Big Brothers Big Sisters
OF NORTHEAST INDIANA

SUPPORT RESOURCES

For Bigs, Littles, and Families

When a Little is experiencing significant mental health challenges, it can impact the entire support system — including their Big. Bigs are an important source of encouragement, connection, and consistency, but they are not expected to manage mental health crises alone. The resources below can support Bigs, Littles, and families in finding information, guidance, and professional support.

BBBS Resource Guide: Mental Health & Well-Being

Big Brothers Big Sisters Resource Guide
A collection of resources and information to help support youth mental health, safety, and well-being. Includes tools for understanding mental health, finding support, and responding to challenges.

Access the BBBS Resource Guide

If There Is an Immediate Safety Concern

988 Suicide & Crisis Lifeline

Call or text **988** for free, confidential support from trained crisis counselors. Available 24/7 for people experiencing emotional distress, suicidal thoughts, mental health challenges, and for those supporting someone in crisis.

Use 988 for support with:

- Thoughts of suicide or self-harm
- A mental health crisis
- Feeling overwhelmed or unable to cope
- Guidance on how to support someone else

Text The Crisis Text Line

Text "**BIG**" to 741741 to chat with a trained counselor about any mental health challenge. This does not have to be suicide-related to receive support.

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Mental Health Information & Support for Families

National Alliance on Mental Illness (NAMI)

NAMI provides education, resources, and support for individuals and families affected by mental health challenges. The benefit of our national partnership is that NAMI has local affiliates with helplines and support groups. In the Fort Wayne area, you can find support groups at https://www.namifortwayne.org/support-groups/.

Helpful resources include:

- Understanding mental health conditions
- Supporting a loved one
- Learning how to navigate mental health care
- Finding community support

Learn How to Support Someone Struggling

Jack.org – Be There Certificate

The **Be There Certificate** is a free online training that helps people learn how to recognize when someone may be struggling with their mental health and how to provide support in a safe, compassionate, and effective way.

The training covers:

- Understanding mental health challenges
- Recognizing signs that someone may need support
- Having supportive conversations
- Setting healthy boundaries while being there for someone else

Take the Be There Certificate: **https://betherecertificate.org/**

Youth Mental Health Support

Child Mind Institute

Child Mind Institute provides evidence-based resources for caregivers supporting children and teens experiencing mental health challenges, including anxiety, depression, trauma, and behavioral concerns.

Helpful for:

- Understanding what a young person may be experiencing
- Learning supportive ways to respond
- Identifying next steps for care

Finding Mental Health Services

SAMHSA National Helpline & Treatment Locator

Provides confidential information and referrals for mental health and substance use treatment services.

Helpful for finding:

- Therapy and counseling options
- Community mental health resources
- Treatment programs and support services

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Employee Assistance Program (EAP)

Many employers offer an **Employee Assistance Program (EAP)** that provides confidential support for employees and their families. EAP services may include short-term counseling, mental health resources, referrals to community providers, and support navigating stressful life situations.

EAP can help with:

- Stress, anxiety, depression, or emotional challenges
- Supporting a loved one experiencing mental health concerns
- Finding counseling or community resources
- Life transitions and other personal challenges

Check with your employer's HR department or benefits team to learn what EAP services are available to you.

A Reminder for Bigs:

Your role as a Big is to provide connection, encouragement, and a positive relationship — not to serve as a therapist or crisis responder. If your Little shares concerns about safety, self-harm, or feeling unable to cope, follow BBBS safety protocols and connect with your Match Support Specialist for guidance.