

Where Can I Find...

**Disability, Chronic Illness, and Health Resources in
and around Bloomington**

(As of July 2025)

A guide in 3 parts:

1. Resources sorted by type (alphabetized)
2. Directory of resources with contact info and details (split into Bloomington, Indianapolis, and digital resource directories, each alphabetized)
3. Warnings about predatory crisis pregnancy centers in the area

1. Resources by Type

Abortion Resources:

- Abortion funds
 - Hoosier Abortion Fund
 - Chicago Abortion Fund
- Resource directories:
 - abortionfinder.org
 - ineedana.org
 - plancpills.org

Accessible Transportation:

- BTAcess

Birthing and Perinatal Resources:

- Tandem Community Birth Center and Postpartum House
- Planned Parenthood

Contraceptives (free):

- Free Contraceptive Vending Machines
 - Gather
 - Dear Mom (Indy)
- Planned Parenthood
- Path4You

Food Pantries

- Help Ourselves Mutual Aid
- Mother Hubbard's Cupboard

Gender Affirming Care (free, sliding scale, and low cost):

- Gender Diverse and Queer Clinic
- HealthNet
- Planned Parenthood
- Damien Center (Indy)

Harm Reduction:

- Indiana Recovery Alliance

Home Help:

- Visiting Angels
- Village Caregiving
- Griswold Care
- Help at Home

Hospice Care:

- IU Health Bloomington Hospice House
- Heart to Heart Hospice
- SouthernCare

Human Rights/ADA Compliance:

- Human Rights Commission

HIV+ and HIV Prevention Resources:

- Positive Link
- HIV Modernization Movement
- Damien Center (Indy)
- Planned Parenthood
- Indiana Recovery Alliance

Library Book Drop Off:

- Monroe County Public Library House Calls Service

Meal Programs:

- Bloomington Meals on Wheels

Masks and Pandemic Resources:

- Mask Bloc Bloomington

Medication Compounding:

- Williams Brothers

Mental Healthcare (sliding scale/low cost options):

- Damien Center
- Center for Connection Therapists in Training Program

Mobility Aids/Braces:

- Mobility Aids Lending Library (free!!)
- IU Ortho Walk In Clinic
- Williams Brothers Pharmacy

Primary Care (free, low cost, and sliding scale):

- Gender Diverse and Queer Clinic
- HealthNet

Speech, Language, and Hearing Support:

- Indiana Association for the Deaf
- IU Speech, Language and Hearing Resources and Support Groups

STI care and prevention:

- Planned Parenthood
- Damien Center (Indy)

Urgent Care:

- IU Urgent Care
- IU Ortho Walk In Clinic

2. Resource Directories

Bloomington Directory:

Bloomington Meals on Wheels - <https://bloomingtonmealsonwheels.org/> - (812) 355-8224

- Monday-Friday, 2 meals a day: hot lunch, cold dinner
- Closed on weekends and holidays
- Accommodates medical diets

BTAccess - (812) 336-7433 - bloomingtontransit.com/bt-access/

- By appointment rides within Bloomington Transit area of service
- \$2.00 per ride
- Up to 2 trips a day
- 2 hour pickup window
- Can be scheduled same day (but earlier is better) or up to 2 weeks in advance.
- Hours:
 - M-F: 6:00 AM – 11:30 PM
 - Sat: 7:30 AM – 9:00 PM
 - Sun: 9:30 AM – 9:00 PM
 - Closed on holidays

Center for Connection - (812) 669-2227 - 315 W. Dodds Street -
<https://www.bloomingtoncenterforconnection.org/>

- Low cost therapy through Therapists in Training program
- Also offers individual and group counseling at more typical prices, though does take several insurers including IU's Anthem policy

Gather - 116 N. Walnut St - (812) 287-8046 - <https://gathershoppe.com/>

- Cool store with a free contraception vending machine inside

Gender Diverse and Queer Clinic - gdqc@iu.edu - (812) 318-3823 - <https://gdqcbloomington.squarespace.com/>

- Free
- Gender affirming care
- Primary care
- Limited clinic hours

Griswold Care – [\(812\) 372-5555](tel:8123725555) - <https://www.griswoldcare.com/columbus-bloomington-south-indiana/care-services/>

- Home healthcare
- House-work
- Companionship
- Respite care
- Dementia care
- Hospice care
- Around the clock care

HealthNet Bloomington Health Center - 811 W. 2nd Street – [\(812\) 333-4001](tel:8123334001) - indyhealthnet.org/locations/bloomington-health-center

- Sliding scale
- Bilingual (Eng/Esp)
- Gender affirming care
- Primary care

Help at Home – (812) 339-8678 – Branch-IN-Bloomington@helpathome.com - <https://www.helpathome.com/>

- Home health aide
- Skilled nursing
- House-work

Help Ourselves Mutual Aid - @helpourselves.btown on instagram

- Food served in downtown Bloomington
 - Fridays: 5:00-6:00 PM, Seminary Park
 - Sunday: 2:30-3:30 PM, People's Park
- Clothes, tents, survival supplies
- Winterizing

Heart to Heart Hospice – (812) 334-4429 - 478 S. Landmark Ave - <https://hearttohearthospice.com/location/bloomington/>

- In-home hospice care

Human Rights Coalition - <https://bloomington.in.gov/boards/human-rights>

- Advocates for human rights
- Will handle difficult landlords and ADA compliance issues
- Free and you do not need a lawyer

Indiana Recovery Alliance - 1710 West 3rd Street – (812) 567-2337 - <https://indianarecoveryalliance.org/>

- Safer use supply distro
- HCV and HIV testing
- Syringe services
- Street outreach
- Wound care
- Group therapy and support
- Advocacy
- Harm reduction and naloxone trainings

IU Health Bloomington Hospice House - 2810 S Deborah Dr. Bloomington, IN 47403 – (812) 353-2660 - <https://iuhealth.org/find-locations/iu-health-bloomington-hospice-house-iu-health-bloomington-hospice-house-2810-s-deborah-dr>

- 12 patient capacity inpatient hospice house with sleeper sofas in rooms so family can stay over.

IU Ortho Walk In Clinic - 2605 E. Creeks Edge Dr – (812) 333-2663 - <https://iuhealth.org/find-locations/iu-health-orthopedics-sports-medicine-2605-e-creeks-edge-dr-bloomington>

- Walk in/urgent care for orthopedic and sports injuries.
- Also does appointment based follow up care
- Great source for properly fitted braces for various joints

IU Speech, Language and Hearing Resources and Support Groups

- Hearing clinic:
 - audclin@iu.edu
 - <https://sphs.indiana.edu/clinics-and-services/deaf-community-resources/index.html>
- Speech language clinic:
 - slpclin@iu.edu
 - <https://sphs.indiana.edu/clinics-and-services/speech-language-clinic/support-groups/index.html>
- Speech therapy and support resources
- Deaf/HoH resources
- Support groups for aphasia, TBI, stuttering

IU Urgent Care:

- East:
 - 326 S Woodscres Dr
 - (812) 353-6888
 - <https://iuhealth.org/find-locations/iu-health-urgent-care-326-s-woodscres-dr-bloomington>
- West:
 - 482 S. Liberty Dr.
 - (812) 353-344
 - <https://iuhealth.org/find-locations/iu-health-urgent-care-482-s-liberty-dr-bloomington-west>
- Urgent care, not the ER

Mask Bloc Btown - maskblocbloomington@proton.me - <https://linktr.ee/maskblocbloomington>

- Free masks
- Free COVID tests
- Free zines on pandemic safety

Mobility Aids Lending Library - mallbloomington@gmail.com – Via text at (317) 759-1278 - mobilityaidslendinglibrary.org

- Free mobility aids (anything from crutches to powerchairs)
- Accepting donations of gently used mobility aids

Monroe County Public Library House Calls Service - <https://mcpl.info/outreach/house-calls-service> - housecalls@mcpl.info - (812) 349-3084

- Drops off library resources to members
- Apply online, by phone, or mail.

Mother Hubbard's Cupboard – 1100 W. Allen St. – (812) 355-6843 - <https://linktr.ee/mhcfoodpantry> - <https://www.mhcfoodpantry.org/>

- Food pantry open Tues, Wed, Thurs, 12-6pm

Planned Parenthood – 412 S. College - (800) 769-0045 -
<https://www.plannedparenthood.org/health-center/indiana/bloomington/47403/bloomington-health-center-2639-91810>

- Low cost
- Gender affirming care
- Sexual healthcare
- HIV+ treatment, screening, and prevention
- STI screening, prevention, and treatment
- Pregnancy and perinatal care

Positive Link - (812) 353-3169 - <https://iuhealth.org/find-medical-services/positive-link-hiv-services>

- Confidential and anonymous resources for HIV+ people as well as testing.

SouthernCare – 1-888-436-8482 – 1907 South Liberty Drive

- In-home hospice care

Tandem Community Birth Center and Postpartum House - 2613 E 3rd St. – (812) 727-0134 -
admin@tandembloomington.org

- Trying to conceive care
- Pregnancy care, including high risk
- Miscarriage, and child loss support
- Postpartum care
- Breastfeeding care
- Infant care
- Mental healthcare (both during and postpartum)
- Free maternity, infant, and childcare resources
- Support groups
- Rides for families
- Passes for kid friendly attractions
- Soon will be offering rural mobile clinic care!!

Village Caregiving - <https://villagecaregiving.com/village-caregiving-of-bloomington/> - (812) 551-1311

- NOT medical caregiving
- Personal care
- House-work
- Errands and transport
- Companionship
- Be warned, though: a member of Optum (United Health Group)

Visiting Angels – [812-929-0428](https://www.visitingangels.com/southcentral/home#) - <https://www.visitingangels.com/southcentral/home#>

- Dementia care
- Hospice and palliative care
- Fall prevention
- Home healthcare
- Respite
- Personal care

Williams Brothers - 574 S Landmark Ave - (812) 335-0000 - <https://williamsbrosparmacy.com/>

- Compounding pharmacy
- Specialty pharmacy
- Braces and compression gear
- Accessibility tools
- Delivery

Indianapolis Directory:

Damien Center – 26 N. Arsenal – damien.org

- Sliding scale
- Gender affirming care
- HIV+ care and PREP
- STI screening, prevention, and treatment
- Harm reduction
- Queer mental healthcare

Dear Mom – 212 E. 10th St - [@dear.mom.indy](https://www.instagram.com/dear.mom.indy) on instagram

- Cool shop that contains a free contraceptive and sexual health vending machine

Indiana Association for the Deaf - 1200 E. 42nd Street - <https://www.iadhoosiers.org/>

- Resources and advocacy for Deaf and Hard of Hearing people

Online /Decentralized Resource Directory:

Abortion Finder – abortionfinder.org

- Abortion provider network

Chicago Abortion Fund – (312) 663-0338 – <https://www.chicagoabortionfund.org/>

- Helps fund abortion care and travel in the Midwest

HIV Modernization Movement - info@HIVModernizationMovement.org - hivmodernizationmovement.org

- Advocacy organization committed to decriminalizing and destigmatizing HIV.

Hoosier Abortion Fund – (812) 727-4423 – <https://alloptionsprc.org/hoosier-abortion-fund/>

- Helps fund abortion care and travel
- Even though All Options is closed, the fund is still running!!

I Need An A – ineedana.org

- Abortion provider network

Path4You – (317) 278-7284 – By text (317) 315-3207 – path4you@iu.edu

- Free birth control in Indiana
- In person and virtual appointments
- Resources in English, Spanish, Burmese, and Haitian Creole

Plan C Pills – plancpills.org

- A directory of sources for ordering medication for abortions

3.Unsafe Spaces to Avoid

WARNING: The following two locations are predatory “crisis pregnancy centers” that lie to pregnant people and spread misinformation with the end goal of manipulating and shaming people into staying pregnant. These locations are NOT safe and WILL LIE TO YOU.

Hannah Center - hannahcenter.org - 808 North College Avenue

Women’s Care Center - 409 S. College Avenue -
<https://www.womenscarecenter.org/bloomington-indiana>