You’re invited to Be Well Indiana!

Here to Help Hoosiers.

Now, more than ever, our fellow Hoosiers are facing unique challenges that affect overall mental health and well-being.

To support Hoosiers in this unprecedented time of need, and beyond, the Indiana Family and Social Services Administration and the Indiana Division of Mental Health and Addiction are proud to introduce BeWellIndiana.org.

“It is imperative that we recognize how our mental health is affected by this pandemic,” Governor Eric J. Holcomb said. “I am proud of the public/private collaboration and expertise from so many of our partners captured in this single resource. BeWellIndiana.org is a reflection of the care and concern our fellow Hoosiers have for one another.”

The Be Well Indiana initiative is currently focused primarily on resources to help Hoosiers manage their mental health throughout the COVID-19 crisis, including links to trusted news sources, tips for staying healthy and safe at home, access to addiction recovery support and more. As the pandemic situation changes, Be Well Indiana will adapt and shift focus to address the most compelling mental health issues at the time. This site and initiative will remain a trusted, reliable source for Hoosiers, curated by DMHA and its partners, to find access to special programs and essential resources. You will also find videos featuring medical experts and other practicing Indiana clinicians addressing specific mental health topics.

We invite you to explore BeWellIndiana.org and share this resource among your communities. Follow FSSA on Twitter at @FSSAIndiana for the latest updates. You can also read and share the press release issued today by FSSA to announce the new site.

Click here to visit BeWellIndiana.org.

We're all in this together and we are here to help however we can.

Be Well, Indiana!