



MENTAL HEALTH FIRST AID

Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental illness and substance abuse disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

Find & register for these events and others at
[MHAKY.ORG/EVENTS](https://mhaky.org/events)

MENTAL HEALTH SCREENINGS

- Mental Health Screenings are available 24/7 online at MHAScreening.org.
- They're free and anonymous and you can email yourself the results.
- If you're not sure if what you're going through is serious or not, it's a good way to get some feedback.
- It is also helpful to check in with your primary care provider about your symptoms.
- The screenings are tools we adapted for the internet. You'll also find some extra resources available after each one or under "DIY Tools" at the bottom of the webpage.
- If you want to test them or check them out, just put "test" in the zip code area.
- Over 28,000 screenings last year tell us Kentuckians need more mental health information and education.



988 SUICIDE & CRISIS
LIFELINE

988 MENTAL HEALTH HOTLINE: CALL / TEXT / CHAT ONLINE

The Lifeline not only provides 24/7, free and confidential support for people in distress, but also prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

When people **call, text, or chat 988**, they will be connected to trained counselors (usually Kentuckians) that are part of the existing Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

MENTAL HEALTH SUPPORT FOR KENTUCKY FARMERS:

RaisingHopeKY.com

CRISIS TEXT LINE:

Text MHA to 741741

TREVOR PROJECT FOR LGBTQ+ YOUNG PEOPLE:

866-488-7386

TRANS LIFELINE (US):

877-565-8860

LA RED NACIONAL DE PREVENCIÓN DEL SUICIDIO:

888-628-9454

NATIONAL SUICIDE PREVENTION LIFELINE FOR SPANISH SPEAKING INDIVIDUALS:

988Lifeline.org

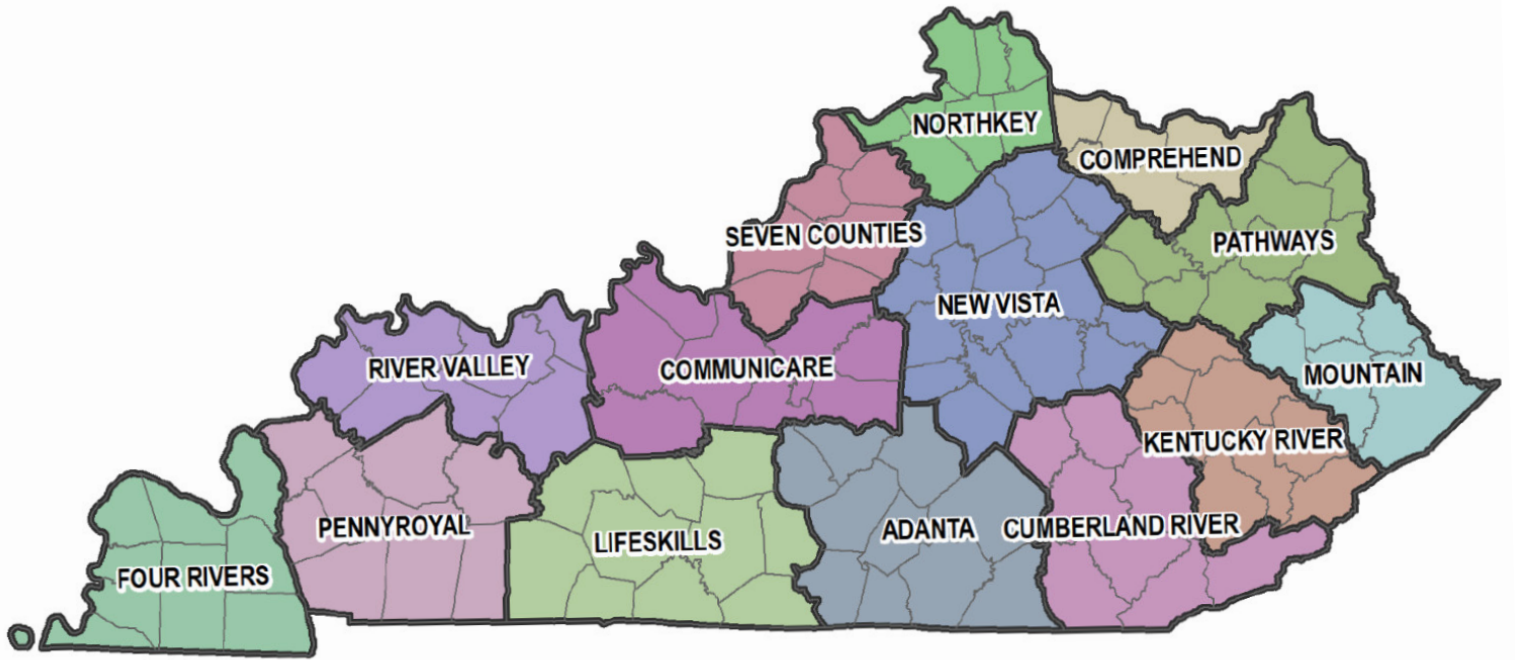
NATIONAL MATERNAL MENTAL HEALTH LINE:

833-943-5746

OTHER CRISIS & REFERRAL LINES:

[dbhdid.ky.gov/dbh/documents/
crisis-resources.pdf](https://dbhdid.ky.gov/dbh/documents/crisis-resources.pdf)

BEHAVIORAL HEALTH CRISIS LINES FOR COMMUNITY MENTAL HEALTH CENTERS



FOUR RIVERS

1-800-592-3980

PENNYROYAL

1-877-473-7766

RIVER VALLEY

1-800-433-7291

LIFESKILLS

1-800-223-8913

COMMUNICARE

1-800-641-4673

SEVEN COUNTIES

1-800-221-0446

NORTH KEY

1-877-331-3292

COMPREHEND

1-877-852-1523

PATHWAYS

1-800-562-8909

MOUNTAIN

1-800-422-1060

KENTUCKY RIVER

1-800-262-7491

CUMBERLAND RIVER

1-800-273-8255

ADANTA

1-800-633-5599

NEW VISTA

1-800-928-8000

Visit <https://dbhdid.ky.gov/crisisnos.aspx> for crisis line and hospital numbers by county