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Mental Health Resources & Hotlines

Kentucky



This material is based upon work supported by the National Agricultural Library,
Agricultural Research Service, U.S. Department of Agriculture

A National Agricultural Law Center Research Publication

Mental Health Resources & Hotlines: Kentucky

Pathways: This service is available for adults and children who find themselves in need of immediate assistance. The toll-free emergency Help Line operates 24/7. This service will immediately place the caller in contact with a professional who can provide counseling by phone or arrange for a face-to-face consultation. The Help Line also connects callers with all Pathways services. Contact this service at (800) 562-8909 or visit their website [here](#).

LifeSkills, Inc.: Lifeskills offers a wide range of Emergency Mental Health services to consumers in crisis. The major function of these services is to assist clients in their return to a pre-crisis level of functioning. Refer to the link below for a comprehensive listing of Emergency Mental Health Services. The service is available 24-hours a day. Contact this service at (800) 223-8913 or visit their website [here](#).

Communicare: This departmental service is dedicated to immediate response and crisis care. The Access Center focuses on triaging crisis calls for those in immediate mental health need. The Access Center is staffed 24/7 to ensure that anyone inside or outside of the designated region is given the appropriate resources for either outpatient or inpatient care during times of need. This department also provides support to the crisis units and adolescent recovery center during screening and intakes. Contact this service at (866) 458-0615 or visit their website [here](#).

Bluegrass Mental Health 24-Hour Help Line: This service is available 24/7 for support and scheduling appointments. They most commonly serve children and adults in 17 central Kentucky counties with services in mental health, substance use and intellectual and developmental disabilities. Contact this service at (800) 928-8000 or visit their website [here](#).

Mountain Comprehensive Care Center: The Crisis Helpline is a toll-free, TTY accessible phone line, operating 24 hours per day, 7 days per week. The system has a mental health clinician available at all times to assist in crisis intervention. The clinician assesses each call to determine the appropriate intervention. Contact this service at (800) 422-1060 or visit their website [here](#).