

# It's okay to ask for help



## Mental Health Resources

**988 Suicide & Crisis 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 in the United States.

 988 | [988lifeline.org](https://988lifeline.org)

**Community Mental Health Centers** provide services for Kentuckians who have problems with mental health, developmental and intellectual disabilities, or substance abuse, through Kentucky's 14 regional Boards for Mental Health.

 (502) 564-4527  
[dbhdid.ky.gov/cmhc/](https://dbhdid.ky.gov/cmhc/)

**Crisis Text Line** Text KY to 741741 from anywhere in the United States, anytime. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform.

Text KY to 741741


**FindHelpNowKY.org** is a website that can help you find addiction treatment facilities that are taking new clients right now.

[findhelpnow.org/ky](https://findhelpnow.org/ky)

**Mental Health America of Kentucky** provides information about resources and programs and offers a number of mental health screenings on their website.

[mhaky.org/](https://mhaky.org/)

**Warmline** is a non crisis number to call to get emotional support and help you make a plan to feel better.

 (877) 840-5167