



# FINDING MENTAL HEALTH HELP



Kentucky Public Health  
Prevent. Promote. Protect.

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PEER 2 PEER: INFORMATION FOR PEER SUPPORT SPECIALISTS, CARE NAVIGATORS, AND OTHERS DEDICATED TO SUPPORTING RECOVERY

## THE BIG PICTURE

- Finding appropriate mental health treatment for a person who needs help can be complicated and time-consuming.
- The [FindMentalHealthNowKY.org](http://FindMentalHealthNowKY.org) website makes finding mental health treatment that matches a person's needs quick and easy.
- People can use the website to find treatment providers by location, the types of treatment they provide, and the types of payment they accept.

**Many people struggle with mental health issues** such as depression, anxiety, phobias, and other conditions, including substance use disorder (SUD). Finding treatment can be difficult and frustrating. If a person has specific requirements, finding a mental health treatment program for them can be even harder. Fortunately, there is a website that can help.

[FindMentalHealthNowKY.org](http://FindMentalHealthNowKY.org) is a web-based treatment locator that makes it easy to search for mental health treatment options. A person can search for themselves or another person. They can search for treatment programs by location and type of treatment (such as inpatient, outpatient, intensive outpatient, or telehealth) provided, and by the types of payment accepted. They can also search for treatment programs that accept specific genders.

Once the person has provided information about their needs, the locator will generate a list of the nearest treatment programs that fit those criteria. Programs will be listed by city and state,

with a short description of each. Program listings include a telephone number and a link to the program's website, if it has one. Additional services provided by the program, such as peer support/peer recovery programs, if applicable, are listed. Providers update their programs' status regularly so it's easy to see which programs are accepting new patients.

To use the treatment locator:

1. Go to [www.findmentalhealthnowky.org](http://www.findmentalhealthnowky.org),
2. Select an option from each of the four drop-down menu bars in the search box and enter the location (city and state) of the person who needs treatment,
3. If the person searching for help also has a substance use disorder, check that box on the search form,
4. Click the blue Search button to generate the list of treatment programs that meet the person's needs.

*Note: The FindHelpNow system also includes options to search for substance use disorder treatment, recovery housing, and naloxone. Those modules of the system are described in other Peer 2 Peer fact sheets but they work similar to the substance use treatment locator.*

To learn more about [FindHelpNow.org](http://FindHelpNow.org), visit the Kentucky Injury Prevention and Research Center's mental health treatment locator information page at [kiprc.uky.edu/programs/findhelpnow](http://kiprc.uky.edu/programs/findhelpnow). You can also learn more at [www.facebook.com/FindHelpNowKY](https://www.facebook.com/FindHelpNowKY).

*Please see reverse.*

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Please help us improve our services by completing a brief survey. Scan the QR code below to access the survey.



Peer 2 Peer is a product of the Kentucky Injury Prevention and Research Center, a partnership between the University of Kentucky College of Public Health and the Kentucky Department for Public Health (DPH). For more information, visit [www.kiprc.uky.edu](http://www.kiprc.uky.edu). This project is supported by the Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services (HHS) as part of cooperative agreement 1 NU17CE010186 totaling \$5.4 million with 0% financed with nongovernmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, CDC, HHS, or the U.S. government. For more information, please visit [CDC.gov](http://CDC.gov).