Christian Theological Seminary Offers Free Counseling Support for Hoosiers Affected by Recent Disasters

Christian Theological Seminary (CTS) is offering free professional counseling to Indiana residents experiencing distress following recent storms.

INDIANAPOLIS, IN, UNITED STATES, September 8, 2026 /EINPresswire.com/ -- Christian Theological Seminary (CTS) is making free professional counseling support available to Indiana residents experiencing emotional or relational distress following recent storms and their impact.

Through the CTS Counseling Center, up to five counseling sessions will be offered at no cost to new clients experiencing emotional or relational distress connected to Indiana storms, flooding, tornadoes, prolonged outages, displacement, property loss, or related disruption. Counseling is available in person in Indianapolis or through secure telehealth, based on clinical appropriateness and availability.

“Recovery is about more than repairing what has been physically damaged,” said CTS President David M. Mellott. “People also need space to process loss, uncertainty, fear, and disruption. Caring for the whole person is central to our mission and to our commitment to human flourishing. CTS is called to make that care more accessible when our neighbors need it.”

Disasters can affect emotional well-being in many ways, including grief, anxiety, sleeplessness, difficulty concentrating, family stress, and a diminished sense of safety. These responses may appear during a crisis or emerge later as individuals and families begin the longer work of recovery.

“The CTS Counseling Center has clinicians with immediate openings who are ready to help those affected by these recent tragedies process what has happened and begin sorting through its

impact on their inner lives," said Clinic Director Bryan Votaw. "Support is available for individuals, couples, and families. We typically connect prospective clients with a clinician within five to seven business days—and often on the same day they reach out."

Individuals do not need to wait until distress becomes overwhelming to ask for support. Those seeking disaster-recovery counseling can visit https://tinyurl.com/cts-intake/ or call 317-924-5205 and identify that their request is connected to the recent Indiana disasters. The intake team will discuss needs, service options, availability, and next steps.

CTS Counseling Center is not an emergency or crisis service. Anyone in immediate danger should call 911. For urgent emotional support or a mental health crisis, call or text 988. The Disaster Distress Helpline also offers 24/7 disaster-related crisis counseling at 800-985-5990.

About the CTS Counseling Center
The Christian Theological Seminary Counseling Center provides professional, compassionate, and affordable mental health services to individuals, couples, and families. Through in-person and telehealth care, a sliding-fee model, and the supervised work of developing and post-graduate clinicians, the Center expands access to counseling while preparing the next generation of mental health professionals. Learn more at https://www.cts.edu/counseling-center/.

About Christian Theological Seminary
Christian Theological Seminary (CTS) is a fully-accredited ecumenical graduate school rooted in the Christian tradition and committed to developing leaders for the church and society. Through theological education, counseling, community engagement, and innovative initiatives, CTS equips individuals and communities to address the pressing challenges of the world with faith, wisdom, and courage.

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