



MENTAL HEALTH



If you or someone you know is in crisis, someone to talk to is just a call, text, or click away.

988 is available 24/7, 365 days a year.

When people **CALL, TEXT, or CHAT 988**, they will be connected with suicide prevention, mental health, and substance use counselors.

- **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

MENTAL FIRST AID

Mental Health First Aid is an evidence-based program designed to help community members identify and assist in mental health issues that friends, family members, coworkers, or neighbors are experiencing. Find & register for these events and others at

[MHAKY.ORG/EVENTS](https://mhaky.org/events)

QUESTION, PERSUADE, REFER (QPR)

You do not have to be a medical or mental health professional to help save someone's life. Learn the warning signs and how to actively respond to a person in crisis. It takes less than an hour, and it's entirely free for all Kentuckians through University of Kentucky HealthCare at <https://kyqpr.ukhc.org/>

MENTAL HEALTH SCREENINGS

Mental Health Screenings are available 24/7 online at MHAScreening.org.



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:

kyagr.com/marketing/raising-hope.html

TREVOR PROJECT FOR LGBTQ+ YOUTH AGES 13-27:

Call 866-488-7386 or
Text 678678

TRANS LIFELINE (US):

877-565-8860

LÍNEA 988: SERVICIONES EN ESPANOL:

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

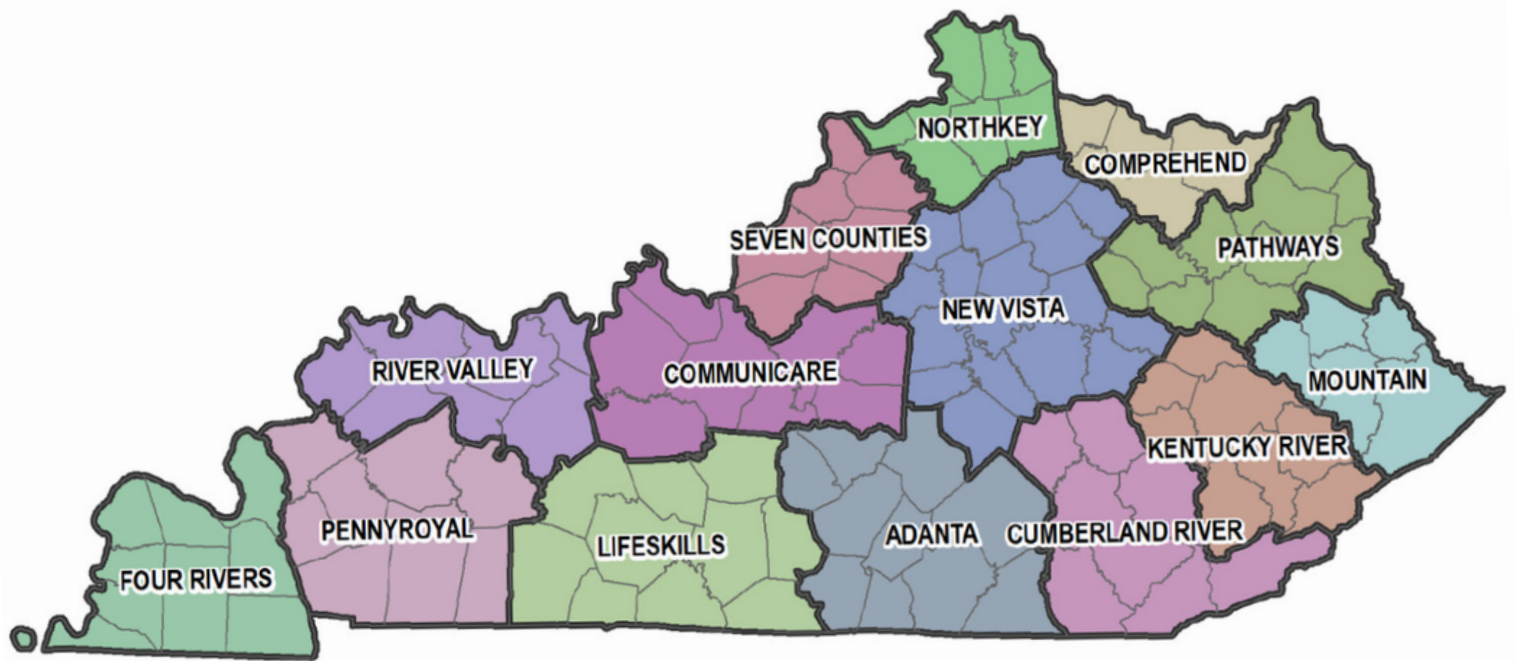
NATIONAL MATERNAL MENTAL HEALTH LINE:

833-943-5746

OTHER CRISIS & REFERRAL LINES:

www.chfs.ky.gov/agencies/dbhddid/Pages/crisis.aspx

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

NORTHKEY

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 www.chfs.ky.gov/agencies/dbhddid/Pages/crisisnos.aspx for crisis line and hospital numbers by county.

Individuals who are Deaf or Hard of Hearing are encouraged to call through Video Relay Services (VRS) amplified or captioned phones, or TTY Relay (7-1-1).