

# Outside Resource List

## Counseling:

Dr. Karen Eggen 531-0865

Crown Counseling Services 219-663-6353 (may come to home if needed)

Dr. Leon SIBIS Counseling Center 3195 Broadway Gary, IN 884-1655

Regional Mental Health 769-4005

Porter County Family Counseling Center 794 McCool Rd. Valparaiso

(219) 364-2732

Porter-Starke Services 531-3500

David Parks 763-1499

Edgewater 885-4264

Mental Health of America 922-3822

Michiana Behavioral Health 1-574-936-3784 (offers hospitalization)

No insurance or money available to afford counseling try calling Community Partners 1-866-641-7181

***Always check with your employer to see if you have an EAP-Employee Assistance Program. EAP's will offer free counseling or counseling at a reduced rate for short-term needs. You may also check with your insurance company and see if they have preferred providers you must go to. The above list is composed of outside therapists and is not an extensive list or endorsement for the individuals named above.***