

MENTAL HEALTH

2-1-1 Help Center

<http://www.211.org/> Nationwide service to connect to community resources including mental health resources. Locate local resources by entry Zip code or city/state.

Online Resources and Screening Tools

<https://learn.nctsn.org/course/> (The National Child Traumatic Stress Network Training Center)

<https://refugehealthta.org/physical-mental-health/mental-health/youth-and-mental-health/>

Lexington/Fayette Area

- UK Healthcare: requires insurance. Can apply for financial assistance if medically complex patient.

Clinics

Psychiatry Outpatient Clinic

Third Floor,
245 Fountain Court
Lexington KY 40509
Call [859-323-6021](tel:859-323-6021) Option 1, for patient
appointments
Fax 859-323-4927

Primary Care Pediatrics Mental Health Clinic

Kentucky Clinic South
Second Floor,
2400 Greatstone Point
Lexington KY 40504
Call [859-218-6722](tel:859-218-6722) option 2 for appointments
Fax 859-218-7514
Monday - Friday: 8 a.m. - 5 p.m.

Outreach

Morehead Medical Specialists

234 Medical Circle
Morehead KY 40351
Call [606-783-6479](tel:606-783-6479)
This clinic is held weekly on Friday.

Outreach

Highlands Regional Medical Center

5000 Ky. Route 321
Prestonsburg KY 41653
Call [606-886-8511](tel:606-886-8511)

- Bluegrass Community Health Center – Sliding scale

1306 Versailles Rd. Ste 120 Lexington KY 40504
151 N. Eagle Creek Dr. Ste 220 Lexington, KY 40509
Phone: (859) 259-2635
Fax: (859) 254-7874
bchc.eku.edu

- Oliver Winston LLC - Behavioral Urgent Care Center – sliding scale

1618 Harrodsburg Rd.
Lexington, KY 40504
Phone: 859-687-9563
Fax: 859-687-9674
Monday – Friday
9:00am – 7:00pm
(Walk-ins available 2:30 - 4:00pm)
Saturday – Sunday by appointment
www.oliverwinston.com

Louisville/Jefferson Area

- **The NIA center.** You do not need insurance/it is free. For individual therapy: 852-3888, for family therapy/therapy for kids/couples therapy: 882-0875
- **La Casita** – non-profit agency for the Louisville Latinx Community. Has support groups for specific issues such as crises intervention, depression, counseling. Provides referrals as needed.
www.lacasitacenter.org
- Therapists/organizations in the community that provide services on a sliding scale:
 - Louisville Seminary Counseling Center- 894-2293
 - Jewish Family & Career Center- 452-6341
 - University of Louisville Cardinal Success Program- 852-3888
 - Spalding's Center for Behavioral Health- 792-7011
 - University of Louisville Psychology Counseling Center- 502- 852-6782
 - St Matthews Pastoral Counseling Center- 893-9831
 - Family & Children's Place has a grant from VOCA which provides for free therapy if the child has been a victim of crime.

Substance Abuse Resources

KY HELP Call Center - Provides a call center with trained specialists to assess and offer options to persons with a substance use disorder or a family member. (833) 859-4357
<http://operationunite.org/treatment/kyhelp-call-center/>