



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.

MENTAL HEALTH

American Foundation for Suicide Prevention

Website. <https://afsp.org>

Services. Provides resources for support groups and professionals, as well as to individuals struggling with suicidal thinking. Funds research and raise awareness for those that are struggling with, or affected by, suicide.

Astra Behavioral Health

502-349-3100 and 270-321-4480

1013 Granite Drive in Bardstown

Services. Inspires and enables individuals and families to achieve highest level of emotional and psychological well-being. Provides psychiatric services (evaluations, medication management and monitoring, etc.), therapy (assessments, individual, family, marriage, therapeutic, etc.), and target case management. Provide groups for military wives, adolescent girls, and ladies (50+).

Anxiety and Depression Association of America (ADAA)

1-240-485-1001

Website. <https://adaa.org>

Services. Provides access to information to help in the prevention and treatment of anxiety and depression. Website offers option to find a local therapist.

Bardstown Participation Station

502-507-1884

138 Robin Drive in Bardstown

Website. www.participationbardstown.org or www.communicareservices.org

Services. Provides a safe environment where individuals can learn and develop vital skills to enhance their recovery experience and provide an empowering spring-board for opportunities to return to a productive, healthy and meaningful life. Educates, empowers and enhances the lives of individuals moving toward recovery and mental wellness. Provides class on self-advocacy through managing stress, computer skills, art relaxation, and other activities. Offers non-emergency peer-to-peer telephone support to individuals living with mental illness. **Eligibility.** Adults with disabilities, low income, mental health issues and/or addiction.

Communicare

859-336-7746

Crisis Line: 1-800-641-4673 (Hope)

Website. <https://www.communicare.org>

Services. Provides behavioral health, developmental disabilities, and substance use services in Marion, Nelson, and Washington Counties. Clinics are located in Marion, Nelson, and Washington Counties, among others:

Communicare Clinic

Masonic Temple Building
65 Old Springfield Rd, Suite 2
Lebanon, KY 40033
270.692.2509

Communicare Clinic

331 South Third Street
Bardstown, KY 40004
502-348-9206

Communicare Clinic

324 East Main Street
Springfield, KY 40069
859-336-7746



Compassionate Friends of Nelson County

502-348-5683

Website. www.tcfbardstownky.org

Services. Assists families towards the positive education of grief, following the death of a child of any age. Meets the second Thursday of each month at St. Thomas Center at St. Thomas Church in Bardstown.

Counseling Services of Bardstown

502-348-5772

321 West Stephen Foster Avenue in Bardstown

Crisis Text Line

Text CONNECT to 741741

Services. Free hotline that has counselors available 24 hour per day, 7 days per week counseling. If you are not comfortable talking to someone, texting is an option for getting the help you need.

CDC resources for coping with stress during Covid

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

Depression & Bipolar Support Alliance Online Support Groups

text DBSA to 741-741

Website. <https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/>

Depression Information

Website. www.mentalhelp.net

Disaster Distress Helpline

1-800-985-5990 or text TalkWithUs to 66746

Spanish-speakers can press “2” for 24/7 bilingual support.

Website. <https://www.samhsa.gov/find-help/disaster-distress-helpline>

Services. 24 hours/day, 7 days a week, 365 days/year, free national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster, as well as infectious disease outbreaks. Multi-lingual and confidential crisis support service available. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster.

H.O.P.E. Counseling

270-321-4198

Services. Specializes in treating individuals, couples and families.

HopeLine

1-877-235-4525 (call or text)

Website. <https://www.hopeline-nc.org>

Services. Confidential telephone service run by volunteers (not professional counselors) for people that are in crisis. If they feel that they are unable to assist you, they will connect you to the appropriate referral.

Hosparus Health Grief Center

800-264-0521

Hospice of Central Kentucky

800-686-9577

105 Diecks Drive in Elizabethtown

Services. Comprehensive specialized home care program that provides nursing, home health, social work, pastoral, pharmacy, medical equipment, and grief counseling in Marion and Washington (and other) counties.

Eligibility. Provides services to any individual/family who is struggling with life-limiting illness or disease.

Fees. Accepts Medicare, Medicaid, private insurance. No one who meets guidelines is refused due to inability to pay.



Hospice of Nelson County

502-349-5500

502-350-5570

711 McDowell Boulevard in Bardstown

Services. Provides medical and volunteer services to help terminally ill patients and their families. **Eligibility.** Patient is in end-stage of terminal illness. **Fees.** Reimbursement received from Medicare, Medicaid, and private insurance. No one is refused care due to inability to pay.

Hotline T Text and Chat Line

Text. 859-MyK-Chat or 859-695-2428

Chat. <http://krccnet.com/>, www.hotlinet4ky.com, **FaceBook** at <https://www.facebook.com/hotlinet4ky> by hitting the 'contact us' button at the top.

Email. Hotlinet4ky@gmail.com

Instagram. @HotlineT4KY

Twitter. @HotlineT4KY

Tiktok. @HotlineT

Services. Brief mental health service to help support youth during their everyday lives and stressful situations. Helps with include Depression, Anxiety, Stress, Grief, Covid-19, etc. Provides referrals and resources. **Eligibility.** Kentucky residents who are 14 to 25 years of age.

IMALIVE

Website. <https://www.imalive.org>

Services. Online chat-based resource run by the Kristin Brooks Hope Center. Offers programs for high schools and colleges, along with having the online crisis chat. If you are experiencing a crisis, have suicidal thoughts, or are dealing with intense emotional pain, the volunteers on their chatline may be able to help.

Kentucky Disaster Response – Recovery Support Services Hub

call or text 1-888-891-2377

Website. <https://kentucky.myrecoverylink.com>

Services. Whether you are looking for in-person treatment for your mental health or substance use, or just want to talk with a supportive person over the phone, a certified peer recovery support specialist's priority is meeting you wherever, whenever, and however works for you and will identify ways to best support your immediate needs, as well as be available to continue to support your recovery and wellness goals. Can access group-based digital recovery support on the website. Provides support 5 Days a Week (M-F) between 10AM - 4PM EST; Screenings for Mental Health and Substance Use Concerns; Certified Peer Recovery Specialists Who Have Lived Experience; Referrals to Treatment and Physical Health Services (shelter, food, basic needs); No Cost Services at Any Time; In-person and Tele-recovery Service Options.

Lanham Counseling & Therapy

270-692-1466

27 Court Square in Lebanon

Services. Provides Individual, Family, and Group Therapy. Treatment & recovery from substance misuse, anxiety, mood disorders. AODE licensed providers. DUI and BIP certified. Provides accessible, affordable and quality care. Focus on promoting behavioral change as best enhanced through positive reinforcement, empathy, support, and helpful suggestions.

Lincoln Trail Behavioral Health System

270-351-9444 Admissions Office at 800-274-7374

Services. Offers outpatient and acute inpatient psychiatric treatment for adults, older adults and adolescent girls. They also offer a dual diagnosis treatment program for patients with co-occurring addiction and psychiatric issues; a specialized military mental health treatment program for members of our armed forces; and The Willows Program, their renowned acute trauma program for adolescent girls. All assessments are confidential, in-depth and provided at no cost.



Managing Stress and Anxiety

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

National Alliance on Mental Illness

800-950-6264

Website. <https://nami.org>

National Suicide Prevention Hotline (English)

800-273-TALK (8255)

Next Step Counseling

270-765-2335

info@thenextstepky.com

1106 Tunnel Hill Road, Suite 100 in Elizabethtown

Services. Provides assessments in mental health, substance abuse, and parenting. Offers individual (mood and anxiety disorders, post-traumatic stress disorder, other related trauma related issues, and substance-related disorders), family (marital, relational, etc.) and group counseling (children, adolescent, adult, anger management, domestic violence/BIP, parenting/parenting in recovery, chemical dependency/substance abuse), as well as psychological testing.

Q&A on COVID-19 and Mental Health

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

Silverleaf Sexual Trauma Recovery Services

270-234-9236

Toll Free: 877-672-2124

Website. www.silverleafky.org

Email address. contactus@silverleafky.org

751 South Provident Way in Elizabethtown

324 East Main Street in Springfield

Services. Offers 24 hour/365 day crisis services by phone; hospital response to victims at the emergency room; victim advocacy; volunteer program; crisis intervention; forensic interviews; medical examinations; consultation; legal advocacy; trauma-informed therapy services; community prevention and education trainings to our communities; and counseling. All services are free.

Eligibility. Victims and non-offending caregivers/family members who have been affected by sexual violence and/or human trafficking. Serve all ages, regardless when the sexual violence occurred. Serve Marion, Nelson, and Washington, and others.

Substance Abuse and Mental Health Services Administration (SAMHSA) Help Line

800-662-HELP (4357)

Website. <https://www.samhsa.gov>

Services. Mission is to reduce the impact of substance abuse and mental illness on America's communities. Provides information that can help locate treatment options within your area.

Suicide Prevention Lifeline 1-800-273-TALK (8255) (800) 273-TALK or (800) SUICIDE text ASKUS to 741741

Suicide Prevention Hotline (Spanish)

888-628-9454

Website. <http://suicidepreventionlifeline.org>

Services. Free service that can be used by anyone that is experiencing suicidal thoughts, family members that are concerned about a loved one, and professionals that are looking for additional resources. Can put you in contact with a local center. This is available 24/7.

Teen Mental Health Toolbox

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

The National Child Traumatic Stress Network

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



The Ridge Behavioral Health System

859-269-2325 or 1-800-753-4673

Website. www.ridgebhs.com

Services. Psychiatric and chemical dependency treatment.

Trevor Lifeline

Text START to 678678

866-488-7386

Website. <https://www.thetrevorproject.org>

Services. Crisis intervention and suicide prevention hotline available 24 hours/day, 7 days/week, 365 days/year for LGBTQ youth in crisis, feeling suicidal, or in need of a safe and judgment free place to talk.

Trevor Chat.

Services. Free, confidential and secure instant messaging service that provides live help for youth with a trained specialist, over text messages – available daily from 12:00 noon until 1:00 a.m.

The W.O.M.E.N. Project (Working On Meeting Employability)

270-769-1304 x1108

1311 North Dixie Avenue, Elizabethtown, KY 42701

Services. Provides substance abuse education, domestic violence education, advocacy, and case management to participants. Helps participants and their children receive treatment, support, and education services through SpringHaven Domestic Violence Program, Communicare, and other community services. **Eligibility.** Women with children who are experiencing substance abuse, domestic violence, and co-occurring mental health problems.

University of Louisville – Peace Hospital

2020 Newburg Road in Louisville

502-451-3333/800-451-3637

1401 Harrodsburg Road, St. Joseph Health Office Park, Suite A-400 in Lexington

859-313-3515

Services. Offers no charge assessments and walk-ins are welcome. Provides acute inpatient; geriatric psychiatry inpatient; partial hospitalization; intensive outpatient program; acute in-patient for intellectual and developmental disabilities; acute inpatient for highly aggressive females; Peace for Parents seminars; support groups; and aftercare for patients that have completed an adult outpatient program.

University of Kentucky Targeted Assessment Program

Services. Provides free comprehensive assessments and support services to individuals to fully capture any barriers to self-sufficiency. Collaborates with other systems to engage participants in evidenced-based interventions.

Eligibility. Adult must have a dependent child under the age of 18 in their custody or the plan is to still reunify the child; suspected/confirmed barrier in one or more of the following: mental health, substance abuse, intimate partner violence, learning issues, or other barriers to self-sufficiency (i.e.- housing, employment, transportation); 200% or below the poverty guidelines; not a perpetrator of intimate partner violence or sexual abuse; and Nelson County resident.

Warm Line

859-252-0058 (Lexington area)

877-840-5167 (Bluegrass area)

Services. Non-emergency phone line for people living with a mental illness. Call if you just need someone to talk to or you are experiencing a stressful time, feeling cut off from the world and isolated. Peer Supporters who have “been there” have been trained to offer support, help with appropriate referrals or just to listen without judgement. Hours are Monday - Thursday 11:30 a.m. to 9:00 p.m. Friday and Saturday 5:00 p.m. to 9:00 p.m.



What To Do If You Are In Crisis

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

Teen Line

1-800-852-8336

Text the word TEEN to 839863

Services. Provides teen-to-teen support (9:00 p.m. to 1:00 a.m.) for teenagers struggling and who want to talk to another teen who knows what they're talking about. Provides resources, information, and message boards.

Windsor Gardens Grief Support

502-349-5500

101 Isaac Green Court in Bardstown

Services. Currently conducted every third Wednesday of the month.

Veterans Crisis Hotline

800-273-8255 or 800-799-4889 (hard of hearing) or text 838255

Website. <https://www.veteranscrisisline.net>

Services. Available 24 hours per day, 7 days per week. Confidential. Provides assistance to individuals in crisis or those who are concerned about someone.

Eligibility. Serves veterans, service members, National Guard and Reserve, and family and friends.

SUICIDE

American Foundation for Suicide Prevention

212-363-3500

Website. www.afsp.org

National Hopeline Network, Suicide & Crisis

800-442-HOPE (4673)

National Suicide Prevention Hotline (English)

800-273-TALK (8255)

Suicide Prevention Lifeline

800-273-TALK (8255) or (800) SUICIDE (784-2433)

text ASKUS to 741741

Website. www.suicidepreventionlifeline.org

Services. Offers confidential, judgment-free help.