



## Health Services Committee



### Resources

#### **Indiana Association of Black Psychologists**

- P.O. Box 36231
- Indianapolis, IN 46236-9998
- Email: [indianaabpsi@gmail.com](mailto:indianaabpsi@gmail.com)
- Website: [psychologyinblack.org](http://psychologyinblack.org)

#### **Central Indiana Association of Black Social Workers**

- PO Box 20149
- Indianapolis, IN 46220
- Email: [cic.absw@gmail.com](mailto:cic.absw@gmail.com)
- Website: <http://cicabsw.weebly.com/>

#### **National Medical Society (Indianapolis chapter: Aesculapian Medical Society)**

- 222 E. 63rd Street  
Indianapolis, IN 46220  
T: 317-697-7157  
F: 317-278-2691
- [jespada@iu.edu](mailto:jespada@iu.edu)
- Website: <https://www.aesculapianmedicalsociety.org/>



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# Psychological First Aide

### LOOK

- Check for safety... home environment/medication compliance/ food-water, evidence of self-injury; hygiene changes
- Check for people with serious distress reactions (crying spells, dark circle under eyes, weight loss or gain; isolating; impulsive behaviors—drugs, sex, money spending.

### LISTEN

- Approach people who may need support.
- Ask about people's needs and concerns. **Asking about suicidal ideations (thoughts/ Intent) is not going to cause someone to think about it or attempt it.**
- Listen to people and help them to feel calm.

### LINK

- Help people address basic needs and access services.
- Give information: **988 Mental Health Emergency Number**; domestic abuse; child protective services/adult protective services; 911; hospital or urgent care
- Connect people with other loved ones and social support

## Emergency Contacts

- **911** - Emergency
- **988 - National Suicide Prevention Lifeline**
- National Domestic Violence Hotline: +1 (800) 799-7233
- Family Violence Helpline: +1 (800) 996-6228
- Adult Abuse Reporting/Crisis Intervention: +1 (800) 510-2020
- Self-Harm Hotline: +1 (800) 336-8288
- American Association of Poison Control Centers: +1 (800) 222-1222
- Alcoholism & Drug Dependency Hope Line: +1 (800) 622-2255
- National Crisis Line, Anorexia and Bulimia: +1 (800) 233-4357
- The Child help National Child Abuse Hotline: +1 (800) 422-4453
- The Trans Lifeline: +1 (877) 565-8860