



PORTER County Mental Health Resources

MAP KEY



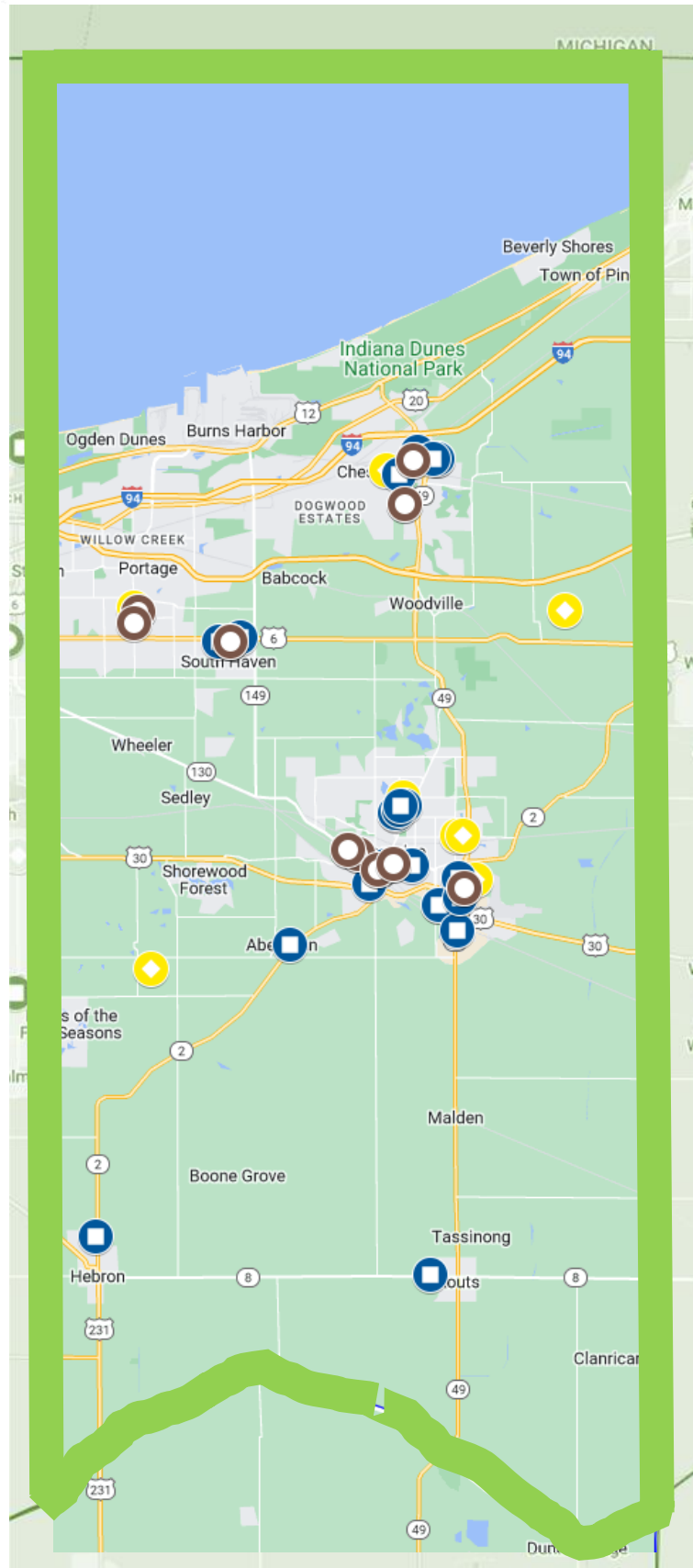
Autism Resources



Mental Health Resources



Substance Misuse Resources



PORTER County Mental Health Resources



SUMMARY

ANPS IN LLC

Aspire Counseling Services

Behavior Specialists of Indiana

Better Life MD Suboxone Doctor

Care Counseling

Change Therapy Center, LLC

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Compass Counseling of Northwest Indiana, LLC

Duneland Counseling Center

Family Concern Counseling

Family Focus

Foundations Counseling Center

Franciscan Emergency Center Chesterton (Franciscan Health)

Fresh Start Counseling

Globe Star

Innovative Counseling Solutions

INTreatment

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LakeFront Treatment

Lakeside Day Services (Opportunity Enterprises)

Life and Trauma Survivor Center, LLC

Life Strategies

Lighthouse Autism Center

Lighthouse Autism Center

LPA Counseling

Michael Frampton, M.D. & Associates

Midwest Center For Youth and Families

Midwest Center For Youth and Families

Mobile Wellness Incorporated

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Hospital Facility

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Women's Support

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PORTER County Mental Health Resources



SUMMARY

Progression Counseling Group   

Restoring Hope Telehealth





State of Mind Therapy


Valparaiso Autism Therapy Center
(Hopebridge)    


Valparaiso Psychotherapy Associates  

Valparaiso Respite Home
(Opportunity Enterprises)   


Wells Family Counseling 


Your Life Solutions, LLC    

 Accepting New Patients

 Anthem Programs

 Active Military &
Veteran Resources


 Autism Support

 Disability Support

 FREE Resources

 Hospital Facility

KEY

 Senior Resources

 Substance Misuse
Support

 Women's Support

 Youth Resources

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ANPS IN LLC

Options include individual therapeutic.

Website: <https://www.anps-in.com/index.html>

Address: 3000 Murvihill Rd VALPARAISO, IN 46383

Phone: 219-462-0246

Aspire Counseling Services

This provider offers services for ADHD; depression; anxiety; panic attacks; anger management; family therapy; bipolar disorder; addictions; sexual trauma; grief and loss; identity development; conflict resolution; OCD; body image issues; eating disorders; PTSD; parenting issues; divorce; EMDR; and families of origin. Options include individual therapeutic.

Website: <https://www.aspirecounselingwi.com/>

Address: 2803 Boilermaker Ct., Ste. 1 C Valparaiso, IN 46383

Phone: 219-286-7043

Behavior Specialists of Indiana

This provider offers services for autism spectrum disorders; developmental disabilities; anxiety; attention deficits; conduct disorders. Options include individual therapeutic.

Website: <https://www.bsitherapy.com/>

Address: 2101 Comeford Rd, Valparaiso, IN 46383

Phone: 219-462-6705

Better Life MD Suboxone Doctor

This provider offers services for opioid addiction; opioid dependence; alcoholism; nicotine dependence; suboxone treatment; vivitrol treatment; campral treatment; and addiction management. Options include medication assisted treatments.

Website: <https://www.betterlifemdpc.com/#summary>

Address: 3325 Willowcreek Road Portage, IN 46368

Phone: 219-850-4490

Care Counseling

This provider offers services for individual counseling; family counseling; psychiatric referrals; medical referrals; aftercare groups; specialty care for adult children of alcoholics; co dependency; and self-help groups. Options include group therapeutic, individual therapeutic, and inpatient services including inpatient acute (short term).

Website: <https://carecounselingportercounty.com/>

Address: 793 Juniper Rd # 2 Valparaiso, IN 46385

Phone: 219-759-6760

Change Therapy Center, LLC

This provider offers services for dialectical behavioral therapy; suicidal ideations; self-injurious behaviors; trauma; EMDR; PEDBT; trauma focused cognitive behavioral therapy; grief and loss; anger management; anxiety; depression; women's reproductive and hormonal health; custody; family conflict; eating disorders; addiction; relapse prevention; body image; self-esteem; dual diagnosis; and psychoeducation. Options include group therapeutic, individual therapeutic, and outpatient services (including intensive outpatient services).

Website: <https://www.changetherapycenter.org/>

Address: 954 Eastport Centre Dr, Suite B Valparaiso, Indiana, IN 46383 **Phone:** 219-286-6482

Choices! Counseling Services

This provider offers services for individual counseling; family counseling; couples counseling; therapeutically supervised visitation; grief counseling; co-parenting counseling; psychological assessment; home studies; psycho-sexual assessment; personality testing; business coaching; visionary planning; employee coaching; trauma; anxiety; depression; EMDR; sexual assault/ forensic interviewing; wellness; substance abuse counseling; substance abuse assessment; crisis management; crisis intervention; critical incident stress management; anger management; drug and alcohol education; smoking cessation classes; mediation services; child custody evaluations; court testimony and report preparation; and court ordered services. Options include group therapeutic, individual therapeutic, and outpatient services (including intensive outpatient services).

Website: <https://www.choicescounselingservices.com/home.html>

Address: 1158 W. Lincolnway Valparaiso, IN 46385

Phone: 219-548-8727



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Compass Counseling of Northwest Indiana, LLC

This provider offers services for anxiety; depression; couples counseling; men's issues; trauma; relationship issues; career counseling; chronic illness; chronic pain; adjustment disorder; coping skills; divorce; marital and premarital counseling; sport performance; stress; autism spectrum disorder; LGBTQIA+; integrative therapy; acceptance and commitment; person centered; emotionally focused; gottman method; attachment based; and cognitive behavioral therapy. Options include individual therapeutic, and online visits (including telehealth and/or telephonic).

Website: <https://compasscounselingnwi.clientsecure.me/#services>

Address: 225 Aberdeen Drive Unit C Valparaiso, IN 46385 **Phone:** 219-286-3605

Duneland Counseling Center

This provider offers services for anxiety; depression; stress; conflict; panic attacks; grief; trauma; family therapy; couples counseling; adolescent challenges; aging transitions; blended families; school issues; children's issues; couples & intimacy; family stress; grief issues; home & work conflicts; parenting skills; and trauma survival. Options include individual therapeutic.

Website: <https://www.duneland-counseling.com/>

Address: 215 W Indiana Ave, Chesterton, IN 46304 **Phone:** 219-921-0705

Family Concern Counseling

This provider offers services for marital counseling; pre-marital counseling; anxiety; codependency; child therapy; teen counseling; depression; self-injury; anger; addictive behavior; improved communication; work through past hurts; reigniting attachment; breaking negative patterns; job loss; and single parent. Options include group and individual therapeutic.

Website: <https://www.familycounsel.org/valparaiso>

Address: 2004 Valparaiso Street Valparaiso, IN 46383 **Phone:** 219-477-5646

Family Focus

This provider offers services for home-based therapy intervention; coping abilities; parent training; substance abuse; mental illness; development disability; dysfunctional family of origin; father support; and work life balance. Options include behavioral health in-home programs, and individual therapeutic.

Website: <https://familyfocusinc.net/>

Address: 660 W Morthland Dr. Suite A, Valparaiso, IN 46385 **Phone:** 219-462-9200

Foundations Counseling Center

This provider offers services for individual counseling; couples counseling; family counseling; grief counseling; addictions treatment; military & veteran support; family support services; treatment groups; anger management; the silent treatment; sexual problems; money issues; unresolved hurts; affairs; depression; anxiety; alcohol/substance abuse; and in-law conflicts. Options include group and individual therapeutic.

Website: <https://wwwFOUNDATIONSnwi.com/about-1>

Address: 8973 Broadway Merrillville, IN 46410 **Phone:** 219-484-2229

Franciscan Emergency Center Chesterton (Franciscan Health)

This provider offers services for sprains; stroke; heart attack; life threatening conditions; x-rays; ultrasounds; trauma nursing care; and emergency medicine. Options include emergency center.

Website: <https://www.franciscanhealth.org/find-a-location/franciscan-emergency-center-chesterton-218388>

Address: 770 Indian Boundary Road Chesterton, IN 46304 **Phone:** 219-921-2000

Fresh Start Counseling

This provider offers anger management; court mandated therapy; domestic violence; distracted driving; EAP services; family counseling; marital counseling; couples counseling; out of state arrest; stress management; substance abuse; eating disorders; theft assistance; cocaine quiz; addiction quiz; and marijuana quiz. Options include individual therapeutic.

Website: <https://www.freshstartcounseling.org/>

Address: 1552 W Lincolnway, IN 46385 **Phone:** 219-548-9400

PORTER County Mental Health Resources



Globe Star

This provider offers services for community life; work life; mentoring; life enrichment; behavioral support services; counseling; individual therapy; psychological assessments; and crisis intervention. Options include group and individual therapeutic.

Website: <https://globe-star.org/services/>

Address: 621 Broadway, Chesterton, IN 46304

Phone: 219-921-5492

Innovative Counseling Solutions

This provider offers services for child therapy; mood disorders; anxiety disorders; major depressive; bi-polar; OCD; sexual/physical abuse; accident; PTSD; adjustment disorder; divorce-related issues; ADHD; anger management; substance use; defiant behaviors; parent-child relational issues; school/family issues; behavioral management; biofeedback; psychological testing; evaluations; sexually maladaptive youth; dialectical behavior therapy; grief and loss; and intellectual delays. Options include individual therapeutic.

Website: <https://innovativecounselingsolutionsllc.com/>

Address: 8 Morgan Blvd, Valparaiso, Indiana, IN 46383

Phone: 219-525-1737

Better Life MD Suboxone Doctor

This provider offers services for opioid addiction; opioid dependence; alcoholism; nicotine dependence; suboxone treatment; vivitrol treatment; campral treatment; and addiction management. Options include medication assisted treatments.

Website: <https://www.betterlifemdpc.com/#summary>

Address: 3325 Willowcreek Road Portage, IN 46368

Phone: 219-850-4490

INTreatment

This provider offers services for addiction; anxiety; depression; eating disorders; grief; trauma; individual therapy; family therapy; play therapy; nurse practitioner; physical therapy; pain management; chronic pain; reduced mobility; injury prevention; and age-related weakness/deterioration. Options include individual therapeutic, rehabilitation and therapy.

Website: <https://indtreatment.com/>

Address: 337 W 806 N Valparaiso, IN 46385

Phone: 219-221-4022

INTreatment

This provider offers services for addiction; anxiety; depression; eating disorders; grief; trauma; individual therapy; family therapy; play therapy; nurse practitioner; physical therapy; pain management; chronic pain; reduced mobility; injury prevention; and age-related weakness/deterioration. Options include individual therapeutic, rehabilitation, and therapy.

Website: <https://indtreatment.com/>

Address: 5 Lincolnway, Suite 2 Valparaiso, IN 46383

Phone: 219-221-4022

LakeFront Treatment

This provider offers services for EMDR; PTSD; emotional trauma treatment; anxiety; depression; addiction counseling; employ assistance program; wellness coaching program; individual therapy; and telehealth. Options include individual therapeutic, and online visits (including telehealth and/or telephonic).

Website: <https://lakefronttreatment.com/>

Address: 257 Indiana Avenue, Suite G5, Valparaiso, IN 46383

Phone: 219-331-9914

Lakeside Day Services (Opportunity Enterprises)

This provider offers residential programs and daily living skills. Options include individual therapeutic.

Website: <https://www.oppent.org/contactus>

Address: 32 S Fish Lake Road Valparaiso, IN 46385

Phone: 219-464-9621



PORTER County Mental Health Resources

Life and Trauma Survivor Center, LLC

This provider offers services for adoption; anger management; anxiety; behavioral issues; child; chronic impulsivity; coping skills; depression; divorce; grief; life coaching; life transitions; parenting; peer relationships; school issues; self esteem; self-harming; sexual abuse; stress; suicidal ideation; teen violence; dissociative disorders; mood disorders; impulse control disorders; thinking disorders; cognitive behavioral therapy; attachment based; clinical supervision and licensed supervisors; cognitive processing therapy; culturally sensitive; EMDR; emotionally focused; experiential therapy; family/marital; family systems; internal family systems; motivational interviewing; prolonged exposure therapy; strength based therapy; structural family therapy; and trauma focused. Options include individual therapeutic.

Address: 502 Wall St, Valparaiso, IN 46383, 2547

Phone: 219-615-6030

Life Strategies

This provider offers services for conflict resolution; communication; life challenges; divorce; anxiety depression; emotional concerns; improving intimacy; reconnecting; marriage preparation; family conflict; blended families; unemployment; gender issues; addictions; stress reduction; anger management; OCD; infidelity; financial stressors; time commitment issues; child therapy; aggression; self harm; eating concerns; daily tasks; life skills; and ABA therapy. Options include applied behavioral analysis (ABA), and individual therapeutic.

Website: <https://life-strategies.net/>

Address: 442 Sand Creek Dr N #101 Chesterton, IN 46304

Phone: 219-359-3272

Lighthouse Autism Center

This provider offers ABA therapy; diagnostic services; parent support meetings; 1:1 therapy; and speech therapy. Options include applied behavioral analysis (ABA), and individual therapeutic.

Website: <https://lighthouseautismcenter.com/locations/valparaiso-center/>

Address: 2606 Valley Drive Valparaiso, Indiana 46383

Phone: 574-387-4313

Lighthouse Autism Center

This provider offers ABA therapy; diagnostic services; parent support meetings; 1:1 therapy; and speech therapy. Options include applied behavioral analysis (ABA), and individual therapeutic.*

Website: <https://lighthouseautismcenter.com/locations/valparaiso-center/>

Address: 3125 Willowcreek RD Portage Indiana 46368

Phone: 574-387-4313

LPA Counseling

This provider offers services for depression; anxiety; mental illness; trauma; unemployment; substance abuse; life stressors; chronic illness; disabled adults; aging; retirement; grief and loss; postpartum depression; sexual abuse; physical abuse; eating disorders; active duty/ veteran related issues; relationship conflict; affairs; separation/divorce; sexual concerns; domestic violence; parenting; dual career families; financial decision making; discernment counseling; ADHD; academic performance; defiant/violent behaviors; blended families; and therapeutic visitation. Options include group therapeutic, individual therapeutic, and online visits (including telehealth and/or telephonic).

Website: <https://www.lpacounseling.com/>

Address: 2005 Valparaiso Street Suite 209, Valparaiso, IN, 46383

Phone: 219-252-5464

Michael Frampton, M.D. & Associates

This provider offers services for adult counseling; depression; stress; anxiety; sadness; anger; life goals; personal growth; medication management; mood swings; insomnia; child counseling; adolescent counseling; play therapy; low self-esteem; peer pressure; and academic problems. Options include individual therapeutic, and transcranial magnetic stimulation.

Website: <https://michaelframpton.com/>

Address: 9120 Connecticut Drive, Suite A Merrillville IN , 46410

Phone: 219-793-1233

PORTER County Mental Health Resources



Midwest Center For Youth and Families

This provider offers services for dialectical behavioral therapy; PTSD; DBT prolonged exposure; mindfulness; emotion regulation; distress tolerance; interpersonal effectiveness; and family therapy. Options include individual therapeutic.

Website: <https://midwest-center.com/>

Address: 1012 W Indiana St, Knouts, IN 46347

Phone: 888-629-3471

Midwest Center For Youth and Families

This provider offers services for dialectical behavioral therapy; PTSD; DBT prolonged exposure; mindfulness; emotion regulation; distress tolerance; interpersonal effectiveness; and family therapy. Options include individual therapeutic.

Website: <https://midwest-center.com/>

Address: 2301 Cumberland Dr, Valparaiso, IN 46348

Phone: 888-629-3471

Mobile Wellness Incorporated

This provider offers services for suicide prevention; medication assistance; ADHD treatment; bipolar disorder; depression; anxiety; interpersonal relationships; personal development; and couples counseling. Options include individual therapeutic.

Phone: 866-413-1988

New Beginnings Counseling

This provider offers services for family therapy; peer pressure; relapse prevention groups; substance abuse education; low self-esteem; maintain sobriety; coping skills; life stressor skills; and relapse prevention techniques. Options include group and individual therapeutic.

Website: <http://newbeginningsportercounty.com/>

Address: 793 Juniper Rd, Valparaiso, IN 46385

Phone: 219-203-2343

Opportunity Enterprises Headquarters (Opportunity Enterprises)

This provider offers residential programs; respite care; daily living skills; transportation; jobseeker; and vocational training. Options include individual therapeutic.

Website: <https://www.oppent.org/contactus>

Address: 2801 Evans Avenue Valparaiso, IN 46383

Phone: 219-464-9621

Parkdale Center

This provider offers services for cognitive behavioral therapy; trauma; anxiety, depression; substance use; behavioral challenges; life adjustments; transitions; choice theory; family systems; group counseling; family counseling; mindfulness; alcohol and drug education; medication education; spiritual guidance; gratitude; and nutritional guidance. Options include group therapeutic, individual therapeutic, inpatient services including inpatient acute (short term), online visits (including telehealth and/or telephonic), outpatient services including intensive outpatient services*, and partial hospitalization*.*

Website: <https://parkdalecenter.com/>

Address: 350 Indian Boundary Rd. Chesterton, IN 46304

Phone: 219-791-1006

Hotline: 888-883-8433



PORTER County Mental Health Resources

Pillars of Wellness

This provider offers marriage counseling; couples counseling; premarital counseling; family therapy; individual therapy; child therapy; adolescent therapy; faith-based counseling; life coaching; wellness; psychological assessment; group therapy; sports psychology; comprehensive wellness; dialectical behavioral therapy; school based services; first responder services; bereavement services; and university counseling. Options include group therapeutic, individual therapeutic, and online visits (including telehealth and/or telephonic).

Website: <https://www.pillarstherapy.com/>

Address: 2801 Bertholet Blvd Ste. 301, Valparaiso, IN 46383

Phone: 219-323-3311

Porter Starke Services

This provider offers pharmacy; psychiatric services; admissions; and case management. Options include group therapeutic, individual therapeutic, inpatient services including inpatient acute (short term), and psychiatric facility.*

Website: <https://porterstarke.org/>

Address: 3176 Lancer St. Portage, IN 46368

Phone: 219-762-9557

Hotline: 219-53-13500

Porter Starke Services

This provider offers services for pharmacy; psychiatric services; admissions; and case management. Options include group therapeutic, individual therapeutic, inpatient services including inpatient acute (short term), and psychiatric facility.

Website: <https://porterstarke.org/>

Address: 601 Wall St., Valparaiso, IN 46383

Phone: 219-531-3500

Hotline: 219-531 -3500

Porter Starke Services

This provider offers services for pharmacy; psychiatric services; admissions; and case management. Options include group therapeutic, individual therapeutic, inpatient services including inpatient acute (short term), and psychiatric facility.*

Website: <https://porterstarke.org/>

Address: 704 S State Road 2 Hebron, IN 46341

Phone: 219-996-2641

Progression Counseling Group

This provider offers services for anger management; coping skills; social development; recreation; citizenship; career awareness; family issues; social skills; psycho-education, medical services; academic struggles; oppositional/ defiant behavior; peer relationships; depression; anxiety; self-harming behavior; stress; problems with communication; teen pregnancy; parent/separation divorce; loss/bereavement; physical illness affecting mood; gender/sexual identity; problems with family; and adjusting to life changes. Options include individual therapeutic.

Website: <https://www.progressioncg.com/>

Address: 3681 Green Rd., Suite 404 Beachwood OH, IN 44122

Phone: 216-342-5484

Restoring Hope Telehealth

This provider offers services for anxiety; family conflict; ADHD; substance abuse; life transitions; coping skills; depression; divorce; trauma; relationship issues; parenting; individual counseling; and family counseling. Options include online visits (including telehealth and/or telephonic).

Website: <https://http.restoringhopetelehealth.com/>

Address: 46385

Phone: 219-801-6453

State of Mind Therapy

This provider offers services for cognitive based therapy; EMDR; mindfulness- based; depression; grief; adjustment concerns. Options include individual therapeutic, and online visits (including telehealth and/or telephonic).

Website: <https://www.stateofmindtherapyservices.com/>

Address: 709-2279 Plaza Dr, Chesterton, IN 46304

Phone: 219-230-8311

PORTER County Mental Health Resources



Valparaiso Autism Therapy Center (Hopebridge)

This provider offers autism testing and diagnosis; ABA therapy; occupational therapy; speech and language therapy; feeding and swallowing therapy; and family training. Options include applied behavioral analysis (ABA), and individual therapeutic.*

Website: <https://www.hopebridge.com/centers/valparaiso-in/>

Address: 551 Eastport Center Dr, Valparaiso, IN 46383

Phone: 855-324-0885

Valparaiso Psychotherapy Associates

This provider offers services for addiction; depression; marital counseling; premarital counseling; anger management; anxiety; borderline personality disorder; codependency; divorce; domestic abuse; dual diagnosis; eating disorders; family conflict; infidelity; men's issues; military/veterans; self esteem; trauma; and PTSD. Options include group therapeutic, and individual therapeutic.

Website: <https://valparaisopsychotherapy.com/contact/>

Address: 253 Indiana Avenue Valparaiso, Indiana 46383

Phone: 219-641-3027

Valparaiso Respite Home (Opportunity Enterprises)

This provider offers residential programs; respite care; daily living skills; and transportation. Options include individual therapeutic.

Website: <https://www.oppent.org/contactus>

Address: 478 High Meadows Circle Valparaiso, IN 4638

Phone: 219-548-0206

Wells Family Counseling

This provider offers services for EMDR; PTSD; body image; eating disorders; cyberbullying; anxiety; substance abuse; self-harming; dialectical behavioral therapy; cognitive behavioral therapy; suicidality; family systems; and trauma. Options include individual therapeutic, and outpatient services (including intensive outpatient services).

Website: <https://wellsfamilycounseling.com/>

Address: 257 Indiana Ave, Suite D6, Valparaiso, IN 46383

Phone: 219-554-8855

Your Life Solutions, LLC

This provider offers depression; anxiety; bright light therapy; seasonal affective disorder; couples counseling; family counseling; parenting support; grief counseling; work/career support; stress management; addiction and recovery; conflict resolution; LGBTQ issues; military life challenges; and group therapy. Options include group and individual therapeutic.

Website: <https://www.yourlifesolutions.org/>

Address: 1496 Pope Court Suite 2 Chesterton, IN 46304

Phone: 219-250-2157