



2022 TRI-COUNTY KENTUCKY UNITED WAY RESOURCE DIRECTORY

Tri-County Kentucky United Way is sharing these resources as information and referral only. Resources were up to date, to the best of our knowledge, at the end of 2021. United Way is not responsible, nor does it necessarily endorse, services listed.

COVID-19

Center for Disease Control (CDC)

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

CDC Frequently Asked Questions

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

Kentucky's official COVID-19 website

www.kycovid19.ky.gov

Kentucky's COVID-19 Hotline

(800) 722-5725

Kentucky news and guidance

<https://govstatus.egov.com/kycovid19>

Kentucky State Guidance

<https://www.cisa.gov/publication/guidance-essential-critical-infrastructure-workforce#download>

Lincoln Trail District Health Department

800-769-1601

Website. www.ltdhd.org

Services. Provide clinical, preventative health services including medical, nursing, nutrition, social, educational, and environmental interventions designed to assist individuals. They offer services including, but not limited to: STD treatment and vaccines, pregnancy services and WIC (Women, Infants and Children), HANDS, and HIV testing and screening. Some also provide harm reduction. Most services are provided for a nominal fee, but some are based on income and the number of people in the household. No person is refused for inability to pay.

Marion County Health Department - 516 North Spalding Avenue in Lebanon

270-692-3393

Nelson County Health Department - 325 South Third Street in Bardstown

502-348-3222

Washington County Health Department - 302 East Main Street in Springfield

859-336-3989

Mental Health and the Coronavirus

CDC resources for coping with stress during the outbreak

<https://bit.ly/39UVoEj>

Managing Stress and Anxiety

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

National Alliance on Mental Illness

Text "NAMI" to 741741

<https://nami.org/covid-19-guide>

National Child Traumatic Stress Network

https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

National Suicide Prevention Helpline

1-800-273-8255

text ASKUS to 741741



Q&A on COVID-19 and Mental Health

<https://www.youtube.com/watch?v=zDx1LKkk5c4>

Suicide Prevention Lifeline

(800) 273-TALK or (800) SUICIDE

TalkWithUs

1-800-985-5990

text TalkWithUs to 66746

Teen Mental Health Toolbox

<http://teenmentalhealth.org/toolbox/>

What To Do If You Are In Crisis

<https://www.goodtherapy.org/in-crisis.html>

For Parents: How to Help Your Children

Combatting Stress/Anxiety in Family Life

<https://news.ncsu.edu/2020/03/combating-stress-covid/>

COVID-19 Tips for Wellbeing

<https://www.cis.tennessee.edu/covid-19-resource-dashboard/covid-19-tips-well-being>

Helping Children and Teens Cope with Anxiety About COVID-19

<https://pulse.seattlechildrens.org/helping-children-and-teens-cope-with-anxiety-covid-19/>

How to Talk to Teens About the New Coronavirus

<https://www.health.harvard.edu/blog/how-to-talk-to-teens-about-the-new-coronavirus-2020031419192>

How to Help Your Teenager Manage Stress During COVID-19 Pandemic

<https://www.pediatrics.wisc.edu/uw-pediatrician-how-to-help-your-teenager-manage-stress-during-covid-19-pandemic/>

Managing COVID-19 Anxiety

<https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources>

Supporting Families

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

Talking to Kids About the Coronavirus

<https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus-2020030719111>

Talking to Children About COVID-19 (Coronavirus): A Parent Resource

https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19?ck_subscriber_id=342989428%20a0



Testing Facilities: To obtain more information on vaccines, please go to www.vaccine.ky.gov.

Vaccines/Boosters: To obtain more information on vaccines/boosters, please go to www.vaccine.ky.gov.

To find where you can get a vaccine/booster in your area, go to www.Vaccinefinder.org. Kentuckians can also find an appointment near them at www.vaccinemap.ky.gov.

For a replacement Covid-19 vaccination card, you should contact your vaccination site and see if they will give you a new one. Bring ID and the date of your last vaccine, if you have it. If you are unable to get a replacement card through them, you can get a backup copy through your state health department. In Kentucky, call 502-564-0038 or email KYIRHelpdesk@ky.gov or go to the Kentucky Immunization Registry at <https://chfs.ky.gov/agencies/dph/dehp/idb/Pages/kyir.aspx> for more information.

Vaccine Hotline

800-722-5725

Transportation to a obtain a vaccine

www.ky covid19.ky.gov

All transportation requires masks and 24-hour notice, unless otherwise noted.

Statewide	Federated Transportation Services of the Bluegrass, Inc. Must be scheduled at least 72 hours before appointment;	888-848-0989
Marion County	Central KY Community Services Lincoln Trail Area Development District	800-242-8225 Free for Seniors 270-692-2136
Nelson County	Central KY Community Services Lincoln Trail Area Development District	800-242-8225 270-692-2136
Washington County	Blue Grass Community Action Partnership Transit	800-456-6588