

RESEARCHING EQUITABLE SLEEP TIME IN KENTUCKY COMMUNITIES (REST-KY)



A Resource Guide for Eastern Kentucky

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www.restkystudy.com



REST-KY
RESEARCHING EQUITABLE
SLEEP TIME IN KENTUCKY COMMUNITIES.

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REST-KY



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UK Kentucky®

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INTRODUCTION

MISSION:

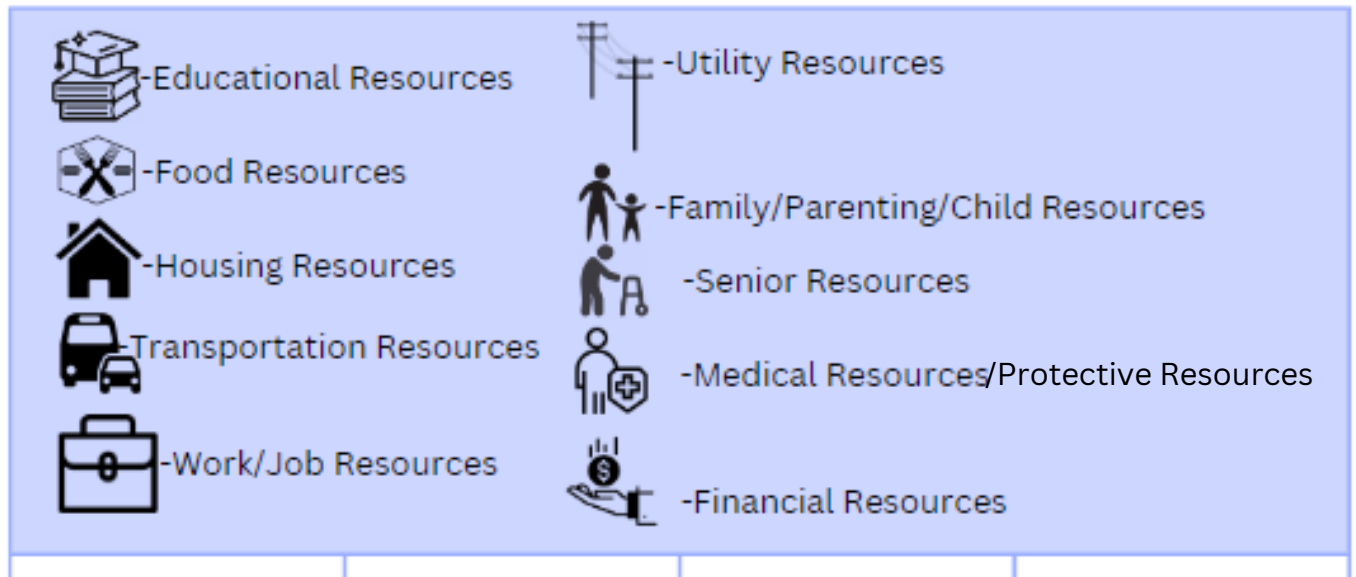
REST-KY is a University of Kentucky research study that aims to better understand how sleep is connected to the health and well-being of the people living in our state. This study hopes to improve sleep habits in Kentucky.

SUPPORT & SERVICES:

This resource guide is designed to provide information about a range of resources and services all in one location. The goal is to lessen the stress of looking for services you or your family may need. If you have additional needs that are not addressed by the resources listed here, please do not hesitate to contact our project staff.

LEGEND:

The following legend is a graphic representation of services provided.



SECTION OVERVIEW:

As mentioned above, this resource guide will help you lessen some stressors that you may have. This guide contains sections on **National Resources, Local Resources, Family & Community Resources, Food Resources, Housing Resources, Protective Resources, Transportation Resources, Utility Resources, and Miscellaneous Resources.**

National Resources provide intervention opportunities for suicide & crisis, domestic violence, mental health, rape crisis, SNAP, and WIC. These resources are available nation-wide, most are available 24-hours per day, and free of charge.

Local Resources provide support in Kentucky or your region. These services include KTAP, Kentucky's HANDS, local action councils, and local area development districts. Some of the aid that is offered include medical, housing, education (head start or work training), family and children assistance, utility (weatherization or payment waiver), protective, senior or elder care, job (work training), transportation (medical or personal), and community resources from grants.

Family & Community Resources provide county specific help in education, work, senior care, housing, utilities, and food.

Food Resources provide county specific help in food delivery, food availability, and food relief.

Housing Resources provide county specific help in housing assistance whether through emergency, rent assistance, or housing intervention.

Protective Resources provide county specific help in protective backing due to domestic issues, personal issues, medical aid, or mental health support.

Transportation Resources provide county specific help in transportation whether to medical facilities, appointments, or personal needs.

Utility Resources provide county specific help in utility assistance in payment of bills, heating options, weatherization of homes, and delivery of heating sources.

Miscellaneous Resources provide county specific help in other areas that are offered to individuals who need specific items.



988 Suicide & Crisis Hotline

MISSION:

The 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 200 local crisis centers, combining custom local care and resources with national standards and best practices.

SUPPORT & SERVICES:

- Call center for support/counseling
- Provides suicide prevention and mental health crisis care
- Provide free confidential one-on-one calls
- Assists you in finding a therapist/support group locally to fit your needs
- Offers self care resources for you
- Assists in finding specific help/resources for you
- Offers stories of others' hope and recovery for you to read

STEPS TO TAKE:

- Call the helpline by dialing 988
- You'll hear the message that you reached 988 Suicide & Crisis Hotline
- A skilled, trained worker closest to you that works at Network crisis center will answer
- Talk to the skilled worker and he/she will listen, provide support, and provide resources

OTHER KEY INFO:

- For TTY Users: Use your preferred relay service or dial 711 then 988
- Línea de Prevención del Suicidio y Crisis 1-888-628-9454
- Veterans Crisis Line 988 Text 838255

Contact Info:

988

<https://988lifeline.org/>



National Domestic Violence Hotline

MISSION:

We answer the call to support and shift power back to those affected by relationship abuse. We envision a world where all relationships are positive, healthy, and free from violence.

SUPPORT & SERVICES:

- Call center for support/counseling
- Provides essential tools and support to help survivors of domestic violence
- Provide free confidential one-on-one calls
- Advocates will talk you through different courses of action
- Offers strategies to help calm down and de-escalate situations and understand how your actions negatively affect you as well as those around you
- Learn about Battering Intervention and Prevention Programs

STEPS TO TAKE:

- Call or text the helpline
- An advocate will listen without judgement and help you address what's going on in your relationship
- Services available 24/7
- Interpreters available in over 140 languages to share story in easiest way possible while receiving support and resources for their unique situation

OTHER KEY INFO:

- Advocates are available in over 140 languages

Contact Info:
1-800-799-SAFE (7233) or Text "START" to 88788
thehotline.org

MISSION:

To transform the understanding and treatment of mental health illnesses through basic and clinical research, paving the way for prevention, recovery, and cure. NIMH envisions a world in which mental illnesses are prevented and cured

SUPPORT & SERVICES:

- Offers basic information on mental disorders, range of related topics, and latest mental health research
- Provides users with information to better understand their health and their diagnosed disorders
- Offers brochures and fact sheets on mental health disorders and related topics for patients and their families, health professionals, and public
- Live chat available 8:30 am - 5 pm ET M-F

STEPS TO TAKE:

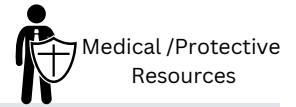
- Call, email, visit the website for information
- Search for your desired information on your disorder
- Other sources are available for immediate use of emergency situations

OTHER KEY INFO:

- Available in multiple languages
- Find a therapist in your area by clicking Psychology Today link:
<https://www.psychologytoday.com/us/therapist>

Contact Info:

1-866-615-6464 or Email nimhinfo@nih.gov
nimh.gov



Rape Crisis Center

MISSION:

Our mission is to provide help, hope, and healing to those affected by sexual violence and cultivate a safe, nonviolent community. Our goal is to help clients heal from the trauma of sexual violence, cope with the immediate crisis and regain a sense of control and trust.

SUPPORT & SERVICES:

- 24-hour Crisis Intervention
- Free and confidential counseling
- Prevention and education programs
- Advocacy and case management
- Support groups

STEPS TO TAKE:

- Call the hotline 800-656-HOPE (4673)
- Or Chat online rapecrisis.com/chat
- Trained crisis intervention specialist will answer and assist

OTHER KEY INFO:

- Available in English or Spanish
- Available 24/7

Contact Info:

Phone: 800-656-HOPE

Chat: www.rapecrisis.com/chat

www.rapecrisis.com



Supplemental Nutrition Assistance Program (SNAP)

MISSION:

SNAP provides nutritional benefits to supplement the food budget of needy families so they can purchase healthy food and move towards self-sufficiency.

ELIGIBILITY:

- Apply within your state of residency
- Agency will determine resource and income limits

Household Size	Gross monthly income (130 percent of poverty)	Net monthly income (100 percent of poverty)
1	\$1,473	\$1,133
2	\$1,984	\$1,526
3	\$2,495	\$1,920
4	\$3,007	\$2,313
5	\$3,518	\$2,706
6	\$4,029	\$3,100
7	\$4,541	\$3,493
8	\$5,052	\$3,886
Each additional member	+\$512	+\$394

STEPS TO TAKE:

- Call 855-306-8959 or Internet: fns.usda.gov/snap
- Agent will take your information and determine eligibility
- Agency will send an EBT (Electronic Balance Transfer) card with monthly awarded amount

Contact Info:
 Phone: 888-306-8959
www.fns.usda.gov/snap



Women, Infants, and Children (WIC)

MISSION:

WIC provides federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age 5 who are found to be at nutritional risk.

ELIGIBILITY:

- Must be in one of the following categories: woman (pregnant, postpartum, or breastfeeding), infant (birth to 1-year), children (birth to 5 years)
- Live in the state to which you are applying
- Financial requirements: eligible to receive SNAP benefits, Medicaid, for Temporary Assistance for Needy Families
- Meet nutritional risks (medical nutritional risk, underweight, poor diet during pregnancy)
- Prescreening Tool available:
<https://wic.fns.usda.gov/wps/pages/preScreenTool.xhtml>

STEPS TO TAKE:

- Call 800-462-6122 or Internet: fns.usda.gov/wic
- Agent will take your information and determine eligibility

Contact Info:
Phone: 800-462-6122
www.fns.usda.gov/wic

Kentucky Transitional Assistance Program (KTAP)

MISSION:

Kentucky Transitional Assistance Program (KTAP) is the monetary assistance program established using federal funds from the Temporary Assistance for Needy Families block grant. KTAP provides financial and medical assistance to needy dependent children in Kentucky and the parents or relatives with whom the children live. KTAP also helps families find jobs or get training that leads to a job.

ELIGIBILITY:

- Low or very low income
- Kentucky resident; US citizen or qualified alien; unemployed or under employed
- Parent/relative caregiver responsible for children up to 19
- Receive benefits for 5 years (60 months lifetime benefit)

STEPS TO TAKE:

- Call 855-306-8959
- Visit <https://chfs.ky.gov/agencies/dcbs/dfs/fssb/Pages/ktap.aspx>
- Apply through Community Based Services
- Once you begin working, earnings may not be counted for 2 months

Contact Info:

Phone: 855-306-8959

<https://chfs.ky.gov/agencies/dcbs/dfs/fssb/Pages/ktap.aspx>



Starting a Family?
HANDS Can Help.

Kentucky's HANDS

MISSION:

The Kentucky Health Access Nurturing Development Services (HANDS) program is a voluntary home visitation program for any new or expectant parents. HANDS supports families as they build healthy, safe environments for the optimal growth and development of children.

SUPPORT & SERVICES:

- Support through your pregnancy and the early years of your baby's life
- Ways to make your home safer for your baby
- Information on how to care for your baby
- Facts that will let you know your baby is growing and developing in healthy ways
- Activities that you and your baby can enjoy together that can stimulate your child's brain development
- Access to other community services

STEPS TO TAKE:

- Call 502-564-3756
- Associate will direct you for needed resource

Contact Info:

Phone: 502-564-3756

wHANDS - Health Access Nurturing Development Services - Cabinet for Health and Family Services (ky.gov)



Utility
Resources



Housing
Resources



Work/Job
Resources



Educational
Resources

Bell-Whitley Community Action Agency

MISSION:

"Community Action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community, and we are dedicated to helping people help themselves and each other."

SUPPORT & SERVICES:

- Community Services Block Grant
- Head Start
- Early Head Start
- Housing
- Weatherization
- Workforce Investment Opportunity Act

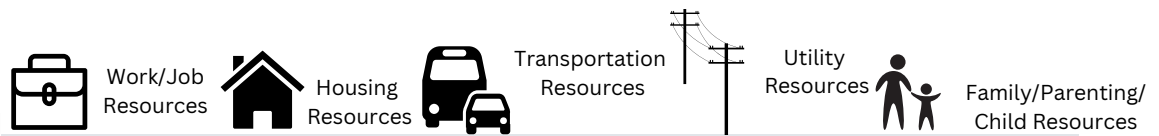
STEPS TO TAKE:

- Call 866-587-6773 or (606) 337-3044 (Bell County) or (606) 549-3933 (Whitley County)
- Associate will direct you for needed resource

Contact Info:

Phone: 866-587-6773 or (606) 337-3044 or (606) 549-3933

www.bellwhitley.com



Daniel Boone Community Action Agency

MISSION:

The mission of the Daniel Boone Community Action Agency is to promote sustainable economic self-sufficiency by eliminating the causes of poverty through partnerships and programs to improve the standard of living of low-income individuals and families.

SUPPORT & SERVICES:

- Service Area: Clay County, Jackson County, Laurel County, Rockcastle County, Lee County, Owsley County, Wolfe County
- Child Care
- Community Services Block Grant
- Emergency Solutions Grant
- Housing
- Low-Income Home Energy Assistance Program
- Tenant Based Rental Assistance
- Transportation
- Weatherization
- Workforce Innovation Opportunity Act

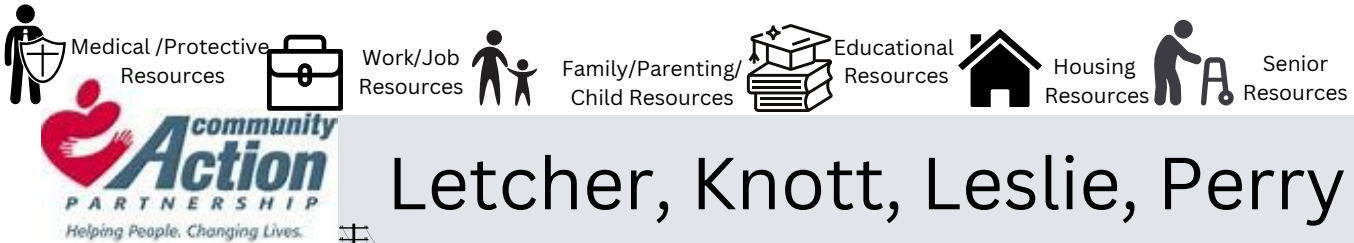
STEPS TO TAKE:

- Call: Clay County-(606) 598-5127, Jackson County-(606) 364-4484, Laurel County-(606) 864-9121, Rockcastle County-(606) 256-5315, Lee County-(606) 464-3859, Owsley County-(606) 593-5153, Wolfe County-(606) 668-3509
- Visit www.danielboonecaa.org
- Email: info@danielboonecaa.org

Contact Info:

Email: info@danielboonecaa.org

www.danielboonecaa.org



MISSION:

To empower individuals and families, improve quality of life in our communities, and combat poverty by providing necessary knowledge, skills, and resources. LKLP's vision is to help communities thrive, serve the whole community, provide comprehensive holistic programming, Be a knowledgeable, resourceful, caring employer and service provider

SUPPORT & SERVICES:

- Community Collaboration for Children
- Community Services Block Grant
- Compassionate Hearts Adult Day Health
- Domestic Violence Program/Safe House
- Head Start
- Early Head Start
- Housing
- Human Service Transportation Delivery
- Jobsight
- Low-Income Home Energy Assistance Program
- Pubic Transportation
- Self-Help Parenting Class
- Victims of Crime Assistance
- Weatherization
- Workforce Investment Opportunity Act

STEPS TO TAKE:

- Call 800-401-4287
- Associate will direct you for needed resource

Contact Info:

Phone: 800-401-4287 or (606) 436-8853

www.lklp.org



Utility Resources



Family/Parenting/Child Resources



Food Resources



Housing Resources



Work/Job Resources



Medical /Protective Resources

Kentucky River Foothills Development Council

MISSION:

KRFDC improves its communities by assisting low-income families and individuals to achieve self-sufficiency by providing direct services and working with partnering organizations to develop additional resources to reduce poverty and create opportunities for those in need.

SUPPORT & SERVICES:

Kentucky River Foothills Development Council primarily serves four central Kentucky counties. Our core service area is Clark, Estill, Madison, and Powell Counties.

- *Basic and emergency needs
- *Energy assistance
- *KYNECT
- *Madison Opioid Response and Empowerment
- *Eastern Scholar House Program
- *Workforce Pathway at Kit Carson Commons
- *Community Collaboration for Children
- *Healthy Marriage and Relationships
- *Responsible Fatherhood
- *Health and Wellness Center

STEPS TO TAKE:

Call (859) 624-2046

Email: foothills@foothillscap.org

Website: <https://foothillscap.org/>

Contact Info:

Phone: (859) 624-2046

www.foothillscap.org



Family/Parenting/
Child Resources



Housing
Resources



Senior
Resources



Food
Resources



Transportation
Resources



Barren River Area Development District

MISSION:

TO PRESERVE AND ADVANCE THE QUALITY OF LIFE AND ECONOMIC WELL-BEING FOR THE CITIZENS OF THE BRADD THROUGH REGIONAL COLLABORATION. GOALS:

Provide support and assistance to the elected officials, leaders and community stakeholders of the region in achieving their missions. Maintain a strong regional voice and foster the exchange of information and ideas. Administer a cooperative planning process to identify barriers, needs, opportunities and solutions. Efficiently advocate a regional approach for the delivery of available programs and services.

Maintain collaborative partnerships between federal, state and local agencies.

SUPPORT & SERVICES:

- Serving 10 counties (Adair, Casey, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Taylor, Wayne)
- Aging and disability services
- Community & Economic Development, Grants, Hazard Mitigation, Planning Services, Transportation Planning Program, Water & Wastewater Management, Public Administration Specialist, Tourism
- Caregiver Program
- Homecare Program
- Participant Directed Services
- Meals on Wheels
- Emergency Food & Shelter
- Garden Project

STEPS TO TAKE:

- Call (270) 781-2381
- Visit www.bradd.com

Contact Info:

Phone: (270) 781-2381

www.bradd.org



Transportation Resources



Work/Job Resources



Senior Resources



Educational Resources



Family/Parenting/Child Resources



Bluegrass Area Development District

MISSION:

Enhance the economy of our communities through planning to maximize resources, projects to promote development, and programs to improve the quality of life for the citizens of the region.

SUPPORT & SERVICES:

- Serving 800,000 residents in 17 counties and 32 cities
- Aging and disability services; www.bgaaail.com; 1-866-665-7921
- Employer Services; www.ckycareers.com
- Economic Development, Grants, Hazard Mitigation, Planning Services, Transportation Planning Program
- Early Head Start
- Head Start
- Caregiver Program
- Homecare Program
- Participant Directed Services

STEPS TO TAKE:

- Call 859-269-2021
- Visit www.bgadd.org

Contact Info:
 Phone: 859-269-8021
www.bgadd.org



Transportation
Resources



Senior
Resources



Family/Parenting/
Child Resources

Cumberland Valley Area Development District

MISSION:

Improving the quality of life in the Cumberland Valley by promoting economic development to provide basic facilities essential to the stimulation of business, manufacturing, services, tourism and commercial activities; and through efforts promoting human resource development to improve health, welfare and education systems within the eight county area; and provide a forum for elected officials and citizens to reach a consensus and establish local-state-federal partnerships to seek a coordinated solution to problems.

SUPPORT & SERVICES:

- Serving 8 counties (Bell, Clay, Harlan, Jackson, Knox, Laurel, Rockcastle, and Whitley)
- Aging and disability services
- Community & Economic Development, Grants, Hazard Mitigation, Planning Services, Transportation Planning Program, Water & Wastewater Management, Public Administration Specialist, Tourism
- Caregiver Program
- Homecare Program
- Participant Directed Services

STEPS TO TAKE:

- Call 606-864-7391
- Visit www.cvadd.org

Contact Info:
Phone: 606-864-7391
www.cvadd.org



Transportation
Resources



Senior
Resources



Family/Parenting/
Child Resources



Kentucky River Area Development District

MISSION:

Improving the quality of life for our citizens through services for seniors, community and economic development, transportation planning, mapping and GIS services, tourism, and more.

SUPPORT & SERVICES:

- Serving 8 counties and 13 cities
- Aging and disability services
- Community & Economic Development, Grants, Hazard Mitigation, Planning Services, Transportation Planning Program, Water & Wastewater Management, Public Administration Specialist, Tourism
- Caregiver Program
- Homecare Program
- Participant Directed Services

STEPS TO TAKE:

- Call 606-436-3158
- Visit www.kradd.org

Contact Info:
Phone: 606-436-3158
www.kradd.org

MISSION:

Improving the quality of life in the Lake Cumberland area by promoting economic development to provide basic facilities essential to the stimulation of business, manufacturing, services, tourism and commercial activities; and through efforts promoting human resource development to improve health, welfare and education systems within the eight county area; and provide a forum for elected officials and citizens to reach a consensus and establish local-state-federal partnerships to seek a coordinated solution to problems.

SUPPORT & SERVICES:

- Serving 10 counties (Adair, Casey, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Taylor, Wayne)
- Aging and disability services
- Community & Economic Development, Grants, Hazard Mitigation, Planning Services, Transportation Planning Program, Water & Wastewater Management, Public Administration Specialist, Tourism
- Caregiver Program
- Homecare Program
- Participant Directed Services
- Meals on Wheels
- Emergency Food & Shelter
- Garden Project

STEPS TO TAKE:

- Call 800-264-7093 or 270-866-4200
- Visit www.lcadd.com

Contact Info:

Phone: 800-264-7093 or 270-866-4200

www.lcadd.org



AppalReD Legal Aid

MISSION:

To promote equal access to justice, to encourage self-sufficiency, to empower and to improve the lives of low income and other vulnerable people and families in eastern and south central Kentucky by providing them high quality legal assistance.

SUPPORT & SERVICES:

- Tax issues including levy releases, innocent spouse release, IRS negotiations, earned income tax credit appeals, tax lien resolutions, tax court litigations, identity theft, and consultations about tax matters
- Legal issues including abuse and stalking, civil procedure, crime victim information, disaster legal aid, employment, food programs, food stamps, housing, disaster legal aid, legal aid network of KY, evictions, LGBT+, low income tax clinic, expungements, pro bono resources, family law, proper courtroom behavior, social security disability

STEPS TO TAKE:

- Online application at: <https://www.ardfky.org/node/29/online-application>
- Speak with intake specialist to complete your application
- Call (866) 277-5733

OTHER KEY INFO:

- Available in English or Spanish

Contact Info:
Phone: 866-277-5733
www.ardfky.org

FAMILY & COMMUNITY SUPPORT



EARLY HEADSTART Provides family centered services for low-income families with very young children to promote the development of children to fulfill their roles as parents and move toward self-sufficiency			
COUNTY	KEY	NAME	CONTACT
Jackson		Daniel Boone Community Action Agency	1005 Ky 89 McKee, KY 40447 (606) 287-7157
Lincoln		Blue Grass Community Action Partnership	345 Waynesburg Rd. Waynesburg, KY 40489 (606) 379-6413
Perry		KRADD First Steps	441 Gorman Hollow Rd. Hazard, KY 41701 (800) 442-0087
HEADSTART Provides comprehensive child development services to children from 3-5 years and their families giving the benefit of stimulating physical learning environment, and high-quality, individualized instruction to prepare them for kindergarten.			
Jackson		Daniel Boone Community Action Agency	1005 Ky 89 McKee, KY 40447 (606) 287-7157
Lincoln		Blue Grass Community Action Partnership	345 Waynesburg Rd. Waynesburg, KY 40489 (606) 379-6413
SENIOR CENTER Provides midday onsite or congregate meals, coordination of home meal deliveries, assistance with homemaking, and transportation, and social programs for individuals 60+			
Bell		Red Bird Mission	70 Queensdale Center Beverly, KY 40913 (606) 598-0520



Educational Resources



Work/Job Resources



Transportation Resources

HOME CARE PROGRAM

Provides in-home services for 60+ with functional disabilities who are at-risk for requiring long-term institutional care with personal care, home management, home health aide, home delivered meals, home repair, household chores, respite, escort, and case management and assessment.

COUNTY	KEY	NAME	CONTACT
Pike		KYDCBS-Division of Protection & Permanency	110 Resource Court Prestonsburg, KY 41653 (606) 886-2374

WORKFORCE INNOVATION and OPPORTUNITY ACT (WIOA) PROGRAM

Provides worker training, on-the-job training, work experiences, apprenticeships, and individual training accounts through community and technical colleges, universities, private-for-profit organizations and businesses.

Jackson	 	Daniel Boone Community Action Agency	654 Educational Mountain Dr. McKee, KY 40447 (606) 287-3571
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Center for Employment Opportunities (CEOC)

Assists with college access, FAFSA, admission process, financial literacy, career exploration, and enrollment.

Bell/Letcher		Kentucky Department for Public Health	1300 Chichester Ave Room 319 Middlesboro, KY 40965 (606) 248-0177
Estill		Kentucky Department for Public Health	3400 Indian Mound Dr. Mt. Sterling, KY 40353 (859) 499-0780
Jackson/Whitley		Kentucky Department for Public Health	310 Sycamore Street Barbourville, KY 40906 (606) 528-0551



Financial Resources



Medical /Protective Resources



Educational Resources



Work/Job Resources



Family/Parenting/Child Resources

Center for Employment Opportunities (CEOC)

Assists with college access, FAFSA, admission process, financial literacy, career exploration, and enrollment.

COUNTY	KEY	NAME	CONTACT
Perry		Kentucky Department for Public Health	1 Community College Dr. Hazard, KY 41701 (606) 487-3190
Pike		Kentucky Department for Public Health	5279 North Mayo Trail Pikeville, KY 41501 (606) 433-0181
Pike		Kentucky Department for Public Health	6 Bert T. Combs Drive Box 1776 Prestonsburg, KY (606) 886-2405

Kentucky Transitional Assistance Program (KTAP)

Provides financial and medical assistance to needy dependent children in Kentucky and parents/relatives with whom the children are living; helps families find jobs or training that leads to a job.

Adair	 	The Ole Homeplace	306 Campbellsville St. Columbia, KY 42728 (270) 384-0560
Bell	 	Horizon Adult Health Care	10599 US Hwy 25 East Pineville, KY 40977 (606) 337-7505

Parenting Assistance

These facilities provide services to parents for well being of infants, children, parents, and future of families.

Bell		Big Creek Missions New Mother Assistance	16773 Hwy 190 Frakes, KY 40940 (606) 337-3613
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Food Resources














Family/Parenting/
Child Resources



Senior Resources



Housing Resources

COUNTY	KEY	NAME	CONTACT
Bell	 	Buffalo Trace Area Development District Mother-to-Mother	700 Queensdale Center Beverly, KY 40913 (606) 598-0520
ADULT HEALTHCARE			
Offers supportive and therapeutic social program of supervision and care provided in an out-of-home setting to 60+ with physical disability, mental confusion, or emotional/social needs during part of the day but not 24 hours.			
Adair		The Adanta Group	127 Reed St. Columbia, KY 42728 (270) 384-5351
Adair	 	The Ole Homeplace	306 Campbellsville St. Columbia, KY 42728 (270) 384-0560
Bell		Horizon Adult Health Care	10599 US Hwy 25 East Pineville, KY 40977 (606) 337-7505
Bell	 	Rural Transit Enterprises Coordinated Family Adult Day Health Care	517 North 15 Street Middlesboro, KY 40954 (606) 248-1938
Estill		Horizon Adult Health Care	178 Broadway St Irvine, KY 40336 (606) 726-0197
Jackson		Horizon Adult Health Care	200 Water Street McKee, KY 40447 (606) 287-8983
Letcher		Mountain Outreach Inc.	3198 Hwy 343 Neon, KY 41840 (606) 832-9026








Food Resources



Senior Resources

ADULT HEALTHCARE

Offers supportive and therapeutic social program of supervision and care provided in an out-of-home setting to 60+ with physical disability, mental confusion, or emotional/social needs during part of the day but not 24-hours.

COUNTY	KEY	NAME	CONTACT
Russell	 	Russell County Adult Day Health	119 Herriford Circle Jamestown, KY 42629 (270) 343-2551
Russell	 	Adult Day of Russell Springs	1165 Lakeway Drive Russell Springs, KY 42642 (270) 866-4877
Whitley		Horizon Adult Health Care	965 South Hwy 25 West Suite 5 Williamsburg, KY 40769 (606) 539-9522



Food Resources



Senior Resources



Housing Resources



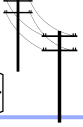





Utility Resources

FOOD RESOURCES







EMERGENCY FOOD & SHELTER PROGRAM


Provides utility, housing, or food assistance for eligible clients experiencing economic emergencies and who are at risk of becoming hungry or homeless.








COUNTY	KEY	NAME	CONTACT
Jackson	  	Daniel Boone Community Action Council	5748 Kentucky Hwy 290 McKee, KY 40447 (606) 364-4484
Russell	  	Lake Cumberland Community Action Agency	23 Industry Drive Jamestown, KY 42629 (270) 343-4565




FOOD PANTRY

Offers free food and other services to low-income individuals to assist in reducing hunger and other basic needs.

Adair	 	God's Pantry	206 Campbellsville St. Columbia, KY 23728 (270) 384-2612
Bell		Lighthouse Mission Center	Hwy 119 Kingdom Come Parkway Pineville, KY 40977 (606) 337-1834
Bell		Salvation Army	118 North 18th Street Middlesboro, KY 40965 (606) 248-4925
Bell		Henderson Settlement	16773 Hwy 190 Frakes, KY 40940 (606) 337-3613
Bell		Appalachian Hands of Hope	105 Donnie Carnes Rd Arjay, KY 40902 (606) 545-7330








FOOD PANTRY Offers free food and other services to low-income individuals to assist in reducing hunger and other basic needs.			
COUNTY	KEY	NAME	CONTACT
Estill		Remnant Bread of Life Church	514 Main Street Ravenna, KY 40472 (606) 975-4182
Jackson		God's Pantry	PO Box 263 Stand Gap, KY 40481 (606) 287-8285
Jackson		Manchester Seventh-Day Adventist Church	6042 Hwy 421 South Mcke, KY 40447 (606) 287-3039
Jackson		St. Stephen Outreach	1257 McCammon Ridge Rd Mcke, KY 40447 (606) 287-8336
Pike		Handfuls on Purpose	222 Hambly Blvd PO Box 118 Pikeville, KY 41501 (606) 424-9096
Pike		Home Missions Outreach	PO Box 2602 Pikeville, KY 41501 (606) 478-5433
Pike		Hope Incorporated	850 Collins Highway Pikeville, KY 41501 (606) 432-4673

FOOD PANTRY Offers free food and other services to low-income individuals to assist in reducing hunger and other basic needs.			
COUNTY	KEY	NAME	CONTACT
Pike		Operation Eat	1978 South Mayo Trail Pikeville, KY 41501 (606) 437-0292
Pike		Heenon Church of Christ	15 Right Fork of Brushy Road Varney, KY 41571 (606) 631-6962
Pike		Helping Hands of Phelps	81 Maria Branch Phelps, KY 41553 (606) 213-6591
Pike		Community Lighthouse	202 Compton Bottom Belfry, KY 41514 (606) 939-4706
Pike		Guiding Light Community Church	2507 Powells Creek Rd Regina, KY 41559 (606) 454-3167
Pike		Thankful Hearts	648 Adams Road Pikeville, KY 41501 (606) 437-6221
Rockcastle		Brodhead	PO BOX 446 Brodhead, KY 40409 (606) 308-3099

FOOD PANTRY Offers free food and other services to low-income individuals to assist in reducing hunger and other basic needs.			
COUNTY	KEY	NAME	CONTACT
Rockcastle		Manchester Seventh-Day Adventist Church	196 Bolling Lane Mt. Vernon, KY 40456 (606) 256-0973
Rockcastle		Manchester Seventh-Day Adventist Church	3095 Richmond Road Mt. Vernon, KY 40456 (606) 256-3035
Russell		Feeding America, Kentucky's Heartland	PO Box 821 Elizabethtown, KY 42702 (877) 532-2767

HOUSING RESOURCES







The following resources provide emergency housing or affordable housing options.

COUNTY	KEY	NAME	CONTACT
Adair		Unemployment Bridge Program	115 Jamestown St. Suite 6 Columbia, KY 42728 https://wapps.kyhousing.org/KHC_ProtectKYHome/NewUser.aspx (270)384-2147
Adair		Angel Manor Apartments	605 Burksville St Columbia, KY 42728 (270) 384-5525
Adair		Columbia Housing Partners	156 Carrie Bolin Drive Columbia, KY 42728 (901) 737-0304
Adair		Columbia Greens Apartments	295 Jamestown Street Columbia, KY 42728 (270) 384-6724
Adair		Columbia Residence	55 Miller Heights Columbia, KY 42728 (502) 254-4205
Adair		Country Place Apartments	306 Magnolia Drive Columbia, KY 42728 (270) 384-5888
Adair		Housing Authority of Columbia	920 Carrie Bolin Drive Columbia, KY 42728 (270) 384-2271









The following resources provide emergency housing or affordable housing options.

COUNTY	KEY	NAME	CONTACT
Adair		Royal Manor Apartments	110 Hudson Street Columbia, KY 42728 (270)384-43216
Adair		Spring Ridge Meadows	1180 Carrie Bolin Drive Columbia, KY 42728 (270) 384-6091
Bell		COAP, Inc.	301 North Main Street Harlan, KY 40831 (606) 573-9853
Bell		Southeast Kentucky Housing and Homeless Alliance (SKHHA)	129 North Pine Street Pineville, KY 20977 (606) 337-1439
Bell		Unemployment Bridge	129 North Pine Street Pineville, KY 40977 (606) 337-3044
Bell		Cooperative Christian Ministry Relocation Program	2124 Cumberland Ave Middlesboro, KY 40965 (606) 248-8022
Bell		Red Bird Mission Elderly & Disabled Apartments	15439 South Highway 66 Beverly, KY 40913 (606) 598-0520
Bell		Bella Gardens Apartments	200 Bella Gardens Drive Middlesboro, KY 40965 (606) 248-1602

The following resources provide emergency housing or affordable housing options.

COUNTY	KEY	NAME	CONTACT
Bell		Cumberland Village Apartments	99 West Cumberland Avenue Middlesboro, KY 40965 (606) 248-4480
Bell		Cumberland Woods Apartments	370 South 13th Street Middlesboro, KY 28217 (704) 357-6000
Bell		Ferndale Apartments	1 Ferndale Road Pineville, KY 40977 (606) 337-8821
Bell		Happy Hollow Apartments	South 38th Street Middlesboro, KY 40977 (606) 242-2402
Bell		Housing Authority of Middlesboro	South 38th Street Middlesboro, KY 40977 (606) 248-1940
Bell		Housing Authority of Pineville	911 Alabama Avenue Pineville, KY 90477 (606) 337-2900
Bell		Wilderness Trail Manor	1 Wilderness Trail Pineville, KY 40977 (606) 337-8862
Estill		Lake Cumberland County Action Council	111 Collins Street Irvine, KY 40336 (606) 723-4492

The following resources provide emergency housing or affordable housing options.

COUNTY	KEY	NAME	CONTACT
Estill		Housing Authority of Irvine	285 Mountain Crest Drive Irvine, KY 40336 (606) 723-3116
Estill		Irvine Renaissance	114 Collins Street Irvine, KY 40336 (606) 745-7969
Estill		Irvine School Apartment	229 Broadway Street Irvine, KY 40336 (859) 233-2009
Estill		Irvine West Apartments	125 Ridge Road, Box 25 Irvine, KY 40505 (859) 293-2175
Estill		North Irvine I, II, III	1100inchester Road Irvine, KY 40505 (859) 293-2175
Estill		Stacy Lane Apartments	2600 Stacy Lane Irvine, KY 40336 (606) 723-7621
Jackson		Park Ridge Apartment	104 Park Ridge Road McKee, KY 40447 (501) 666-9629
Jackson		McKee Manor	106 McKee Manor Drive McKee, KY 40447 (606) 267-8990




The following resources provide emergency housing or affordable housing options.

COUNTY	KEY	NAME	CONTACT
Jackson		Jackson Valley Apartments	1201 Jackson Valley Road McKee, KY 40447 (606) 287-7677
Jackson		Housing Authority of McKee	1406 Robert Court McKee, KY 40447 (606) 287-8777
Jackson		Kentucky Housing Corporation	5748 Kentucky Highway 190 McKee, KY 40447 (606) 364-4484
Knott		Housing Authority of Knott County	997 Highway 160 South Hindman, KY 41822
Knott		Hindman Hills Apartment	42 Hindman Hills Road Hindman, KY 41822 (859) 286-5388
Knott		Sun Valley Apartments	28 Cave Branch Road Hindman, KY 41822 (606) 785-5903
Letcher		Whitesburg Transitional Housing	65 Bentley Avenue Whitesburg, KY 41858 (502) 564-7630
Letcher		Kentucky Housing Corporation	2 Mian Street Whitesburg, KY 41858 (888) 280-8348










The following resources provide emergency housing or affordable housing options.

COUNTY	KEY	NAME	CONTACT
Letcher		Carpenter's House	Improvement Branch Jenkins, KY 41537 (606) 855-4561
Letcher		Cornerstone	Main Street Neon, KY 41840 (606) 855-4561
Letcher		Goodwater Falls	548 Goodwater Street Jenkins, KY 41537 (859) 276-5388
Letcher		Homes-Neon Rental	Rozeboom Road Neon, KY 41840 (606) 855-4561
Letcher		Housing Authority- Whitesburg	4 Banks Street Apartment 101 Whitesburg, KY 41858 (606) 633-7144
Letcher		Letcher Independent Living	Scattered Sites Whitesburg, KY 41858 (502) 564-7630
Letcher		Mountain Pride Apartments	281 Goose Creek Road Neon, KY 41840 (502) 491-2422
Letcher		Mountain Breeze Apartments	556 Mountain Breeze Road Jenkins, KY 41537 (606) 832-4434






The following resources provide emergency housing or affordable housing options.

COUNTY	KEY	NAME	CONTACT
Letcher		Neon Rental	Scattered Sites Neon, KY 41840 (502) 564-7630
Lincoln		Licking Valley Community Action Program	111 Professional Court Frankfort, KY 40601 (502) 695-4290
Lincoln		Crab Orchard Springs Apartments	624 Elm Street Crab Orchard, KY 40419 (606) 369-5096
Lincoln		Housing Authority of Stanford	100 Lacy Street Stanford, KY 40484 (606) 365-7874
Lincoln		Hustonville Elderly Apartments	9600 East Main Street Hustonville, KY 40437 (859) 293-2175
Lincoln		Lincoln Terrace Apartments	120 Star Avenue Stanford, KY 40484 (606) 365-3109
Lincoln		Logan's Trace Apartments	215 River Drive Stanford, KY 40484 (606) 365-3171
Lincoln		Oak View Apartments	401 Oak View Stanford, KY 40484 (606) 365-1467









The following resources provide emergency housing or affordable housing options.

COUNTY	KEY	NAME	CONTACT
Lincoln		Orchard Commons & Orchard Commons II	1316 Walnut Street Crab Orchard, KY 40419 (606) 355-7405
Lincoln		Shea Villa Apartments	121 Shea Villa Court Stanford, KY 40484 (859) 369-5096
Lincoln		Stanford Greens	117 Herdon Avenue Stanford, KY 40484 (859) 276-5388
Lincoln		Springview Apartments	137 A Lancaster Street Crab Orchard, KY 40419 (606) 355-9164
Lincoln		Bluegrass Domestic Violence Program	PO Box 55190 Lexington, KY 40555 (800) 644-2022
Lincoln		Unto Me Men's Shelter	55 Cutoff Street Stanford, KY 40484 (606) 335-7123
Perry		Hazard Hope House	1001 North Main St Hazard, KY 40701 (606)439-0560
Pike	 	Westcare Shelter	173 Redale Street Pikeville, KY 41501 (606) 432-9442
Pike		Supportive Services for Veterans Families	211 south Carol Malone Boulevard Grayson, KY 41143 (606) 474-0200

The following resources provide emergency housing or affordable housing options.

COUNTY	KEY	NAME	CONTACT
Pike		Carl D. Perkins Apartments	200 Douglas Parkway Pikeville, KY 41501 (606) 639-8280
Pike		Carter Perkins Apartments	80 Murphy Bottom Road Belfry, KY 41514 (606) 353-4149
Pike		Douglas Apartments & Douglas Apartments II	148 Douglas Parkway Pikeville, KY 41501 (606) 432-4178
Pike		Forest Trace Apartments	160 Forest Trace Hill Apartment 140 Huddy, KY 41535 (502) 491-2422
Pike		Northgate I & Northgate II	142 Northgate Drive Pikeville, KY 41501 (606) 437-6679
Pike		Pikeville Public Housing & Kentucky Avenue Phase II & Kentucky Avenue Phase IV	748 Hambley Boulevard Pikeville, KY 41501 (606) 432-8124
Pike		Phelps Senior Housing	43100 Street Highway 194 East Freedom, KY 41528 (606) 456-9999
Pike		Pikeville Affordable Housing	Elkhorn City Phase I Elkhorn City, KY 41522 (606) 432-4178









The following resources provide emergency housing or affordable housing options.

COUNTY	KEY	NAME	CONTACT
Pike		Pike Villa Apartments	130 Claire Lane Apartment 803 Pikeville, KY 41501 (606) 432-3286
Pike		Tug Fork Apartments	25 Tug Fork Drive Turkey Creek, KY 41514 (606) 237-7180
Pike		COAP, Inc. Section 8 Housing	748 Hambley Boulevard Pikeville, KY 41501 (606) 432-8124
Pike		Elkhorn City Apartments	Scattered Sites Elkhorn, KY 41522 (502) 564-7630
Rockcastle		Southeast Kentucky Housing and Homeless Alliance	105 East Main Street Box 7 Mt. Vernon, KY 40456 (606) 256-5315
Rockcastle		Brodhead Elderly Apartments	Route 1 Box 10 Brodhead, KY 40409 (859) 293-2175
Rockcastle		Castle Village Apartments	165 Castle Village Drive Brodhead, KY 40409 (606) 758-4111
Rockcastle		Cave Valley Apartments	615 Richmond Street Mt. Vernon, KY 40456 (606) 256-1387





The following resources provide emergency housing or affordable housing options.

COUNTY	KEY	NAME	CONTACT
Rockcastle		Housing Authority of Mt. Vernon	50 Lovell Lane Mt. Vernon, KY 40456 (606) 256-4185
Rockcastle		Livingston Manor Apartments	Route 5 Suite 371 Livingston, KY 40445 (606) 453-4311
Rockcastle		Mount Vernon Greens	900 McBee Street Mt. Vernon, KY 40456 (859) 276-5388
Rockcastle		Mount Vernon Manor	75 Sigmon Street Mt. Vernon, KY 40456 (859) 276-5388
Rockcastle		Mount Village Apartments Ltd.	1120 West Main Street Mt. Vernon, KY 40456 (606) 256-2005
Rockcastle		Rockcastle Villa	1030 West Main Street Mt. Vernon, KY 40456 (606) 256-482
Rockcastle		Town Branch Apartments	70 Crawford Street Extension Mt. Vernon, KY 40456 (859) 276-5388
Rockcastle		Town Hill #1	30 Town Hill Court Mt. Vernon, KY 40456 (606) 598-5127

The following resources provide emergency housing or affordable housing options.









COUNTY	KEY	NAME	CONTACT
Rockcastle		Town Hill #2	75 Sand Springs Road Mt. Vernon, KY 40456 (606) 598-5127
Rockcastle		Valley View Apartments	250 Old US Highway 25 South Mt. Vernon, KY 40456 (606) 256-5912
Russell		East Cumberland Estates	East Cumberland Avenue Jamestown, KY 42629 (270) 343-4600
Russell		Lake Cumberland Community Action Agency	23 Industry Drive Jamestown, KY 42629 (270) 343-4565
Russell		Baron Hills Apartments	33 Apache Avenue Russell Springs, KY 42642 (770) 984-2100
Russell		Crystal Springs Apartments	475 Maple Street Russell Springs, KY 42642 (859) 734-5639
Russell		Grace Manor Apartments	972 Main Street Russell Springs, KY 42642 (270) 866-2717
Russell		Heavenly Heights Apartments	972 Main Street Russell Springs, KY 42642 (270) 343-5171

The following resources provide emergency housing or affordable housing options.

COUNTY	KEY	NAME	CONTACT
Russell		Jamestown Manor Apartments	678 South Main Street Jamestown, KY 42629 (270) 343-2329
Russell		Lake Cumberland Housing Authority	69 Herriford Curve Road Jamestown, KY 42629 (270) 343-4740
Russell		Russell Springs Manor	85 Main Street Russell Springs, KY 42642 (270) 866-2131
Russell		Spring Meadow Apartments	Scattered Sites Russell Springs, KY 42642 (859) 734-5639

PROTECTIVE SERVICES Medical /Protective Resources

If you need protective assistance from a dangerous situation, please seek out one of the following resources.

COUNTY	KEY	NAME	CONTACT
Adair		Adult Protective Services	24-hour Hotline (877) 597-2331
Adair		AppalReD Legal Aid	108 College Street Somerset, KY 42501 (606) 679-7313
Adair		Adanta Sexual Assault Resource Center	200 East Frazier Ave Columbia, KY 42728 (270) 384-4820
Adair		Bethany House Abuse Shelter, Inc.	24-Hour Hotline (800) 755-2017
Bell		Cumberland River Behavioral Health Victims' Services	1203 American Greeting Road Corbin, KY 40701 (800) 656-4673
Bell		Cumberland Valley Domestic Violence Services	3100 Highway 30 Bypass London, KY 40741 (606) 843-2022
Estill		AppalReD Legal Aid	114 North 3rd Street Richmond, KY 40475 (859) 624-1394
Estill		Ampersand (Bluegrass Rape Crisis Center)	2025 Regency Road Lexington, KY 40503 (859) 253-2511



If you need protective assistance from a dangerous situation, please seek out one of the following resources.

COUNTY	KEY	NAME	CONTACT
Estill		Turning Point Domestic Violence Services	(800) 544-2022
Jackson		Hope Harbor	3100 Highway 30 Bypass London, KY 40741 (606) 843-2022
Jackson		Cumberland River Behavioral Health Victims' Services	1203 American Greeting Road Corbin, KY 40701 (800) 656-4673
Knott		Adult/Child Protective Services	125 Cowtown Road Hindman, KY 41822 (606) 785-3106
Knott		Crossroads Crisis Center	118 Willies Way Hazard, KY 41701 (800) 262-7491
Knott		The Rising Center	637 Morton Boulevard Hazard, KY 41701 (606) 435-0849
Knott		Care Cottage	465 Cedar Street Hazard, KY 41701 (606) 487-9173
Letcher		Care Cottage	465 Cedar Street Hazard, KY 41701 (606) 467-9173



If you need protective assistance from a dangerous situation, please seek out one of the following resources.

COUNTY	KEY	NAME	CONTACT
Letcher		The Rising Center	637 Morton Boulevard Hazard, KY 41701 (606)435-0849
Letcher		Crossroads Crisis Center	119 Willies Way Hazard, KY 41701 (800) 262-7491
Lincoln		Ampersand Bluegrass Rape Crisis Center	2025 Regency Road Lexington, KY 40503 (859) 253-2511
Lincoln		Turning Point Domestic Violence Service	1292 Highway 122 Martin, KY 41649 (800) 544-2022
Lincoln		Isaiah House	2415 Mount Salem Road Hustonville, KY 40437 (606) 346-9868
Perry		Crossroads Crisis Center	118 Willies Way Hazard, KY 41701 (800) 742-7491
Perry		The Rising Center	537 Morton Boulevard Hazard, KY 41701 (606) 435-0849
Perry		Care College	465 Cedar Street Hazard, KY 41701 (606) 487-9173



If you need protective assistance from a dangerous situation, please seek out one of the following resources.

COUNTY	KEY	NAME	CONTACT
Pike		Turning Point Domestic Violence Services	PO Box 1297 Prestonsburg, KY 41653 (606) 886-6025
Rockcastle		Cumberland River Behavioral Health Victims' Services	1203 American Greeting Road Corbin, KY 40701 (800) 656-4673
Rockcastle		Hope Harbor	3100 Highway 30 Bypass London, KY 40741 (606) 843-2022
Russell		Adanta Sexual Assault Resource Center	119 Herriford Curve Road Jamestown, KY 42629 (270) 343-2551
Russell		Bethany House Abuse Shelter, Inc.	(800) 755-2017
Whitley		Cumberland River Behavioral Health Victims' Services	1203 American Greeting Road Corbin, KY 40701 (800) 656-4673
Whitley		Hope Harbor	3100 Highway 30 Bypass London, KY 40741 (606) 843-2022

TRANSPORTATION SERVICES



Transportation
Resources

The following provide resources for transportation services.

COUNTY	KEY	NAME	CONTACT
Adair		Human Service Transportation	398 Roy Campbell Drive Hazard, KY 41701 (800) 245-2826
Bell		Henderson Settlement Medical Assistance	16773 Hwy 190 Frakes, KY 40940 (606) 337-2225
Estill		Blue Grass Community Action Partnership	2308 Frankfort Court Lexington, KY 40510 (859) 256-2722
Estill		Foothills Express	309 Spangler Drive Richmond, KY 40475 (859) 624-3236
Jackson		Just Family	398 Roy Campbell Drive Hazard, KY 41701 (800) 245-2826
Knott		Just Family, Inc.	1622 Highway 160 South Hindman, KY 41822 (800) 245-2826
Letcher		Just Family, Inc.	2 Main Street Whitesburg, KY 41858 (888) 280-8346

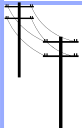
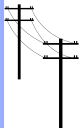
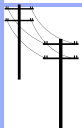
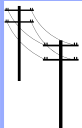
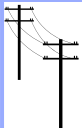
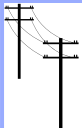
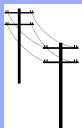
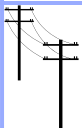


The following provide resources for transportation services.

COUNTY	KEY	NAME	CONTACT
Lincoln		Blue Grass Community Action Partnership	100 Senior Way Stanford, KY 40484 (606) 365-90126
Perry		Just Family, Inc	412 Roy Campbell Drive Hazard, KY 41701 (606) 439-1362
Pike		Bluegrass Community Action Partnership	805 Hambley Boulevard Pikeville, KY 41501 (877) 330-7287

UTILITY ASSISTANCE SERVICES

The following provide resources for utilities assistance as needed.

COUNTY	KEY	NAME	CONTACT
Adair		WinterCare	1115 Jamestown Street Suite 6 Columbia, KY 42728 (270) 384-2147
Bell		Cooperative Christian Ministry Utility Assistance	2124 Cumberland Ave Middlesboro, KY 40965 (606) 248-8022
Bell		Henderson Settlement Utility Bill Assistance	16773 Hwy 190 Frakes, KY 40940 (606) 337-2225
Lincoln		Community Action of Southern Kentucky	111 Professional Court Frankfort, KY 40601 (502) 695-4290
Lincoln		Licking Valley Community Action Program	111 Professional Court Frankfort, KY 40601 (502) 695-4290
Perry		Appalachia Heat Squad	2871 North Main Street Hazard, KY 41701 (833) 986-0088
Pike		Bethany House Abuse Shelter, Inc. Winter Care	478 Town Mountain Road Pikeville, KY 41501 (606) 432-7145
Russell		GreenHouse17	23 Industry Drive Jamestown, KY 42629 (270) 343-4565



MENTAL HEALTH RESOURCES

The following will give you resources for mental health services available in your county to assist with issues you may encounter.

COUNTY	KEY	NAME	CONTACT
Adair		TJ Samson Columbia Hospital	(270) 384-4753
Adair		Wellsprings Wellness	(606) 217-6938
Adair		David Kingsbury, Therapist	(270) 213-6302
Adair		Serenity Counseling Services	(270) 984-8902
Bell		Middlesboro ARH Hospital	(606) 242-1100
Bell		Intrust Healthcare	(606) 441-5061
Bell		Cumberland River Behavioral Health	(888) 363-2855
Estill		Mercy Health Marcum and Wallace	(606) 723-2115
Estill		Living Well Conseling	(859) 449-7742
Estill		CARE Clinic	(859) 217-4592



The following will give you resources for mental health services available in your county to assist with issues you may encounter.

COUNTY	KEY	NAME	CONTACT
Estill		Brittany Wilson	(859) 428-7862
Jackson		Kentucky River Medical Center	(606) 666-6000
Jackson		Laura Weitkamp, Therapist	(859) 800-6244
Jackson		Lisa Parsons, Therapist	(859) 517-5052
Jackson		Mary Rollins, Psychiatrist	(606) 532-1889
Jackson		DeNova	(859) 605-9990
Knott/Perry		Hazard ARH Regional Medical Center	(606) 439-6600
Knott		Susan Spencer, Therapist	(606)785-0300
Knott		Paula Mosley, Therapist	(606) 785-3106
Knott		Kentucky River Community Care	(606) 785-3556
Letcher		Whitesburg ARH Regional Medical Center	(606) 633-3500



The following will give you resources for mental health services available in your county to assist with issues you may encounter.

COUNTY	KEY	NAME	CONTACT
Letcher		Mountain Comprehensive Health Corporation	(606) 633-4871
Letcher		Discovering Hope Counseling	(276) 639-0077
Lincoln		Ephraim McDowell Fort Logan Hospital	(606) 365-4600
Lincoln		Central Kentucky Counseling Association	(859) 795-3729
Lincoln		Danville Counseling Center	(859) 209-6624
Lincoln		Aaron Rodocker, Psychiatrist	(859) 251-2162
Perry		Susan Turner, Therapist	(606) 202-7727
Perry		Associates in Counseling	(606) 435-0551
Perry		Hazard ARH Psychiatric Center	(606) 439-1311
Perry		Behavioral Health Group	(606) 487-1646
Pike		Pikeville Medical Center	(606) 430-3500



The following will give you resources for mental health services available in your county to assist with issues you may encounter.

COUNTY	KEY	NAME	CONTACT
Pike		Mike Hatfield, Therapist	(606) 342-7666
Pike		Open Doors Counseling	(859) 780-8746
Pike		Psychiatric Center	(606) 432-7233
Rockcastle		Rockcastle Regional Hospital	(606) 256-7707
Rockcastle		Small Bridges Counseling	(606) 206-8190
Rockcastle		Victory Counseling	(606) 401-2075
Rockcastle		Dr. Kelsey Ladd, Psychiatrist	(606) 256-4148
Russell		Russell County Hospital	(270) 866-4141
Russell		Serenity Counseling Services	(606) 217-6653
Russell		Julia Joseph-Fox, Therapist	(606) 263-1727
Russell		Wellsprings Wellness	(606) 206-7200



The following will give you resources for mental health services available in your county to assist with issues you may encounter.

COUNTY	KEY	NAME	CONTACT
Whitley		Baptist Health Corbin Emergency Care	(606) 528-1212
Whitley		Scarlette Rebecaa Jasper, Therapist	(859) 759-4457
Whitley		New Frontiers Clinical Counseling	(606) 263-1339
Whitley		Mary Rollins, Therapist	(606) 532-1889

MISCELLANEOUS RESOURCES

This section provides a variety of resources.

COUNTY	KEY	NAME	CONTACT	DESCRIPTION
Perry		Kentucky Mountain Health Alliance, Inc. Little Flower Clinic	279 East Main St. Hazard, KY 41701 (606) 487-9505	Perry County helps improve health and well-being for Southeast Kentucky citizens at risk for homelessness
Whitley		University of Cumberlands Thrift and Consignment	528 Main St. Williamsburg, KY 40769 (606) 515-6178	Whitley County provides items to families in need at low costs