

Section 3: Mental Health Resources

In addition to tending to our physical health, Pulaski County also has local programs available for mental health. Here are some options below:



[Four County Counseling](#) offers a number of health services, including: *Child and Adolescent Services, Medication Clinic, Supported Employment, Residential Services, Psychiatric Services, Adult Services, School-based Services, Addition/Recovery Services, Wrap-Around Programs, Outpatient Services, and Psychology services.*

Many of these services take place in the Winamac office. But some services can travel to the individual, especially in cases where children are involved. Wrap-around and school-based case management is available on-site at Eastern Pulaski and West Central Schools.

Other resources include the following:

[Crisis Text Line](#): Text “741741” from anywhere in the USA to access a trained counselor.

[National Suicide Prevention Lifeline](#): Dial 1-800-273-8244 to speak confidentially with someone.

[2-1-1](#): A free confidential service that helps people across the US find local resources they need.

