

# Behavioral Health Crisis Resources for Individuals in Kentucky

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## Kentucky Helplines

### **Kentucky Medicaid Managed Care Organizations’ Behavioral Health Hotlines**

Aetna Better Health of Kentucky:	888-604-6106
Anthem Medicaid:	855-661-2025
Humana CareSource/Beacon:	877-380-9729
Passport Health Plan:	844-231-7946
WellCare of Kentucky:	855-661-6973

### **The ADANTA Group – Somerset Area**

*Counties Served: Adair, Casey, Clinton, Cumberland, Green, McCrery, Pulaski, Russell, Taylor, Wayne*

<http://www.adanta.org/>

800-633-5599

### **Centerstone – Louisville Area**

*Counties Served: Bullitt, Henry, Jefferson, Oldham, Shelby, Spencer, Trimble*

<https://centerstone.org/>

502-589-4313 or 800-221-0446	Adult Crisis Services
502 589-8070 or 800-432-4510	Children’s Crisis Services
502 589-1100 or 800-264-8799	First Appointment

### **Communicare – Elizabethtown Area**

*Counties Served: Breckenridge, Grayson, Hardin, Larue, Marion, Meade, Nelson, Washington*

<http://www.communicare.org/>

270-765-2605 or 800-641-4673

**Comprehend, Inc. – Maysville Area**

*Counties Served: Bracken, Fleming, Lewis, Mason, Robertson*

<http://www.comprehendinc.org/>

877-852-1523

**Cumberland River Behavioral Health – Corbin Area**

*Counties Served: Bell, Clay, Harlan, Jackson, Knox, Laurel, Rockcastle, Whitley*

<http://www.crbhky.org/>

888-435-7761

**Four Rivers Behavioral Health – Paducah Area**

*Counties Served: Ballard, Calloway, Carlisle, Fulton, Graves, Hickman, Livingston, McCracken, Marshall*

<http://4rbh.org/>

800-273-8255

**Kentucky River Community Care – Hazard Area**

*Counties Served: Breathitt, Knott, Lee, Leslie, Letcher, Owsley, Perry, Wolfe*

<http://krccnet.com/>

800-262-7491

**LifeSkills – Bowling Green Area**

*Counties Served: Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson, Warren*

<http://www.lifeskills.com/>

270-843-4357 or 800-223-8913

**Mountain Community Care Center – Prestonsburg Area**

*Counties Served: Floyd, Johnson, Magoffin, Martin, Pike*

<http://www.mtcomp.org/>

800-422-1060

**New Vista – Lexington Area**

*Counties Served: Anderson, Bourbon, Boyle, Clark, Estill, Fayette, Franklin, Garrard, Harrison, Jessamine, Lincoln, Madison, Mercer, Nicholas, Powell, Scott, Woodford*

<https://www.newvista.org/>

800-928-8000

**NorthKey Community Care – Northern Kentucky**

*Counties Served: Boone, Campbell, Carroll, Gallatin, Grant, Kenton, Owen, Pendleton*

<http://www.northkey.org/>

859-331-3292 or 877-331-3292

### **Pathways, Inc. – Ashland Area**

*Counties Served: Boyd, Carter, Elliott, Greenup, Lawrence, Bath, Menifee, Montgomery, Morgan, Rowan*

<http://www.pathways-ky.org/>

606-324-1141 or 800-562-8909

### **Pennyroyal Center – Hopkinsville Area**

*Counties Served: Caldwell, Christian, Crittenden, Hopkins, Lyon, Muhlenberg, Todd, Trigg*

<http://pennyroyalcenter.org/>

270-881-9551 or 877-473-7766

### **RiverValley Behavioral Health – Owensboro Area**

*Counties Served: Daviess, Hancock, Henderson, McLean, Ohio, Union, Webster*

<http://www.rvbh.com/>

270-684-9466 or 800-433-7291

## **National Helplines**

### **National Suicide Prevention Lifeline**

*The National Suicide Prevention Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.*

Telephone: 800-273-8255

En Español: 888-628-9454

Deaf and Hard of Hearing 800-799-4889

Veterans call 800-273-8255 and Press 1.

Lifeline Chat is available 24/7 across the U.S. <https://suicidepreventionlifeline.org/chat/>

What Happens When I Call The Lifeline?

- First, you'll hear a message telling you that you've reached the National Suicide Prevention Lifeline.
- We'll play you a little hold music while we connect you.
- A skilled, trained crisis worker who works at the Lifeline network crisis center closest to you will answer the phone.
- This person will listen to you, understand how your problem is affecting you, provide support, and share any resources that may be helpful.

<http://www.suicidepreventionlifeline.org/>

### **Veterans Crisis Line**

*The Veterans Crisis Line is a free, anonymous, confidential resource that's available to Veterans, Service Members, National Guard and Reserve, and their family members and friends, even if you're not registered with VA or enrolled in VA health care.*

Call, [chat online](#), or text to 838255 to receive confidential support 24/7 from VA responders.

<http://www.veteranscrisisline.net/>

Telephone: 800-273-8255, Press 1

Deaf and Hard of Hearing: 1-800-799-4889

Text: 838255

### **TrevorLifeline**

*The leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ) young people under 25.*

TrevorLifeline: 866-488-7386

TrevorText: Text START to 678678

TrevorChat: <https://www.thetrevorproject.org/get-help-now/>

<http://www.thetrevorproject.org/>

### **YouthLine**

*YouthLine is a free 24-hour, peer-to-peer youth crisis and support service via phone, text, chat, and email. The helpline is answered by youth daily from 4pm-10pm and by adults at all other times.*

Telephone: 877-968-8491

Text teen2teen to 839863.

Chat [now](#).

Email: [YouthL@LinesforLife.org](mailto:YouthL@LinesforLife.org)

### **Your Life Your Voice**

*24 hour teen crisis hotline for pre-teens, teens and young adults.*

Telephone: 800-448-3000, 24 hours, Spanish speaking counselors available.

Text VOICE to 20121 every day, 12 Noon to 12 Midnight Central Standard Time

Chat Sunday-Thursday 6PM to 12 Midnight Central Standard Time

Download the My Life My Voice Mood Journal mobile app in the App Store or Google Play

<http://www.yourlifeyourvoice.org/Pages/home.aspx>

### **Behavioral Health Treatment Services Locator National Helpline**

A free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental health and/or substance use disorders.

Telephone: 800-662-4357

TTY: 800-487-4889

<https://findtreatment.samhsa.gov/>

### **National Runaway Safeline**

1-800-RUNAWAY (1-800-786-2929)

A national hotline and chat service for teens who have runaway, homeless or who are considering leaving home.

<http://www.1800runaway.org/>

### **LGBT National Help Center**

*The Lesbian, Gay, Bisexual and Transgender (LGBT) National Help Center operates three national hotlines, as well as private, volunteer one-to-one online chat that helps both youth and adults with coming-out issues, safer-sex information, school bullying, family concerns, relationship problems, and a lot more. The Help Center also runs weekly moderated chat rooms for LGBT youth and teens to find support, acceptance and community.*

National Hotline: 888-843-4564

Youth Talkline: 800-246-7743

Senior Hotline: 888-234-7243

Peer Chat: <https://www.glbthotline.org/peer-chat.html>

Hours: Monday - Friday from 4pm to midnight; Saturday from noon to 5pm, Eastern Time.

<http://www.glbthotline.org/national-hotline.html>

### **Disaster Distress Helpline**

*The Disaster Distress Helpline is a 24/7 national hotline dedicated to providing immediate crisis counseling and support for people who are experiencing emotional distress related to any natural or human-caused disaster.*

National Helpline: 800-985-5990

Spanish Speakers: Call 800-985-5990 and press 2.

Text: Text TALKWITHUS or HABLAMOS to 66746

<http://disasterdistress.samhsa.gov/>

### **National Problem Gambling Helpline**

*A single national access point to local resources for those seeking help for a gambling problem.*

Helpline: 800-522-4700

Text: 800-522-4700

Chat: [www.ncpgambling.org/chat](http://www.ncpgambling.org/chat)

<http://www.ncpgambling.org/help-treatment/national-helpline-1-800-522-4700/>

### **National Sexual Assault Hotline**

*A national hotline and chat service providing free confidential help 24/7 to connect callers to more than 1,000 local sexual assault service providers across the country.*

Hotline: 800-656-4673

Chat: <https://hotline.rainn.org/online>

En Español: <https://hotline.rainn.org/es>

<https://www.rainn.org/>

### **National Parent Helpline**

*A trained Parent Advocate is available to assist parents and caregivers of children and youth of all ages.*

Helpline: 855-427-2736

Hours: Monday – Friday from 1pm to 8pm, Eastern Time.

<http://www.nationalparenthelpline.org/>

### **IMAlive**

*IMAlive is a live online network that uses instant messaging to respond to people in crisis.*

Chat [now](#).

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

### **Loveisrespect**

*A resource to empower youth to prevent and end dating abuse. Free and confidential phone, live chat and texting services are available 24/7/365.*

Hotline: 866-331-9474

En Español: 800-799-7233

Text: Text LOVEIS to 22522.

<http://www.loveisrespect.org/>

### **National Domestic Violence Hotline**

*A national hotline and chat service that provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse.*

Hotline: 800-799-7233

En Español: 800-799-7233

<http://www.thehotline.org/>

### **Military OneSource**

*Military OneSource offers a wide range of individualized consultations, coaching and non-medical counseling for many aspects of military life.*

Hotline: 800-342-9647

En Español: 800-342-9647

<http://www.militaryonesource.mil/>

### **National Eating Disorder Association Helpline**

*A national helpline and chat service for individuals struggling with an eating disorder and their friends and families.*

Helpline: 800-931-2237

Monday-Thursday from 9AM – 9PM and Friday from 9AM – 5PM Eastern Time.

<http://www.nationaleatingdisorders.org/information-referral-helpline>

# Kentucky Resources

## **Kentucky Housing Corporation - Emergency Services**

A resource guide developed by the Kentucky Housing Corporation for individuals who are seeking homeless assistance.

<https://nami.org/About-NAMI/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis>

## **Benefind: Assistance & Support Programs for Kentuckians**

855-306-8959

<https://benefind.ky.gov/>

# Kentucky Behavioral Health Laws

[KRS Chapter 202A](#)

[Kentucky Mental Health Hospitalization Act](#)

[KRS Chapter 202A](#)

[Advance Directive for Mental Health Treatment](#)

[KRS Chapter 222](#)

[Matthew Casey Wethington Act for Substance Abuse Intervention](#)

[KRS Chapter 645](#)

[Mental Health Act of the Unified Juvenile Code](#)

## **KRS 202A Involuntary Commitment Law**

- In a psychiatric emergency, the **more you know** about Kentucky's laws and treatment options, the better prepared you will be to respond in the most effective way possible.
- Like every state, Kentucky has civil commitment laws that establish criteria for determining when involuntary treatment is appropriate for individuals with severe mental illness who cannot seek care voluntarily. Kentucky's laws allow for admission to a state psychiatric facility as well as court-ordered treatment in the community, known as assisted outpatient treatment (AOT).

**A person must meet the following criteria for both inpatient and outpatient treatment:**

- be a danger to self/others/family, including actions which deprive self/others/family of basic means of survival such as provision for reasonable shelter, food or clothing;
- can reasonably benefit from treatment; and
- hospitalization is the least restrictive form of treatment available

**Kentucky Inpatient and Outpatient Commitment Statute guidelines:**

- The petition shall be filed by a qualified mental health professional, peace officer, county attorney, Commonwealth's attorney, spouse, relative, friend, or guardian of the individual concerning whom the petition is filed, or any other interested person. Persons filing a 202A petition shall do so at their local County Attorney's Office or Commonwealth's Attorneys Office.
- Any peace officer who has reasonable grounds to believe that an individual [meets the criteria for emergency evaluation] shall take the individual into custody and transport the individual without unnecessary delay to a hospital or psychiatric facility.
- An authorized staff physician may order the admission of any person who is present at, or is presented at a hospital. Within twenty-four hours (excluding weekends and holidays) of the admission under this section, the authorized staff physician ordering the admission of the individual shall certify in the record of the individual that in his opinion the individual should be involuntarily hospitalized.

## **Behavioral Health Crisis Resources**

### **Navigating a Mental Health Crisis: A NAMI Resource Guide for Those Experiencing a Mental Health Emergency**

Like any other health crisis, it's important to address a mental health emergency quickly and effectively. This guide outlines what can contribute to a crisis, warning signs that a crisis is emerging, strategies to help de-escalate a crisis, available resources and more.

<https://www.nami.org/About-NAMI/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis/Navigating-A-Mental-Health-Crisis.pdf>

### **Action Planning for Prevention and Recovery**

This booklet contains information, ideas, and strategies that people from all over the country have found to be helpful in relieving and preventing troubling feelings and



symptoms. The information in this booklet can be used safely along with your other health care treatment.

<http://www.npaih.org/wp-content/uploads/2018/12/action-planning-for-recovery.pdf>

### **Wellness Recovery Action Plan's Crisis Plan and Working Through Hard Times**

The Wellness Recovery Action Plan website provides the information and resources necessary to create a crisis plan. Once you have completed the plan, keep a copy for yourself and give copies to all your supporters. Update it whenever you need to.

<https://mentalhealthrecovery.com/info-center/crisis-plan/>

### **National Resource Center on Psychiatric Advance Directives**

A resource center that

<https://www.nrc-pad.org/>

## **Suicide Prevention Resources**

### **5 Action Steps for Helping Someone in Emotional Pain**

This National Institute of Mental Health infographic presents five steps for helping someone in emotional pain in order to prevent suicide.

[https://www.nimh.nih.gov/health/publications/5-action-steps-for-helping-someone-in-emotional-pain/om\\_18-4315-5actionsteps-508\\_157844.pdf](https://www.nimh.nih.gov/health/publications/5-action-steps-for-helping-someone-in-emotional-pain/om_18-4315-5actionsteps-508_157844.pdf)

### **A Journey Toward Health & Hope: Your Handbook for Recovery After a Suicide Attempt**

The resource guide people through the first steps toward recovery and a hopeful future after a suicide attempt.

<https://www.store.samhsa.gov/product/A-Journey-Toward-Health-and-Hope-Your-Handbook-for-Recovery-After-a-Suicide-Attempt/SMA15-4419>

### **American Association of Suicidology**

AAS promotes research, public awareness programs, public education and training for professionals and volunteers.

[www.suicidology.org](http://www.suicidology.org)

### **Suicide Prevention Resources for Teens**

This resource contains a list of websites with suicide prevention resources for teens – for those who may be at risk for suicide and those who have friends who may be at risk.

<http://www.sprc.org/resources-programs/suicide-prevention-resources-teens>

### **Suicide Prevention Resource Center**

The Suicide Prevention Resource Center is the only federally supported resource center devoted to advancing the implementation of the National Strategy for Suicide Prevention.

[www.sprc.org](http://www.sprc.org)

### **Reduce Access to Means of Suicide**

Reducing access to lethal means of self-harm for a person at risk of suicide is an important part of a comprehensive approach to suicide prevention. Firearms are the most lethal among suicide methods. Also of concern are medications that are lethal at high doses.

<https://www.sprc.org/comprehensive-approach/reduce-means>

### **Suicide Prevention Resources for Survivors of Suicide Loss**

This resource lists a selection of organizations, websites and materials that can help people who have lost someone to suicide.

<http://www.sprc.org/sites/default/files/resource-program/Survivors.pdf>

### **Jed Foundation**

The Jed Foundation empowers teens and young adults with the skills and support to grow into healthy, thriving adults.

[www.jedfoundation.org](http://www.jedfoundation.org)

### **National Action Alliance for Suicide Prevention**

The National Action Alliance for Suicide Prevention is the nation's public-private partnership for suicide prevention. The Action Alliance works with more than 250 national partners to advance the *National Strategy for Suicide Prevention*.

<http://actionallianceforsuicideprevention.org/>

### **National Police Suicide Foundation**

The National Police Suicide Foundation's mission is to provide training programs on suicide awareness and prevention that establish a standard of care and promote employee well for law enforcement and emergency responders.

[www.psf.org](http://www.psf.org)

### **QPR Institute**

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training.

[www.qprinstitute.com](http://www.qprinstitute.com)

### **Society for the Prevention of Teen Suicide**

Their mission is to reduce the number of youth suicides and attempted suicides by encouraging public awareness through the development and promotion of educational training programs.

<http://www.sptsnj.org>

### **Recommended Standard Care for People with Suicide Risk: Making Health Care Suicide Safe**

This information is for health care organizations that wish to better identify and support people who are at increased risk of suicide and for advocates who will work with hospitals and clinics to make them safer.

[https://theactionalliance.org/sites/default/files/action\\_alliance\\_recommended\\_standard\\_care\\_final.pdf](https://theactionalliance.org/sites/default/files/action_alliance_recommended_standard_care_final.pdf)

### **Suicide Prevention Competencies for Faith Leaders: Supporting Life Before, During, and After a Suicidal Crisis**

This new resource, informed by faith community leaders and suicide prevention experts, aims to help equip faith leaders with the capabilities needed to prevention suicide and provide care and comfort for those affected by suicide.

<https://theactionalliance.org/faith-hope-life/resource/suicide-prevention-competencies-faith-leaders-supporting-life-during-and-after-suicidal>

### **Zero Suicide in Health and Behavioral Health Care**

Zero Suicide is an aspirational challenge and practical framework for system-wide transformation toward safer suicide care.

<http://zerosuicide.sprc.org/>