

Mental Health Resources for Extended Closures

Health Professionals will be available to respond to and support youth and families. Families can access this service by calling 859-381-4100. In the case of an emergency or imminent danger, **please call 911**.

We are here to support you beyond the walls of Lansdowne. Where we cannot physically go there are resources that are available to you and your family.

Steps to take if your child needs Mental Health Services

1. Does your child have an *ongoing* provider (New Vista, The Ridge, NECCO etc.), if so please contact them and schedule an appointment.
2. Is your child presenting in a **crisis state** and is at risk to self and or others?
 - a. If in immediate danger **please call 911**.
 - b. You may take your child to Our Lady of Peace Assessment Center located at 1401 Harrodsburg Rd. Ste. A-400, Lexington, KY. You may also take your child to The Ridge located at 3050 Rio Dosa Dr., Lexington, KY.
 - i. Our Lady of Peace and The Ridge are both *inpatient* and *outpatient* facilities.
3. If your child **does not** have an ongoing provider, you may contact Fayette County Public School for Mental Health Services at 859-381-4100.

Steps to take if YOU need Mental Health Services

1. Do you have an ongoing provider (New Vista, Beaumont Behavioral Health etc.), if so please contact them and schedule an appointment.
2. Do you feel as though you are in **crisis**?
 - a. You may **call 911** for a mental health wellness check.
 - b. You may go to Our Lady of Peace Assessment Center located at 1401 Harrodsburg Rd. Ste. A-400, Lexington, KY. You may also go to The Ridge located at 3050 Rio Dosa Dr., Lexington, KY.
 - i. Our Lady of Peace and The Ridge are both *inpatient* and *outpatient* facilities.
3. If you **do not** have an ongoing provider and you **are not** at risk to self and or others you may contact the Crisis Text Line by texting "*Home*" to 741741 or you may see a provider via TeleHealth using *LiveHealthOnline.com*.

Community Mental Health Resources

KVC Behavioral Health Kentucky 859-254-1035
Mountain Comprehensive Care 859-368-8897
New Vista (formerly Bluegrass.org) 859-233-0444
The Ridge Behavioral Health Systems 859-269-2325
Sunrise Children's Services 859-455-8185

Mental Health Crisis Resources

The Ridge Behavioral Health Systems 800-753-4673
Samaritan Hospital 859-226-7000
U of L Peace Hospital (formerly known as Our Lady of Peace) 859-313-3515
New Vista (formerly Bluegrass.org) 800-928-8000

Crisis Hotlines

National Domestic Violence Hotline 1-800-799-7233
National Suicide Prevention Hotline 1-800-273-8500
Suicide Crisis Textline Text Help to 741741
Trevor Project Crisis Line for LGBTQ+ Youth 1-866-488-7386

Other

Arbor Youth Services 859-254-2501
Salvation Army Homeless Shelter 859-252-7706
FCPS Mental Health Resource Page: <https://www.fcps.net/mental>
Mental Health Resource Library: <https://www.galesupport.com/district/fcps>

At Home Therapeutic Resources

ADHD	<ul style="list-style-type: none">• What is ADHD? https://www.therapistaid.com/worksheets/adhd-info-for-teens.pdf• Tips for Managing ADHD https://www.therapistaid.com/worksheets/tips-for-managing-adhd.pdf• ADHD Interventions for Parents https://www.therapistaid.com/worksheets/adhd-interventions-for-parents.pdf• Focus Plan https://www.therapistaid.com/worksheets/adhd-focus-plan.pdf• Study Tips https://www.therapistaid.com/worksheets/study-tips.pdf• Ocean Breathing https://www.therapistaid.com/worksheets/adhd-kangaroo-packet.pdf• Managing Impulsivity https://www.youtube.com/watch?v=BAM3nFqCn7Q
Anger Management	<ul style="list-style-type: none">• When is Anger a Problem? https://www.therapistaid.com/worksheets/when-is-anger-a-problem.pdf• Anger Warning Signs https://www.therapistaid.com/worksheets/anger-warning-signs.pdf• Anger Stop Signs https://www.therapistaid.com/worksheets/anger-warning-signs-children.pdf• Fair Fighting Rules https://www.therapistaid.com/worksheets/fair-fighting-rules.pdf• Coping Skills https://www.therapistaid.com/worksheets/coping-skills-anger.pdf• Anger Iceberg https://www.therapistaid.com/worksheets/anger-iceberg.pdf

	<ul style="list-style-type: none"> Controlling Your Anger https://www.youtube.com/watch?v=QxSKKtUdAjU
Anxiety Workbook	<ul style="list-style-type: none"> Mighty Moe http://www.cw.bc.ca/library/pdf/pamphlets/Mighty%20Moe1.pdf Breathe & Relax https://www.youtube.com/watch?v=72tuXlAuYso
C.B.T. Worksheets	<ul style="list-style-type: none"> CBT for Kids https://www.therapistaid.com/worksheets/cbt-for-kids.pdf Thinking Errors https://www.therapistaid.com/worksheets/cbt-thinking-errors.pdf How I Feel https://www.therapistaid.com/worksheets/how-i-feel-cbt-tool.pdf
D.B.T. Workbook	<ul style="list-style-type: none"> Workbook https://myjourneythroughmadness.files.wordpress.com/2017/01/handbook-in-dbt-group.pdf
Depression	<ul style="list-style-type: none"> What is Depression https://www.therapistaid.com/worksheets/depression-info-sheet.pdf Protective Factors https://www.therapistaid.com/worksheets/protective-factors.pdf Sticks Feels Sad https://www.youtube.com/watch?v=tuyAfCxGfWI
Family Therapeutic Activities	<ul style="list-style-type: none"> Workbook http://lianalowenstein.com/e-booklet.pdf
Mindfulness	<ul style="list-style-type: none"> What is Mindfulness? https://www.therapistaid.com/worksheets/what-is-mindfulness.pdf How to Practice Mindfulness https://www.therapistaid.com/worksheets/how-to-practice-mindfulness-meditation.pdf Mindfulness Exercises https://www.therapistaid.com/worksheets/mindfulness-for-children.pdf Mindfulness Video https://www.youtube.com/watch?v=Bk_qU7l-fcU
Social Skills	<ul style="list-style-type: none"> 101 Ways to Teach Social Skills https://docs.google.com/file/d/0B9lCVXovr0OoNlowS0c3eU5jZmM/edit Social Skills Videos https://www.youtube.com/watch?v=WgFU3rR1mJg&list=PLGxFTd607gExlOEsokXa2YYrV0k8l6o0w

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