals, and other groups.

Child and Elder Abuse and Neglect

St. Joseph

The CASIE Center

Provides a comprehensive and coordinated multidisciplinary team approach to the issue of child abuse, with emphasis on sexual abuse.

P | 574-282-1414

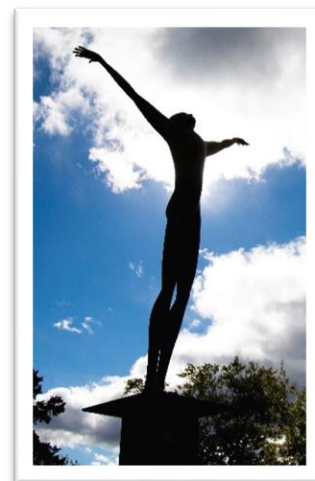
W | <https://www.casiecenter.org/>

Child Abuse Protection Services (CPS)

Call if you suspect a child is being abused or neglected.

P | 574-232-3042

W | <https://www.in.gov/dcs/contact-us/local-dcs-offices/st-joseph/>



Statewide

Adult Protective Services (APS)

Call if you suspect an elder or an adult with a disability is being abused or neglected.

P | 800-992-6978 (24-hour hotline)

W | <https://www.in.gov/fssa/da/adult-protective-services/>

DCS Child Abuse and Neglect Hotline

Call if you suspect a child is being abused or neglected. You can report anonymously.

P | 800-800-5556 (24-hour hotline)

W | <https://secure.in.gov/dcs/contact-us/child-abuse-and-neglect-hotline/>

National

CDF National Office (Children's Defense Fund)

Provides advocacy, programs, and tools to help children reach their full potential.

P | 202-628-8787

W | <https://www.childrensdefense.org/>

National Hotline: via Child Help

Serves U.S. & Canada, 24/7/365, 100+ languages.

P | 800-4A-CHILD

W | <https://www.childhelp.org/hotline/-800-4A-CHILD>

Interpersonal Violence

(Domestic Violence, Sexual Abuse, Sexual Assault, and Rape)

Elkhart

YWCA

Programs and services for women (and their children) who have been abused; provides shelter, meals, services, programs, counseling, job readiness, referrals, and more.

P | 574-294-1811 (non-emergency)

P | 866-YES YWCA (24/7 hotline)

W | <https://www.ywcancin.org/who-we-are/ywca-elkhart-county/programs-and-services/>

Elkhart County Women's Shelter/Safe Haven

Programs and services for women (and their children) who have been abused; provides shelter, meals, services and programs, and a non-public/hidden address of shelter.

P | 574-294-1811

W | <http://ifitelkhart.webs.com/ecws.htm>

Saint Joseph

Center for Positive Change

Has batterer's intervention groups for both men and women and many other services.

P | 574-360-4066

W | <https://www.centerforpositivechange.org/>

S-O-S of the Family Justice Center

Can help with safety planning and assessments, advocacy and support, crisis intervention, protective order assistance, referrals (counseling, legal, shelter, medical care, financial support, etc.), and much more.

P | 574-289-4357 (24/7 hotline)

W | <https://fjcsjc.wordpress.com/programs-and-services/>

**Se ofrecen servicios en español*

YWCA

Services for domestic violence and sexual assault; shelter available.

P | 574-233-9491

W | <https://www.ywcancin.org/>

National

National Domestic Violence Hotline

P | 800-799-7233

P | 1-800-787-3224 (TTY)

W | <https://www.thehotline.org/>

**también ofrece servicios en español*



National Human Trafficking Hotline

Information and resources for human trafficking.

P | 888-373-7888 (hotline)

T | 233733 (Text 'INFO')

W | <https://humantraffickinghotline.org/>

Suicide Prevention

(If there is a crisis, please call 911 or 988 or go to one of the hospitals listed)

Elkhart

Crisis Distress Center - (24-hour Oaklawn Access Center)

If they cannot help, they will help find the resources that are needed.

P | 574-533-1234

St. Joseph

United Health Services: Suicide Prevention Center (Granger)

Support groups for survivors who have lost a loved one to suicide, as well as Complicated Grief Counseling for those suffering from a suicide loss.

P | 574-314-5426

W | www.SJCSuicidePrevention.org

Statewide

Zero Suicide Initiative: Community Health Network

Crisis hotline and chatline for psychiatric emergencies in the state of Indiana.

P | 800-273-8255 (*hotline*)

T | 741741 (*text "IN"*)

National

National Suicide Prevention Hotline

Information, resources, and 24/7 confidential suicide prevention hotline.

P | 800-273-8255 (24/7/365)

T | 741741 (*text "help"*)

W | <https://suicidepreventionlifeline.org/>

**Se ofrecen servicios en español*

Veterans Crisis Line

Information, resources, and crisis intervention for veterans, active duty, and family/friends.

P | 800-273-8255 (Hotline)

T | 838255 (Text line)

W | <https://www.veteranscrisisline.net/>



National and Statewide

Partnership to End Addiction

P | 55753 (Text 'Connect')

W | <https://drugfree.org/>

* *Se ofrecen servicios en español*

Quit Now Indiana

Information and resources for a variety of mental health concerns.

P | 1-800-784-8669

W | <https://www.samhsa.gov/>

SAMHSA (Substance Abuse and Mental Health Services Administration)

Information and resources for a variety of mental health concerns.

P | 1-800-662-4357

W | <https://www.samhsa.gov/>

* *Se ofrecen servicios en español*

Advocacy and Inclusion

(Legal Resources, LGBTQ+ Resources, Multicultural Resources)

Legal Resources

Saint Joseph

Human Rights Commission South Bend

We provide service to the citizens of South Bend through impartial, unbiased decisions regarding discrimination charges filed with the South Bend Human Rights Commission under the ordinance in areas of employment, housing, public accommodation, and education, based on race, religion, color, sex, national origin or ancestry, sexual orientation or gender identity, disability, and in housing familial status.

P | 574-235-9355

W | <https://southbendin.gov/board/human-rights-commission/>

Indiana Legal Help

Indiana Legal Help (ILH) was created in 2018 and is a program of the Indiana Bar Foundation. The Indiana Bar Foundation's mission is to inspire and lead change to improve civic education and legal assistance for all Hoosiers.

E | info@indianalegalhelp.org

W | <https://indianalegalhelp.org/>

Notre Dame Legal Aid Clinic

Free legal counsel and representation to economically disadvantaged individuals in St. Joseph County.

P | (574) 631-7795

W | <https://law.nd.edu/academics/experiential-courses/clinics/>

The Volunteer Lawyer Network

Free legal assistance and representation from community lawyers: adoptions, divorce, landlord/tenant, consumer/collections, estate law, wills/Power of Attorney/Health Care Directives, contracts, bankruptcy, immigration, real estate, and more.

P | 574-277-0075

W | <https://www.volunteerlawyernetwork.net/>

LGBTQIA Resources

Elkhart

Mosaic Health and Healing Arts, LLC

Open and affirming integrated family medical practice; transgender care.

P | 574-537-2680

W | www.mosaichha.org



St. Joseph

LGBTQ Center

Provides education, diversity training, lending library, on-site events, community events, support groups, and much more.

P | 574-234-1411

W | <https://www.thelgbtqcenter.org/about-us-2>

PFLAG (Parents and Friends of Lesbians and Gays)

Unites people who are lesbian, gay, bisexual, transgender, and queer with families, friends, and allies. Inclusive and supportive group of individuals committed to advancing equality and understanding.

P | 574-234-1411

W | <https://pflag.org/>

Statewide

Indiana Transgender Network (supportive resources, including HRT providers)

Provides state-wide resources (legal, medical, counseling, etc.), support, advocacy, education, links to allies, and much more. Follow on Facebook, Twitter, & Tumblr

W | <http://indianatransgendernetwork.com/>

National

HRC (Human Rights Campaign)

Information and resources for LGBTQ members and allies.

P | 202-628-4160

W | <http://www.hrc.org/>

GLAAD (Gay & Lesbian Alliance against Defamation)

Promoting LGBTQ acceptance, GLAAD is a dynamic media force tackling tough issues to shape the narrative and provoke dialogue that leads to cultural change.

W | <https://www.glaad.org/>

Trans Lifeline

P | 877-565-8860

W | <https://www.translifeline.org>

The Trevor Project

LGBTQ resources, crisis counseling, education, & advocacy.

P | 212-695-2016

W | <https://www.thetrevorproject.org>

Multi-Cultural Resources

Elkhart

La Casa Inc. (Goshen)

They offer a Summer Academy that is free to students from age 10-18. They also offer adult programming like *Help-A-House* which improves safety and energy-efficiency in homes, *Money 4 Life* classes to improve financial capabilities, *DreamSavers* which can help match money for home ownership, higher education, job training, scholarship to Goshen College, small businesses, and home repairs. *La Casa* also offers classes and counseling on immigration issues.

P | 574-533-4450

W | <https://lacasainc.net/>

Saint Joseph County

Catholic Charities (South Bend)

Immigration and refugee services, including a Hispanic Health Advocate.

P | 574-234-3111

W | <http://www.ccfwsb.org/service/preserving-life-dignity#immigration>

Charles Black Community Center (South Bend)

This community center offers a full-sized gymnasium, community room with kitchen, computer lab, weight room and game room. The center offers daily programs and activities for all ages, including tutoring, computer classes, fitness classes, open recreation, sports, special events and more.

P | 574-235-9446

W | <https://sbvpa.org/places/lasalle-park/charles-black-recreation-center>

Charles Martin Youth Community Center (South Bend)

The Center is home to the Augustus F. Hawkins Literacy Center, South Bend Friends Meeting, 100 Black Men of Greater South Bend, and the SB Group Violence Initiative.

P | 574-280-7092

W | <https://sbheritage.org/community/charles-martin-youth-center>

Colfax Cultural Center (South Bend)

The Center now houses low-cost studios and galleries for artists, performance space for dancers and actors, workshop space for a church and mosque, offices for several art-related businesses and social service agencies.

W | <https://sbheritage.org/colfax-campus/>

Civil Rights Heritage Center (South Bend)

Explores the civil rights struggles of the past so people can act in the present and build a better future.

P | 574-307-6135

W | <https://clas.iusb.edu/centers/civil-rights/index.html>

Hispanic Leadership Coalition of South Bend (South Bend)

To benefit all of Michiana by forming a bridge between the Latino community and the private, public, and civic institutions that serve our society.

E | hispanicleadershipcoalition@gmail.com

W | <https://www.facebook.com/HLCSB/>

Jewish Federation of Saint Joseph Valley (South Bend)

Central resource to embrace, connect, and support Jews locally and globally through social services, coordinated fundraising, community outreach, and educational and recreational programming, food pantry and resources available.

P | 574-233-1164

W | <https://www.thejewishfed.org/>

La Casa de Amistad (South Bend)

Adult programming with classes on English language, English language for Citizenship, computer skills, and digital assistance. Youth development including pre-school through high school after school programs, as well as summer camp programs. Family and social services including immigration legal services and citizenship classes, food pantry, Team Heat classes, and strengthening family communication classes.

P | 574-233-2120

W | <http://www.lacasadeamistad.org/services/>

NAACP (National Association for the Advancement of Colored People) (Indianapolis)

Ensures political, educational, social, and economic equality of rights for all persons and works to eliminate racial hatred and racial discrimination.

P | 574-378-5213

W | <https://www.naacpsouthbend.org/>

Pokagon Band of Potawatomi

Resources for members of the Pokagon Band, including legal services, job placement, support groups for youth and adults, as well as help with utility bills through the Supplemental Heating Program.

P | 574-282-2638

W | <http://www.pokagon.com/>

South Bend Heritage Foundation (South Bend)

SBH strengthens neighborhoods by creating quality housing, improved health-care options, literacy programs, arts and cultural opportunities, and other private investments that support residents who live in our neighborhoods.

P | 574-289-1066

W | <https://sbheritage.org>

Statewide

Indiana Black Expo (Indianapolis)

Indiana Black Expo is the voice and vehicle for the social and economic advancement of youth and families in Indiana. They develop programs that drive long-lasting, positive change for the underserved in their community.

P | 317-925-2702

W | <https://www.indianablackexpo.com/>

Indiana Latino Institute (Indianapolis)

On a mission to improve health and advance education for the Indiana Latino community through statewide advocacy, research, and culturally responsive programs.

P | (317) 472-1055

W | <http://indianalatinoinstitute.org/>

National

ACLU (American Civil Liberties Union)

Information and resources for individual rights and liberties guaranteed by the U.S. Constitution and U.S. Government.

P | 317-635-4059

E | info@aclu-in.org

W | <https://www.aclu-in.org/>

National Immigration Justice Center

Information and resources for all immigrants, refugees, and asylum seekers.

P | 312-660-1370

E | immigrantlegaldefense@heartlandalliance.org

W | <http://www.immigrantjustice.org/>

Community Health and Wellness

(Addictions, Career/Vocational, Community/Family and Child, Community Health Centers, and Mental Health Resources)

Addiction Resources

Elkhart

AA (Alcoholics Anonymous) (Michiana)

Michiana Chapter of Alcoholics Anonymous

P | 574-234-7007 (Hotline)

W | <http://www.michianasober.com>

AI-Anon Family Groups

Offers support and encouragement for friends and families of alcoholics.

P | 855-571-5565

W | <http://www.elkhartareaal-anon.org/>

(ARC) Addictions Recovery Center, Inc. (Elkhart and Goshen)

Outpatient services, assessments, counseling, and education regarding substance abuse.

- P | 574-293-1086 (Elkhart)
- P | 574-533-6154 (Goshen)
- W | <http://www.arcenters.com/>

YWCA North Central

Provides addiction and self-sufficiency services for women and children; shelter available.

- P | 866-YES-YWCA (*hotline*)
- P | 574-294-1811
- W | <http://www.ywcancin.org/>

St. Joseph

AA (Alcoholics Anonymous) (Michiana)

Michiana Chapter of Alcoholics Anonymous

- P | 574-234-7007 (Hotline)
- W | <http://www.michianasober.com>

Addictions Recovery Center, Inc. (South Bend)

Outpatient services, assessments, counseling, and education regarding substance abuse.

- P | 574-807-8690
- W | <http://www.arcenters.com/>

Al-Anon (Alcoholics-Anonymous) (Michiana)

Support for families, partners, and children of loved ones in AA and/or struggling with addiction.

- P | 574-400-5112
- W | <https://www.michianaalanon.org/>

Alcohol and Addictions Resource Center (South Bend)

Provides education, services, programs, resources (inpatient, outpatient, meetings, etc.), assessments, and more regarding substance abuse (alcohol and drugs) for the individual as well as family and friends.

- P | 574-234-6024
- W | <https://aarcinfo.org/>

Center for Positive Change (South Bend)

Individual and group services for substance abuse.

- P | 574-360-4066
- W | <https://www.centerforpositivechange.org/>

YWCA North Central (South Bend)

Provides addiction and self-sufficiency services for women and children; shelter available.

- P | 574-294-1811
- P | 866-YES-YWCA (*hotline*)
- W | <http://www.ywcancin.org/>

Career & Vocational Resources

Elkhart

Goodwill of Michiana

Variety of employment services for individuals of all abilities.

P | 574-875-5068

W | <https://goodwill-ni.org/programs/>

Saint Joseph

BDDS (Bureau of Developmental Disability Services)

Provides support and programs for clients (and their families) with barriers to employment: vision loss, hearing loss, and physical, developmental, mental, and emotional disabilities. Must qualify for services (such as the Medicaid waiver and services for those who identify on the Autism spectrum).

P | 574-232-1412

W | <https://secure.in.gov/fssa/ddrs/2639.htm>

Goodwill of Michiana

Variety of employment services for individuals of all abilities.

P | 574-472-7300

W | <https://goodwill-ni.org/programs/>

OVR (Office of Vocational Rehabilitation)

Employment services, supported employment, assistive technology, transition services, etc. Long waiting list, often refer-out for services.

P | 574-232-4861

W | <https://www.in.gov/fssa/ddrs/2759.htm>

Community, Family and Child Resources

Elkhart

Brightpoint

Services for children and youth, family stability, family self-sufficiency, and community investment services, such as child-care vouchers, for under-resourced families and individuals.

P | 800-589-3506

W | <https://mybrightpoint.org/index.php/get-help/>

Interurban Trolley

Affordable transportation for the community; does link with Transpo (South Bend). Discounted ride fare for students and others.

W | <http://interurbantrolley.com/>

Salvation Army

Services and programs to under resourced families.

P | 574-970-0088

W | <http://saelkhart.org/>

United Way

Educational resources, childcare resources, utility assistance, health care options, transportation, financial stability programs, and much more.

P | 574-295-1650

W | <https://www.unitedwayec.org/>

Saint Joseph

Brightpoint

Services for children and youth, family stability and self-sufficiency, as well as community investment services, such as child-care vouchers, for under-resourced families and individuals.

P | 800-589-3506

W | <https://mybrightpoint.org/index.php/get-help/>

Healthy Families SJC

Healthy Families helps parents of newborn babies or expectant parents by offering support and information about child development and what to expect as a new parent.

P | 574-968-9660

W | <https://www.fccin.org/healthy-families.html>

Pro-Choice South Bend

Pro Choice South Bend is a volunteer organization that advocates for reproductive justice. Website has resources for abortion, emergency contraceptives and BC options.

W | <https://www.prochoicesouthbend.org/>

Real Services

Information, programs, and services to assist elderly, disabled, individuals, and families with low income. Childcare vouchers, utility bill assistance, education support, gas and transportation assistance, energy efficiency, and much more.

P | 574-284-7100

W | https://www.realservices.org/_wp/

** Se ofrecen servicios en español*

Salvation Army (at the Kroc Center, South Bend)

No membership required; ask for Family Resources. Utility assistance, food pantry, and other resources and programs.

P | 574-233-9471 ext. 2205

W | <http://www.mykroc.org/family-resources.html>

St. Joe County Health Department

Public health resource with information on health education, food services, vital records, etc.

P | (574) 235-9750

W | <https://www.in.gov/localhealth/stjosephcounty/>

St. Margaret's House (South Bend)

A day center welcoming women and children experiencing economic hardship/poverty. They provide meals and offer help through programs to address immediate needs.

P | 574-234-7795

W | <https://www.stmargarethouse.org/>

St. Vincent de Paul Society of South Bend

Programs include rent and utility assistance, clothing vouchers, as well as a food pantry.

P | 574-234-6000

W | www.svdpsb.org

Transpo: South Bend Public Transportation Corp. (South Bend, Mishawaka)

Free bus rides for IUSB students, faculty, and staff to and from campus with a valid university ID; affordable transportation for all community members. Does link with Interurban Trolley (Elkhart).

P | 574-233-2131

W | <http://sbtranspo.com/>

United Way

Education, health, childcare resources, utility assistance, and financial stability programs and services.

P | 574-232-8201

W | <http://www.uwsjc.org/>

** Se ofrecen servicios en español*

Statewide

Affordable Connectivity Program

The Affordable Connectivity Program is an FCC benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare, and more.

P | 877-374-2575

W | Affordableconnectivity.gov

Benefits.gov

Information and resources regarding government health care benefits.

P | 800-333-4636

W | <https://www.benefits.gov/>

** Se ofrecen servicios en español*



Child Care Development Fund

Bureau of Child Care. Division of Family Resources. Indiana Family & Social Services. Administration Child Care and Development Fund Program Plans | The Administration for Children and Families

P | 317-232-1144

W | hhs.gov

Early Childhood Alliance (ECA)

Early Childhood Alliance is a non-profit organization serving the early education needs of children across northern Indiana. Our services include on-site early care and education.

P | 260-745-2501

W | <https://www.ecalliance.org/>

Low Income Home Energy Assistance Program (LIHEAP)

EAP provides a one-time annual benefit that can aid you with the high cost of home energy and can help if you are disconnected or are about to get disconnected. However, an EAP benefit will not cover all your annual heating and electricity costs, so you should continue to pay your bills regularly.

P | 866-674-6327

W | <https://www.benefits.gov/benefit/623>

On My Way Pre-K

FSSA: Care finder: On My Way Pre-K awards grants to 4-year-olds from low-income families so that they may have access to a high-quality pre-K program the year before they begin kindergarten. Families who receive a grant may use the grant at any approved On My Way Pre-K program.

P | 800-299-1627

W | <https://www.in.gov/fssa/carefinder/on-my-way-pre-k/>

Community Health Centers

Elkhart

AIDS Ministries/AIDS Assist

STD Information & testing site, medication management, on-site physician, housing/shelter assistance, financial assistance, substance abuse programs and services, transportation/bus assistance, and much more. AIDS Ministries also provides a food pantry.

P | 574-293-9743

W | <http://www.aidsministries.org/>

Elkhart General Hospital

Services include both inpatient & outpatient care, urgent care, pediatric and primary physician care.

P | 574-294-2621

W | <https://www.beaconhealthsystem.org/location/elkhart-general-hospital/>

Heart City Health

Heart City Health is a 501(c)(3) non-profit Federally Qualified Health Center (FQHC) providing affordable, high quality medical, dental, and behavioral health care to residents of Elkhart County.

P | 574-293-0052

W | <http://www.heartcityhealth.org>

Maple City Health Care Center

Care for people of all ages, nationalities, and income levels, offering health services and counseling for various conditions or issues.

P | 574-534-3300

W | <https://mchcc.com/>

St. Joseph

AIDS Ministries/AIDS Assist

STD Information & testing site, medication management, on-site physician, housing/shelter assistance, financial assistance, substance abuse programs and services, transportation/bus assistance, and much more. AIDS Ministries provides a food pantry.

P | 574-234-2870

W | <http://www.aidsministries.org/>

Beacon Children's Hospital Behavioral/Developmental Pediatrics Program

Experienced therapists, nurses and physicians provide a complete evaluation to determine the treatment plan that maximizes your child's potential.

P | 574-647-2250

Beacon Memorial Hospital

Services include both inpatient & outpatient care, urgent care, pediatric and primary physician care.

P | 574-647-1000

W | <https://www.beaconhealthsystem.org/location/memorial-hospital/>

Healthlinc - Clinics

Healthcare services to uninsured individuals and families. Sliding fee (based on income)

W | <https://healthlincchc.org/services/>

**también ofrece servicios en español – all clinics*

Centennial Clinic

P | 574-400-4550

South Bend Community Health Center

P | 574-406-6180

Mishawaka Community Health Center

P | 574-307-7673

IUSB Medical and Dental

P | 574-231-7228

Health Center: Sister Maura Brannick, CSC

Healthcare services to uninsured individuals and families of St. Joseph County.

P | 574-335-8222



Indiana Health Centers (South Bend)

Indiana Health Centers is a Federally Qualified Health Center providing medical, dental, and behavioral health care to the medically underserved and uninsured populations. Our facilities provide primary care on a sliding fee scale to patients of all ages.

W | <http://www.indianahealthonline.org/>

IHC of Bendix

P | 574-245-4980

IHC Michigan Street

P | 574-235-7990

IHC at South Bend

P | 574-234-9033

Planned Parenthood (Mishawaka)

Provides birth control, STD testing, and abortion referrals.

P | 317-205-8088

W | <https://www.plannedparenthood.org/>

St. Joseph Regional Medical Center

Services include both inpatient & outpatient care, urgent care, pediatric and primary physician care.

P | 574-335-5000

W | <https://www.sjmed.com>

Women's Care Center

Women's Care Center provides free, confidential counseling, support and education to women facing unplanned pregnancies. Free pregnancy testing and ultrasounds help determine viability and dates (prenatal medical care and abortions not provided).

P | 574-234-0363

W | <http://www.womenscarecenter.org>

Mental Health

Elkhart

Center for Hospice Care

Center for Hospice Care offers a variety of bereavement programs to educate and support people experiencing grief following the loss of someone through death. Bereavement programs are available at no charge to anyone in the agency's service area. No prior relationship with the Center for Hospice Care is needed.

P | 574-264-3321 (Elkhart)

W | <https://www.cfhcare.org/>

Oaklawn

Mental health crisis services, such as suicide prevention and emergency psychiatric services.

P | 574-533-1234

W | <https://oaklawn.org/adult-services/>

Ryan's Place

Grief and bereavement services for children, teens, and families.

P | 574-535-1000

W | <http://ryansplace.org>



St. Joseph

Center for Hospice Care

Center for Hospice Care offers a variety of bereavement programs to educate and support people experiencing grief following the loss of someone through death.

P | 574-243-3100 (South Bend)

W | <https://www.cfhcare.org/>

Insource

Information & training to help ensure effective education programs & services for individuals with disabilities.

P | 574-234-7101

W | <https://insource.org/>

Memorial Epworth Hospital

Mental health crisis services, such as suicide prevention and emergency psychiatric services.

P | 574-647-8400

W | <https://www.beaconhealthsystem.org/locations/epworth-hospital>

Mental Health Awareness of Michiana

Offers services such as pro-bono counseling to qualified applicants.

E | MHA.Michiana@gmail.com

W | <https://mhamichiana.org/>

NAMI (National Alliance on Mental Illness St. Joseph Chapter)

Support, education, and advocacy for people with mental illness, and their family and friends. Services are free to St. Joseph County residents as well as other counties.

P | 574-259-3564

W | <http://namisjc.org/>

Oaklawn (Mishawaka and South Bend)

Our area's largest mental health and addictions provider; family, individual, and children's services.

P | 574-283-1234

W | <https://oaklawn.org/>

St. Joe County Cares

Consortium for individuals and organizations invested in youth mental health and well-being in St. Joe County.

P | 574-202-2754

W | <https://www.sjccares.org/>

United Health Services: Suicide Prevention Center

Support groups for survivors who have lost a loved one to suicide, as well as Complicated Grief Counseling for those suffering from a suicide loss.

P | 574-314-5426

W | www.SJCSuicidePrevention.org

National

American Cancer Society

Information, resources, and support for an individual experiencing grief and loss of someone with cancer.

P | 800-227-2345

W | <https://www.cancer.org/>

** Se ofrecen servicios en español*

Active Minds Chapter

Collegiate mental health information, resources, and programs.

P | 202-332-9595

W | <https://www.activeminds.org>

The Jed Foundation

The JED Foundation is a nonprofit that protects mental health and prevents suicide for our nation's teens and young adults, giving them the skills & support needed to thrive.

P | 212-647-7544

W | <https://jedfoundation.org/>

NAMI (National Alliance on Mental Illness)

Information and resources for a variety of mental health concerns. Programs, information about living with a mental illness, resources for families and friends, discussion groups, etc... Something for everyone: teens, adults, all genders, LGBTQ, emergency workers, veterans, active duty, and more.

P | 703-524-7600

T | 741741 (text "Nami")

W | <https://www.nami.org/Find-Support>

NEDA (National Eating Disorder Association)

Information, resources, and programs for those affected by eating disorders.

P | 800-931-2237 (Hotline)

T | 741741 (Text "NEDA")

W | <https://www.nationaleatingdisorders.org/>

** Se ofrecen servicios en español*

NFDA: Remembering a Life

Information and resources for an individual experiencing grief and loss. Offers help with planning services and a book club.

P | 800-228-6332

W | <http://www.rememberingalife.com/grief>

Food and Housing Insecurity

(Food Insecurity Resources, Housing Resources and Shelters)

Food Insecurity Resources

Elkhart

Bristol Community Food Pantry

P | 574-304-7402

W | <https://www.facebook.com/Bristol-Community-Food-Pantry-176562435720163/>

Church Community Services

P | 574-295-3673

W | <https://www.churchcommunityservices.org/foodpantry>

Unity Garden at St. David's Episcopal Church

Much like a Community Garden but all produce is available to all people free of charge.

P | 574-264-4039

W | <http://www.stdavidelkhart.org/ministries/unity-garden/>

Saint Joseph

Food Bank of Northern Indiana

Information and programs regarding food banks

P | 574-232-9986

W | <http://www.feedindiana.org/>

Hope for the Hungry

Serving the community with passion by feeding the hungry through food give-a-aways, providing a sense of hope to the community.

P | 574-514-6308

W | <https://hope4thehungry.com/>

Mishawaka Food Pantry

Food pantry serving Penn Township only.

P | 574-220-6213

W | <http://www.feedindiana.org/>

NE Neighborhood Center

Food pantry serving residents of the 46617-zip code, eligible for food once a month.

P | 574-235-9675

W | <http://dev.northeastneighborhood.com/>

St. Augustine Parish Soup Kitchen

Kitchen serves those in need every Monday, Wednesday, and Friday, 11-12:30. They prepare and offer soup, peanut butter and jelly sandwiches, bread, and sweets as available, fruit, seasonal produce, and a cold drink.

P | 574-234-6334

W | <https://saintaugustineparish.org/soup-kitchen-1>

Titans Feeding Titans Food Pantry

Food and personal hygiene items for IUSB students/faculty/staff. Bring your Crimson card.

P | 574-520-5544 Northside Hall, Rm 020

W | <https://www.facebook.com/titansfeedingtitans114/>

Unity Gardens

With over fifty-five gardens of all shapes and sizes they help to feed our communities' Stomach & Soul. They offer free gardening classes teaching others how to grow their own food. They also offer free cooking and preserving classes to show how to cook healthily and save your harvest.

P | 574-222-2266

W | <https://www.theunitygardens.org/>

Housing Insecurity Resources & Shelters

(Please also see "Interpersonal Violence" above for rescue shelters.)

Elkhart

Faith Mission (Elkhart)

Provides shelter, programs and services for self-sufficiency, free walk-in meals, work opportunities with transportation, and more. Faith Based Program

P | 574-293-3406 ext. 101

W | <https://thefaithmission.org/resident-services>

Housing Authority of Elkhart

Affordable housing assistance to low-income individuals and families.

P | 574-295-8392

W | ehai.org

YWCA (Young Women's Christian Association)

Programs and services for women (and their children).

P | 574-294-1811

P | 866-YES YWCA (24/7 hotline)



Saint Joseph

The Center for the Homeless

Provides shelter, health care resources, meals, job training, counseling, childcare, self-sufficiency programs and services, transitional and off-site housing, winter weather program, access to showers, and more.

P | 574-282-8700

W | <http://www.cfh.net/>

Hope Ministries

Provides shelter, food, health care resources, and other resources and programs to people in the community who are chronically homeless due to mental and/or emotional problems, addiction, and more. Principles of Christianity utilized.

P | 574-235-4150

W | <https://www.hopesb.org>

Housing Authority of South Bend

Affordable housing assistance to low-income individuals and families.

P | 574-235-9346

W | <https://www.hasbonline.com/>

Our Lady of the Road

Feed and shelter the homeless. Breakfast, laundry, showers, and more are available at their drop-in center. Catholic based charity.

P | 574-334-7387 (Office)

P | 574-287-7734 (Women's House)

P | 574-235-0623 (Men's House)

W | <http://southbendcatholicworker.org/> or <https://www.olrsb.org>

Robert L. Miller Sr. Veteran's Center

Veterans work with VA Liaison and MVC staff to remove barriers to self-sufficiency and have access to addiction treatment, individual and group therapy, clothes, and meals. They are given support as they process their PTSD and other medical issues.

P | 574-968-5349

W | <https://www.cfh.net/mvc>

Y.S.B. (Youth Service Bureau)

Variety of services for youth and young adults including safe place stations, & programs.

P | 574-235-9231

W | <https://www.ysbsjc.org/>

Statewide

Department of Housing and Urban Development

Information and resources regarding subsidized housing.

P | 202-708-1112

W | <https://www.hud.gov/>

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Indiana Emergency Rental Assistance (IERA) Program

The Indiana Emergency Rental Assistance (IERA) program is designed to decrease evictions, increase housing stability, and prevent homelessness by helping renter households whose income has been negatively impacted by COVID-19.

P | 574-514-6308

W | <https://www.in.gov/ihcda/homeowners-and-renters/rental-assistance/>

On-Campus Resources

Academic Centers for Excellence (ACE)

Provides tutoring/assistance in writing, math, all the sciences, business, foreign languages, music, public speaking, and more.

P | 574-520-5022 Schurz Library 1st floor

E | sbtutor@iu.edu

W | <https://students.iusb.edu/academic-success-programs/academic-centers-for-excellence/index.html>

Accessible Educational Services (formerly Disability Support Services)

Information and services for prospective and current IU South Bend students with a variety of disabilities.

P | 574-524-4460 Admin Building Rm 175

E | sbdss@iu.edu

W | <https://students.iusb.edu/student-support-services/disability-support-services/index.html>

Career Services

Students determine a major or career, seek internship opportunities and prepare for a job search. Job postings, career assessments, career events, job fairs, and more.

P | 574-520-4425 Admin Building Rm 104

E | sbcareer@iu.edu

W | <https://students.iusb.edu/career-services/students-and-alumni/index.html>

Center for a Sustainable Future

Working to combine the campus with the community for a greater good. They focus on the discovery and dissemination of practices and strategies that are ecologically friendly, economically sound, and socially responsible.

P | 574-520-4429 Wiekamp Hall Rm 2249

E | csfuture@iusb.edu

Civil Rights Heritage Center (South Bend)

Explores the civil rights struggles of the past so people can act in the present and build a better future.

P | 574-307-6135 1040 W Washington St

E | chrc@iu.edu

W | <https://clas.iusb.edu/centers/civil-rights/index.html>

Community Engagement

Contact for more information on community-engaged courses or volunteer opportunities in the community.

P | 574-520-4572 Wiekamp Hall 2279

E | engagesb@iusb.edu

Emergency Relief Fund

Current IUSB students are eligible for up to \$500 (one time) yearly for emergency relief including food, shelter, and economic hardship.

W | <https://academics.iusb.edu/titan-success-center/emergency-relief-application.html>

Institutional Equity and Inclusive Excellence

Campus Title IX office, resources, and support for reporting sexual harassment and/or assault, discrimination, and protections under Title IX.

P | 574-520-5536 Admin Building Rm 234

E | aaoffice@iu.edu

Student Counseling Center

Mental Health services for current IU South Bend students.

P | 574-520-4125 Admin Building Rm 175

W | <https://students.iusb.edu/student-support-services/counseling-center/index.html>

Student Government Association

SGA represents the interests of enrolled students enrolled as well as sharing student viewpoints on administration and faculty committees. We encourage opportunities for student involvement on campus and in the surrounding community.

P | 574-520-5572 Student Activities Center Rm 202

W | <https://southbend.iu.edu/stu-gov/index.html>

Titan Success Center

Helps students navigate and be successful in their first years of college; utilizes “Success Coaches.”

P | 574-520-5050 Admin Building Rm 153

E | tsuccess@iu.edu

W | <https://academics.iusb.edu/titan-success-center/index.html>

Titans Feeding Titans Food Pantry

Food and personal hygiene items for IUSB students/faculty/staff. Bring your Crimson card.

P | 574-520-5541 Northside Hall 020

E | tft@iu.edu

Office of Veteran Student Services

Information, services, and programs for prospective or current IUSB veterans and active duty.

P | 574-520-4115 Admin Building Rm 101

E | veterans@iu.edu

W | <https://students.iusb.edu/student-support-services/veteran-services/index.html>

