



MENTAL HEALTH



When people **CALL, TEXT, or CHAT 988**, they will be connected to trained counselors (usually Kentuckians) that are part of the existing Lifeline network.

The free Lifeline is available 24/7. Crisis counselors provide caring support and resources for the caller or family, friends, or caregivers who reach out about someone they are concerned about.

- **Veterans** call 988 & press 1 for the Veterans Crisis Lifeline.
- **Spanish speakers**, call 988 and press 2 or text AYUDA for a trained Spanish-speaking crisis counselor.
- **LGBTQI+ youth and young adults**, call 988 and press 3 or text PRIDE for a LGBTQI+ trained counselor.

MENTAL 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://mha.ky.gov/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.



Go to findhelpnowky.org to find facilities and providers actively taking new clients for:
mental health treatment, substance use disorder treatment, naloxone, and recovery housing organizations in Kentucky.

MENTAL HEALTH SUPPORT FOR KENTUCKY FARMERS:

RaisingHopeKY.com

TREVOR PROJECT FOR LGBTQ+ YOUTH AGES 13-27:

Call 866-488-7386 or
Text 678678

TRANS LIFELINE (US):

877-565-8860

LA RED NACIONAL DE PREVENCIÓN DEL SUICIDIO:

888-628-9454

NATIONAL SUICIDE PREVENTION LIFELINE FOR SPANISH SPEAKING INDIVIDUALS:

Marque 988 y presione 2 o envía la palabra AYUDA a 988

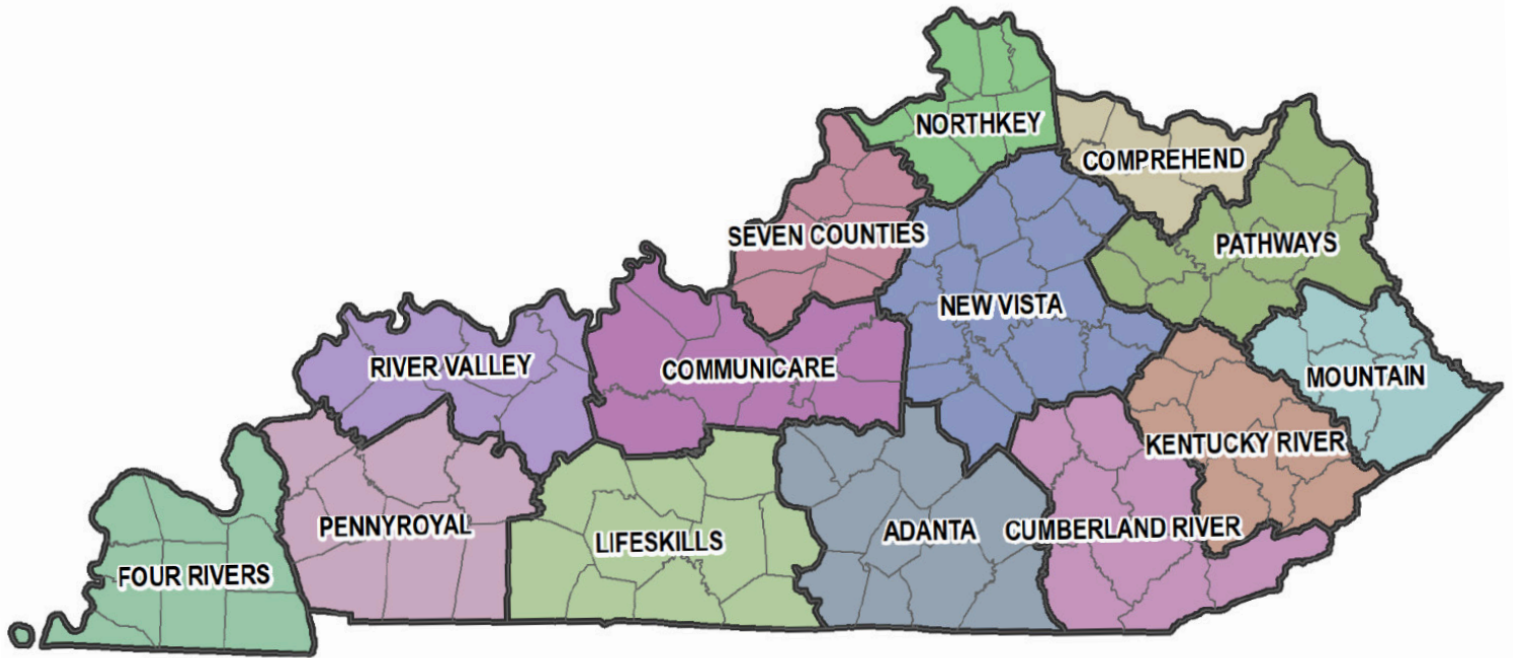
NATIONAL MATERNAL MENTAL HEALTH LINE:

833-943-5746

OTHER CRISIS & REFERRAL LINES:

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