

REFERRAL RESOURCES

Below is a list of both national and Kentucky-specific support resources and crisis hotlines that you may find helpful for you or a friend. For a life-threatening emergency, dial 911.

Mental Health Support

Contact Information

National Suicide Prevention Lifeline <i>24-hour referrals, assistance, and counseling</i>	988 (call or text) 1-800-273-8255 1-888-628-9454 (Spanish) 1-800-799-4889 (TTY)
Crisis Text Line <i>24-hour free crisis intervention and mental health support, education, and advocacy</i>	Text 'HOME' to 741741 Website: www.crisistextline.org/FAQ
National Alliance on Mental Health <i>Mental health information, referrals, and support for young adults and teens</i>	1-800-950-6264 Text 'helpline' to 62640 Email: helpline@nami.org

Domestic Violence & Abuse Resources

Contact Information

National Domestic Violence Hotline <i>24 Hour referrals, reporting, assistance</i>	1-800-799-7233 1-800-787-3224 (TTY) Text 'START' to 88788 Website (chat): https://www.thehotline.org/
National Sexual Assault Hotline <i>Confidential assistance and referrals for victims of sexual assault</i>	1-800-656-4673
National Child Abuse Hotline <i>National crisis intervention, information, and referrals for child abuse</i>	1-800-422-4453
Children's Advocacy Center of the Bluegrass <i>Kentucky crisis intervention, information, and referrals for child abuse</i>	1-800-752-6200
Kentucky Child/Adult Protective Services (DCBS) <i>Kentucky crisis intervention and reporting for child and adult abuse</i>	1-877-597-2331
National Center on Elder Abuse (NCEA) <i>Referrals and assistance for elder abuse</i> <i>Operates M-F 9 a.m.-8 p.m. EST</i>	1-800-677-1116
Stalking and Harassment Assessment and Risk Profile (SHARP) <i>Free web-based assessment that offers a situational risk profile, information on stalking risks, and safety suggestions</i>	stalkingawareness.org/sharp/
ZeroV: Kentucky united against violence <i>Information and referral resources for Kentucky's 15 intimate partner violence programs, including shelters, legal resources, and children's resources</i>	Zerov.org 502-209-5382 info@zerov.org
Love is Respect <i>24-hour education, support, and advocacy for relationships</i>	1-866-331-9474 Text: 'LOVEIS' to 22522 Website (chat): loveisrespect.org

LGBTQ+ Resources

Contact Information

LGBT National Hotline <i>Confidential referrals, suicide prevention, and peer support</i> <i>Operates M-F 4pm-Midnight EST, Sat Noon-5pm EST</i>	1-888-843-4564 Website: lgbthotline.org
LGBT National Coming Out Support Hotline <i>A safe place to ask questions and discuss concerns for all ages</i>	1-888-688-5428
LGBT National Youth Talkline <i>Confidential referral resources, peer support and information for ages 25 and below</i>	1-800-246-7743

LGBT National Senior Hotline <i>Confidential referral resources, peer support and information for ages 50 and above</i>	1-888-234-7243
National Coalition of Anti-Violence Programs (NCAVP) <i>24-hour resources, referrals, advocacy, and education for reducing violence on LGBTQ+ communities</i>	1-212-714-1141 (call or text)

Substance Use Resources

Contact Information

Substance Abuse and Mental Health Services Administration (SAMSHA) National Helpline <i>24-hour confidential referrals and information for substance use disorder and mental health disorder treatment and recovery</i>	1-800-662-4357 TTY: 1-800-487-4889 Text: 435748 (HELP4U) with zip code for treatment available near you. Website: www.findtreatment.gov
Find Help Now KY <i>Information and referrals for substance use treatments in Kentucky. Operates M-F 7am-10pm EST, S-S 8:30am-5:30pm EST</i>	1-877-318-1871 findhelpnow.org/ky
Kentucky Opioid Assistance and Resource Hotline (KY-OAR) <i>24/7 information and resources for substance use disorders</i>	1-800-854-6813
Alcoholics Anonymous/Al-a-teen Kentucky <i>Information for local meetings in Kentucky</i>	1-502-458-1234
Kentucky Naloxone Information <i>University of Kentucky HEALing Communities Study: community resources, financial information, and where to find naloxone near you.</i>	healingstudy.uky.edu/community-services

Other National Hotlines

Contact Information

National Runaway Safeline <i>Crisis intervention and shelter referrals for all ages</i>	1-800-786-2929 (call or text) Website (chat): 1800runaway.org
HIV/AIDS, STD Hotline <i>Confidential referrals, information, assistance Operates M-F 8am-8pm</i>	1-800-232-4636 TTY: 1-888-232-6348
Kentucky HIV/AIDS, STD Hotline <i>24-hour confidential referrals, information, assistance</i>	1-844-294-2448
Disaster Distress Hotline <i>24-hour counseling and support for natural or human-caused disasters/crises</i>	1-800-985-5990 (call or text)
National Poison Control Hotline <i>24-hour referrals, reporting, assistance, and information</i>	1-800-222-1222 Website: www.poison.org

Other Supports and Resources

Contact Information

Identity Theft Resource Center (ITRC) <i>Assistance and education for identity theft victims Operates M-F 9am-8pm EST</i>	1-888-400-5530 (call or text) Website (chat): idtheftcenter.org
National Indigenous Women's Resource Center (NIWRC) <i>Resources and referrals for violence against indigenous women</i>	1-406-477-3896 Toll-free: 1-855-649-7299 Website: niwrc.org
VINELink: Victim Information Notification Exchange <i>24/7 free, confidential service providing information to crime victims regarding changes in custody status of inmates nationwide</i>	1-866-277-7477 Website: www.vinelink.com

Planned Parenthood <i>Find a Planned Parenthood health center nearest you</i>	1-800-230-7526 Text: 'EDUCATOR' to 774636 Website (chat): plannedparenthood.org
Supplemental Nutrition Assistance Program (SNAP) <i>Food assistance for low-income families</i>	National: 1-800-221-5689 Kentucky: 1-855-306-8959 (M-F 8am-4:30pm EST, Sat 9am-2pm) Website: fns.usda.gov/snap/supplemental-nutrition-assistance-program
Kentucky Transitional Assistance Program (KTAP) <i>Financial and medical assistance for families with children to help pay for basic household expenses</i>	1-855-306-8959 Website: www.kynect.ky.gov/benefits/s/ktap-program