

# Behavioral Health Crisis Prevention and Intervention Resources for Individuals in Kentucky

Revised 3-7-23

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**\*\*NOTE:** Some of the following resources use restrictive interventions like active rescues (wellness or welfare checks) involving law enforcement or emergency services. Callers may ask crisis line, warm line, and text line workers about alternatives to restrictive interventions.

# Kentucky Behavioral Health Helplines

## Kentucky Medicaid MCO Behavioral Health Hotlines

Aetna Better Health of Kentucky	1-888-604-6106
Anthem Blue Cross Blue Shield	1-855-661-2025
Humana Healthy Horizons in Kentucky	1-833-801-7355
Passport by Molina Healthcare	1-844-800-5154
WellCare of Kentucky	1-855-661-6973
UnitedHealthcare Community Plan	1-855-789-1977

## Community Mental Health Center Crisis Lines

### **ADANTA Group: Somerset Area**

*Counties Served: Adair, Casey, Clinton, Cumberland, Green, McCrery, Pulaski, Russell, Taylor, Wayne*  
800-954-4782

### **Communicare: Elizabethtown Area**

*Counties Served: Breckenridge, Grayson, Hardin, Larue, Marion, Meade, Nelson, Washington*  
270-765-2605 or 800-641-4673

### **Comprehend, Inc.: Maysville Area**

*Counties Served: Bracken, Fleming, Lewis, Mason, Robertson*  
606-407-1086 or 877-852-1523

### **Cumberland River Behavioral Health: Corbin Area**

*Counties Served: Bell, Clay, Harlan, Jackson, Knox, Laurel, Rockcastle, Whitley*  
888-435-7761

### **Four Rivers Behavioral Health: Paducah Area**

*Counties Served: Ballard, Calloway, Carlisle, Fulton, Graves, Hickman, Livingston, McCracken, Marshall*  
800-592-3980

### **Kentucky River Community Care: Hazard Area**

*Counties Served: Breathitt, Knott, Lee, Leslie, Letcher, Owsley, Perry, Wolfe*  
859-695-2428 or 800-262-7491

**LifeSkills: Bowling Green Area**

*Counties Served: Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson, Warren*

270-843-4357 or 800-223-8913

**Mountain Community Care Center: Prestonsburg Area**

*Counties Served: Floyd, Johnson, Magoffin, Martin, Pike*

800-422-1060

**New Vista: Lexington Area**

*Counties Served: Anderson, Bourbon, Boyle, Clark, Estill, Fayette, Franklin, Garrard, Harrison, Jessamine, Lincoln, Madison, Mercer, Nicholas, Powell, Scott, Woodford*

800-928-8000

**NorthKey Community Care: Northern Kentucky**

*Counties Served: Boone, Campbell, Carroll, Gallatin, Grant, Kenton, Owen, Pendleton*

859-331-3292 or 877-331-3292

**Pathways, Inc: Ashland Area**

*Counties Served: Boyd, Carter, Elliott, Greenup, Lawrence, Bath, Menifee, Montgomery, Morgan, Rowan*

606-324-1141 or 800-562-8909

**Pennyroyal Center: Hopkinsville Area**

*Counties Served: Caldwell, Christian, Crittenden, Hopkins, Lyon, Muhlenberg, Todd, Trigg*

270-881-9551 or 877-473-7766

**RiverValley Behavioral Health: Owensboro Area**

*Counties Served: Daviess, Hancock, Henderson, McLean, Ohio, Union, Webster*

270-684-9466 or 800-433-7291

**Seven Counties Services: Louisville Area**

*Counties Served: Bullitt, Henry, Jefferson, Oldham, Shelby, Spencer, Trimble*

502-589-4313      Adult Crisis Services

502 589-8070      Children’s Crisis Services

502-583-3951      Addiction Services

502 589-1100      First Appointment

## National Helplines

### 988 Suicide and Crisis Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

Telephone: 988

Text: 988

Chat [now](#).

Linea de Prevencion Suicidio y Crisis: 988

Deaf and Hard of Hearing: Use your preferred relay service or dial 711 then 988

Veterans Telephone: 988, press 1

Veterans Text: 838255

What is 988? [video](#) and What Happens When I Call 988? [video](#)

### Physician Support Line

Physician Support Line is a national, free, and confidential support line service made up of 600+ volunteer psychiatrists, joined in the determined hope to provide peer support for our physician colleagues.

Open 7 days a week 8AM-12AM Eastern Time

Telephone: 1-888-409-0141

### Crisis Text Line

Text to 741741 from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

Text: Text **HOME** to 741741.

Chat [now](#).

En Español: Envía un mensaje de texto con la palabra AYUDA al 741741

### Veterans Crisis Line

If you're a Veteran in crisis or concerned about one, the Veterans Crisis Line is a free, confidential resource that connects you to a real person specially trained to support Veterans. Call, [chat online](#), or text to 838255 to receive confidential support 24/7 from VA responders.

Telephone: 988, Press 1

Deaf and Hard of Hearing: Use your preferred relay service or dial 711 then 988

Text: 838255

### Trans Lifeline

Trans Lifeline connects trans people to the community support and resources we need to survive and thrive.

Lifeline: 877-565-8860

### **TrevorLifeline**

We believe LGBTQ young people deserve a welcoming, loving world. And we wake up every day dedicated to making that a reality.

TrevorLifeline: 866-488-7386

TrevorText: Text START to 678678

TrevorChat [now](#).

### **YouthLine**

YouthLine is a free 24-hour, teen-to-teen crisis support service via phone, text, and chat. The helpline is answered by teens daily from 7PM-1AM Eastern Time/6PM-12PM Central Time and by adults at all other times.

Call 877-968-8491

Text TEEN2TEEN to 839863.

Chat [now](#).

### **Teen Line**

If you have a problem or just want to talk with another teen who understands, then this is the right place for you!

Call 800-852-8336, 9PM-12AM Eastern Time/8PM-11 PM Central Time

Text TEEN to 839863, 9PM-12AM Eastern Time/8PM-11 PM Central Time

Email [now](#).

### **Findtreatment.gov**

Welcome to FindTreatment.gov, the confidential and anonymous online treatment locator resource for persons seeking treatment for mental and substance use disorders in the United States and its territories.

Text your zip code to 435748 (HELP4U).

### **SAMHSA's National Helpline**

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Telephone: 800-662-4357

TTY: 800-487-4889

### **Never Use Alone**

If you are going to use by yourself, call us! You will be asked for your first name, location, and the number you are calling from. An operator will stay on the line with you while you use. If you stop responding after using, the operator will notify emergency services of an "unresponsive person" at your location.

800-484-3731

### **National Problem Gambling Helpline**

A single access point for those seeking help for a gambling problem – confidential, 24/7.

Call or Text: 800-522-4700

Chat [now](#).

### **NAMI Helpline**

The free, peer-support service provides information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public. Available Monday – Friday 10AM – 10PM ET

Helpline: 1-800-950-6264

Text: Text HELPLINE to 62640

Chat [online](#).

Email: [helpline@nami.org](mailto:helpline@nami.org).

### **National Runaway Safeline**

A national resource for teens who have runaway, homeless or who are considering leaving home. By contacting us, you can connect with a trusted, compassionate person who will listen and help you create a plan to address your concerns.

Call: 1-800-RUNAWAY (1-800-786-2929)

Chat [now](#).

Email [now](#).

### **LGBT National Help Center**

All of our support volunteers identify as part of the LGBTQIA+ family and are here to serve the entire community, by providing free & confidential peer-support, information, and local resources through national hotlines and online programs.

National Hotline: 888-843-4564

Youth Talkline: 800-246-7743 (for ages 25 and under)

Senior Hotline: 888-234-7243 (for ages 50 and over)

LGBT National Coming Out Support Hotline: 888-688-5428

1-on-1 Peer Support Chat [now](#). (Available Monday - Friday from 4pm to midnight; Saturday from noon to 5pm, Eastern Time)

Youth CHAT ROOM Lounge [now](#).

### **Disaster Distress Helpline**

The Disaster Distress Helpline is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster.

Call or Text: 800-985-5990

En Español: Call 800-985-5990 and press 2.

### **Human Trafficking Hotline**

Victims and survivors of sex and labor trafficking can call, text, or chat online anytime for assistance. Confidential assistance available 24/7 in over 200 languages.

Call: 1-888-373-7888

Text: 233733

Chat [now](#).

National Human Trafficking Referral Directory: <https://humantraffickinghotline.org/en>

### **Narcotics Anonymous**

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs.

Local NA Helplines and Websites: <https://www.na.org/meetingsearch/>

NA Meeting Search: <https://www.na.org/meetingsearch/>

The NA Meeting Search app is available for your smartphone or tablet.

### **Alcoholics Anonymous**

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

AA Meeting [Search](#).

Meeting Guide app is available for your smartphone or tablet.

### **National Sexual Assault Hotline**

A national hotline and chat service providing free confidential help 24/7 to connect callers to more than 1,000 local sexual assault service providers across the country.

Hotline: 800-656-4673

Chat [now](#).

[En Español](#).

### **National Parent Helpline**

Being a parent is a critically important job, 24 hours a day. It's not always easy. Call the National Parent Helpline to get emotional support from a trained Advocate and become empowered and a stronger parent.

Helpline: 855-427-2736

Hours: Monday – Friday from 1PM to 10PM, Eastern Time.

### **Love is respect**

Love is respect offers 24/7 information, support, and advocacy to young people between the ages of 13 and 26 who have questions or concerns about their romantic relationships. Free and confidential phone, live chat and texting services are available.

Hotline: 866-331-9474

Text: LOVEIS to 22522

Chat [now](#).

### **SAMHSA's National Helpline**

SAMHSA's National Helpline is available 24/7/365 and is confidential, free, and available for English and Spanish language speakers. The helpline is intended for individuals and family members who are facing mental or substance use disorders and provides referrals to local treatment facilities, support groups, and community-based organizations.

Helpline: 1-800-662-4357

### **National Domestic Violence Hotline**

A national hotline and chat service that provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse. Expert advocates offer free, confidential, and compassionate support, education, and referral services in over 200 languages.

Hotline: 800-799-7233

Text: START to 88788

Chat [now](#).

En Español: 800-799-7233

### **Military OneSource**

Military OneSource from the Department of Defense is your 24/7 gateway to trusted information, resources and confidential help.

Call: 800-342-9647

Chat [now](#).

En Español: 800-342-9647

### **National Eating Disorder Association Helpline**

A national helpline and chat service for individuals struggling with an eating disorder and their friends and families.

Helpline: 800-931-2237 (Monday-Thursday 11AM – 9PM ET, Friday 11AM – 5PM ET)

Text: 800-931-2237 (Monday-Thursday 3PM - 6PM ET, Friday 1PM – 5PM ET)

Chat [now](#). (Monday-Thursday 9AM-9PM ET, Friday 9AM-5PM ET)

### **National Association of Anorexia Nervosa and Associated Disorders**

Eating disorder recovery is possible. ANAD is here to help. We're the leading nonprofit in the U.S. providing free peer support to anyone struggling with an eating disorder.

Helpline: 888-375-7767 (Monday-Friday 10AM – 10PM ET/ 9AM – 9PM CT)

# Warmlines

## Participation Station (Lexington, Kentucky)

877-840-5167, Monday thru Friday 10am-9pm ET, Saturdays 5pm-9pm ET

[Warmline.org](http://Warmline.org)

# Virtual Social Support

Addiction Recovery

Voices of Hope

Young People in Recovery

Louisville Recovery Community Connection

12step.org

Alcoholics Anonymous Online Intergroup

Alcoholics Anonymous (AA)

Al-Anon and Alateen Electronic and Telephone Meetings

Narcotics Anonymous (NA)

Narcotics Anonymous World Services

Marijuana Anonymous

SMART Recovery Online Community

SMART Recovery Teens & Young Adults

Adult Children of Alcoholics/Dysfunctional Families

The Token Shop (Online AA Meeting Directory)

Unity Recovery

Women for Sobriety

RecoveryLink Digital Recovery Support Services

15 Online Recovery Meetings & Groups You'll Want to Check Out

My Recovery

Cocaine Anonymous

In the Rooms

Refuge Recovery

**LifeRing Secular Recovery**

**Families Anonymous**

**The Secular Recovery Group**

**Mental Health Recovery**

**Depression and Bipolar Support Alliance**

**National Alliance on Mental Illness (NAMI)**

**Participation Station Virtual Tracks (NAMI Lexington)**

**Moderation Management**

**NAMI Support Groups**

**Stanford Sierra Youth & Family Parent Support Groups**

**Suicide Recovery**

**Connections**

**Live Through This**

**Population-Specific Supports**

**Black Virtual Wellness Directory**

**Chronic Pain Anonymous**

**Vets4Warriors**

**LGBT Youth Chat Room Lounge**

**Native Youth Wellness Power Hour**

**Fireweed Collective**

**We R Native**

**Social Distance Powwow**

**Directories of Affirming Providers**

**BIPOC Support**

# Kentucky Behavioral Health Laws

[KRS Chapter 202A](#)

[Kentucky Mental Health Hospitalization Act](#)

[KRS Chapter 202A](#)

[Advance Directive for Mental Health Treatment](#)

[KRS Chapter 222](#)

[Matthew Casey Wethington Act for Substance Abuse Intervention](#)

[KRS Chapter 645](#)

[Mental Health Act of the Unified Juvenile Code](#)

## **KRS 202A Involuntary Commitment Law**

- In a psychiatric emergency, the more you know about Kentucky's laws and treatment options, the better prepared you will be to respond in the most effective way possible.
- Like every state, Kentucky has civil commitment laws that establish criteria for determining when involuntary treatment is appropriate for individuals with severe mental illness who cannot seek care voluntarily. Kentucky's laws allow for admission to a state psychiatric facility as well as court-ordered treatment in the community, known as **assisted outpatient treatment (AOT)**.

## **A person must meet the following criteria for both inpatient and outpatient treatment:**

- be a danger to self/others/family, including actions which deprive self/others/family of basic means of survival such as provision for reasonable shelter, food or clothing;
- can reasonably benefit from treatment; and
- hospitalization is the least restrictive form of treatment available

## **Kentucky Inpatient and Outpatient Commitment Statute guidelines:**

- The petition shall be filed by a qualified mental health professional, peace officer, county attorney, Commonwealth's attorney, spouse, relative, friend, or guardian of the individual concerning whom the petition is filed, or any other interested person. Persons filing a 202A petition shall do so at their local County Attorney's Office or Commonwealth's Attorney's Office.
- Any peace officer who has reasonable grounds to believe that an individual [meets the criteria for emergency evaluation] shall take the individual into custody and transport the individual without unnecessary delay to a hospital or psychiatric facility.
- An authorized staff physician may order the admission of any person who is present at, or is presented at a hospital. Within twenty-four hours (excluding weekends and holidays) of the admission under this section, the authorized staff physician ordering the admission of the individual shall certify in the record of the individual that in his opinion the individual should be involuntarily hospitalized.

# Behavioral Health Crisis Prevention and Intervention Resources

## **Navigating a Mental Health Crisis: A NAMI Resource Guide for Those Experiencing a Mental Health Emergency**

Like any other health crisis, it's important to address a mental health emergency quickly and effectively. This guide outlines what can contribute to a crisis, warning signs that a crisis is emerging, strategies to help de-escalate a crisis, available resources and more.

## **Being Prepared for a Crisis**

No one wants to worry about the possibility of a crisis, but they do happen. That doesn't mean you have to feel powerless. Many healthcare providers require patients to create a crisis plan and may suggest that it be shared with friends and family. Ask your loved one if he or she has developed a plan.

## **Wellness Recovery Action Plan's Crisis Plan and Working Through Hard Times**

The Wellness Recovery Action Plan website provides the information and resources necessary to create a crisis plan. Once you have completed the plan, keep a copy for yourself and give copies to all your supporters. Update it whenever you need to.

## **National Resource Center on Psychiatric Advance Directives**

Information to help individuals develop a psychiatric advance directive.

## **Mental Health Screening Tools Provided by Mental Health America**

Quick, free, and private online mental health screens from Mental Health America.

# Suicide Prevention and Postvention Resources

## 5 Action Steps for Helping Someone in Emotional Pain

This National Institute of Mental Health infographic presents five steps for helping someone in emotional pain in order to prevent suicide.

## Talking About Suicide with Friends and Peers: What You Can Do

Whether you are a neighbor, classmate, or friend, you can be there for someone working through hard stuff. Sometimes the hard stuff can be as big as someone having thoughts of self-harm or suicide. If this happens, there is a lot you can do to help AND you don't have to do any of it alone!

## Helping Your Loved One Who is Suicidal: A Guide for Family and Friends

### A Journey toward Health & Hope: Your Handbook for Recovery after a Suicide Attempt

The resource guides people through the first steps toward recovery and a hopeful future after a suicide attempt.

## American Association of Suicidology

AAS promotes research, public awareness programs, public education and training for professionals and volunteers.

## Suicide Prevention Resources for Teens

This resource contains a list of websites with suicide prevention resources for teens, for those who may be at risk for suicide and those who have friends who may be at risk.

## Suicide Prevention Resource Center

The Suicide Prevention Resource Center is the only federally supported resource center devoted to advancing the implementation of the National Strategy for Suicide Prevention.

## Reduce Access to Means of Suicide

If you're concerned that a member of your household may be suicidal, there are steps you can take to help keep them safe.

## Suicide Postvention Resources for Survivors of Suicide Loss

American Foundation for Suicide Prevention provides resources for people who have experienced a suicide loss.

## Jed Foundation

The Jed Foundation empowers teens and young adults with the skills and support to grow into healthy, thriving adults.

## National Action Alliance for Suicide Prevention

The National Action Alliance for Suicide Prevention is the nation's public-private partnership for suicide prevention. The Action Alliance works with more than 250 national partners to advance the *National Strategy for Suicide Prevention*.

### **National Police Suicide Foundation**

The National Police Suicide Foundation's mission is to provide training programs on suicide awareness and prevention that establish a standard of care and promote employee well for law enforcement and emergency responders.

### **QPR Institute**

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training.

### **Society for the Prevention of Teen Suicide**

Their mission is to reduce the number of youth suicides and attempted suicides by encouraging public awareness through the development and promotion of educational training programs.

### **American Foundation for Suicide Prevention**

American Foundation for Suicide Prevention (AFSP) is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death.

### **Recommended Standard Care for People with Suicide Risk: Making Health Care Suicide Safe**

This information is for health care organizations that wish to better identify and support people who are at increased risk of suicide and for advocates who will work with hospitals and clinics to make them safer.

### **Substance Abuse & Mental Health Services Administration (SAMHSA)**

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

### **Suicide Prevention Competencies for Faith Leaders: Supporting Life Before, During, and After a Suicidal Crisis**

This new resource, informed by faith community leaders and suicide prevention experts, aims to help equip faith leaders with the capabilities needed to prevention suicide and provide care and comfort for those affected by suicide.

### **Zero Suicide in Health and Behavioral Health Care**

Zero Suicide is an aspirational challenge and practical framework for system-wide transformation toward safer suicide care.

### **A Manager's Guide to Suicide Postvention in the Workplace**

Ten action steps for dealing with the aftermath of a suicide.

### **Suicide Prevention Training and Resources for Kentucky Educators**

In response to new Kentucky legislation regarding suicide prevention training and awareness for middle school and high school staff and students, the Department for Behavioral Health, Developmental and Intellectual Disabilities has prepared information about programs, training and materials.

### **Not My Kid: What Every Parent Should Know About Teen Suicide**

An online learning experience that features videos of parents from culturally diverse backgrounds asking mental health professionals a variety of common questions about youth suicide.

### **Now Matters Now**

Skills and support for coping with suicidal thoughts.

## **LGBTQIA+ Resources**

**Lexington Pride Center (Lexington, KY)**

**Louisville Pride Foundation (Louisville, KY)**

**Louisville Youth Group, Inc. (Louisville, KY)**

**Heartland Equality (Paducah, KY)**

**CenterLink LGBT Community Center Member Directory**

**The Trevor Project**

**Trans Lifeline**

**LGBT National Help Center**

**Q Chat Space**

**National Center for Transgender Equality**

**SAGE National LGBT Elder Hotline**

**American Psychological Association: Lesbian, Gay, Bisexual and Transgender Health**

**Association of LGBTQ+ Psychiatrists**

**Gay and Lesbian Medical Association's Provider Directory**

**Butterfly Talks**

## **Additional Kentucky Resources**

### **Kentucky Provider Directory**

A resource provided by the Department for Behavioral Health, Developmental and Intellectual Disabilities.

### **Find Help Now KY**

Use this website to find an addiction treatment facility that is taking new clients right now. Need help finding treatment? Have questions about treatment or recovery? Call our call center.

1-877-318-1871, Monday-Friday 8:30AM -10PM, Saturday and Sunday 8:30AM-5:30PM

### **Kentucky Opioid and Assistance Resources Hotline (KY-OAR)**

The Kentucky OAR Hotline is staffed by nurses and pharmacists nationally certified in toxicology. A service of the Kentucky Poison Control Center, we are available 24 hours a day – 7 days a week.

1-800-854-6813

### **Kynect Benefits: The Commonwealth of Kentucky's Space for You to Connect with State Resources**

Apply and manage your health, food, household expenses, and child care benefits online anywhere.

855-306-8959

### **Kentucky Child and Adult Protective Services Reporting System**

Report non-emergency abuse and neglect online.

### **Kentucky Child and Adult Abuse Hotline**

Report emergency abuse and neglect.

1-877-KYSAFE1 (1-877-597-2331)

If you're expecting technical difficulties, please call 1-866-231-0003, Option 3, between the hours of 8:00am to 4:30pm Eastern Time, Monday through Friday.

### **Kentucky Coalition Against Domestic Violence (KCADV)**

Find domestic violence services.

1-800-799-7233 for a domestic violence program near you.

### **Kentucky Association of Sexual Assault Programs (KASAP)**

Find sexual assault services.

1-800-656-4673 for a rape crisis center near you.

## **VINE**

Register for notification and status information for protective orders, offender status, and offenders with court cases.

1-866-277-7477

## **Kentucky's Electronic Workplace for Employment Services**

Search for a job or file an unemployment benefit claim.

## **1-800-CHILDREN**

1-800-CHILDREN is a statewide helpline that offers a lifeline of support, encouragement, and information regarding resources in local communities in Kentucky. Parents and caregivers can call and talk with a Prevent Child Abuse Kentucky staff member who can provide them with information, support and/ or referrals.

Available Monday through Friday, from 9am - 5pm EST

Telephone: 800-244-5373 or 859-225-8879

## **Cabinet for Health and Family Services Programs and Services**

Information about health programs, childcare programs and assistance, background check services, birth/death/marriage certificates, child support enforcement, monetary and energy assistance programs, nutrition programs, health insurance and more.

## **Recovery Kentucky**

The 14 Recovery Kentucky Centers provide housing and recovery services for individuals across the state.

## **Kentucky Syringe Services Programs**

Provides access to sterile needles and syringes free of cost, facilitates safe disposal of used needles, offers safer injection education, and access to critical services.

## **Get Tested. HIV, STD, and Hepatitis Testing**

Find free, fast and confidential testing near you.

## **Additional Resource Lists**

### **Crisis Text Line**

Crisis Text Line has resource lists on the following topics: Abuse, Anxiety and Stress, Bullying, Depression and Sadness, Eating and Body Image, Gender and Sexuality, Grief, Isolation and Loneliness, Relationships, Self-Harm, Substance Use, Suicide, and General/Miscellaneous.

### **NAMI National Resource Directory**

NAMI HelpLine volunteers and staff have compiled this directory of outstanding resources to help you identify possible options to meet your needs.

### **Kentucky Disability Resource Guide**

Welcome to the Kentucky Disability Resource Guide! The focus of this directory is to provide a searchable database of available resources, and to provide contact information to apply for resources and/or locate additional information.

### **kynect Community Resources**

The expanded kynect is working to keep every Kentuckian safe, healthy and happy.

### **Mental Health America BIPOC Mental Health Awareness Month Resources**