



**FCPS #GetHelp** for basic needs or social emotional needs will be available all summer long at this [link](#) or using this QR Code to the right with your smart phone's camera.



**FCPS Emotional Support & Self-Care Resource Site** is full of ways to support your own well-being as well as that of your student. This resource can be found at this [link](#) or by scanning the QR Code to the left with your smart phone's camera.



**In situations involving a mental health crisis, call 9-1-1, go to a local emergency room, or contact**

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

## **Local Community Mental Health Resources Include:**

The Ridge Behavioral Health Systems 800-753-4673

U of L Peace Hospital 859-313-3515

Samaritan Hospital (ages 12 & up) 859-226-7000

New Vista 1-800-928-8000 (24-hour helpline)

KVC Kentucky 859-254-1035

LifeStance Health (formerly Beaumont Behavioral Health) 859-296-3141 or 859-368-0609

Mountain Comprehensive Care 1-800-422-1060 (24-hour helpline)

Trauma Informed Counseling Center 859-309-2877

Counseling Associates 859-278-3456

NECCO 859-264-8796

Health First Bluegrass 859-288-2425

