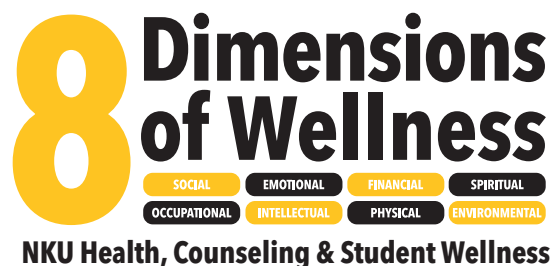


# Mental Health Resources



## CRISIS RESOURCES

<b>HEALTH, COUNSELING &amp; STUDENT WELLNESS COUNSELING SERVICES</b> In the event of a crisis/urgent matter, a counselor will be available by phone between 8:15 a.m. and 4:30 p.m.	<b>(859) 572-5650</b>
<b>HEALTH, COUNSELING &amp; STUDENT WELLNESS AFTER HOUR COUNSELING SERVICES</b> Call NKU campus police for after hour psychological emergencies. Ask to talk to the counselor on call.	<b>(859) 572-7777</b>
<b>NATIONAL SUICIDE PREVENTION LIFELINE</b> Crisis hotline	<b>1-800-273-TALK (8255)</b>
<b>SUICIDE HOTLINE</b>	<b>1-800-SUICIDE (784-2433)</b>
<b>NORTHKEY COMMUNITY CARE</b> 24 hour ACCESS line (KY)	<b>(859) 331-3292</b>
<b>TALBERT HOUSE</b> Regional crisis care (OH)	<b>(513) 281-CARE (2273)</b> <b>text TALBERT to 839863</b>
<b>COMMUNITY MENTAL HEALTH CENTER</b> 24 hour emergency crisis (IN)	<b>(812) 537-1302</b> <b>(877) 849-1248 toll free</b>
<b>THE TREVOR PROJECT</b> LGBTQ 24 hour hotline	<b>(866) 488-7386</b>
<b>TRANS LIFELINE</b> Peer support hotline is run by and for trans people. 10 a.m.-4 a.m. EST <a href="https://www.translifeline.org/">https://www.translifeline.org/</a>	<b>(877) 565-8860</b>
<b>ST ELIZABETH HEALTH CARE</b> Behavioral Health Services	<b>(859) 301-5900</b>
<b>CRISIS TEXT LINE</b> 24 hour support	<b>text 741741</b>

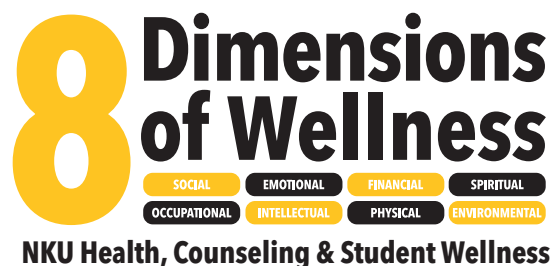


Health, Counseling & Student Wellness  
Student Affairs

**(859) 572.5650**  
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# Mental Health Resources



## TELEHEALTH RESOURCES

### ► KENTUCKY

<b>VIEWPOINT PSYCHOLOGICAL SERVICES</b> <a href="https://www.viewpointpsych.com/index.html">https://www.viewpointpsych.com/index.html</a>	<b>859-442-8439</b>
<b>NORTHKEY COMMUNITY CARE</b> <a href="http://www.northkey.org/">http://www.northkey.org/</a>	<b>859-331-3292</b>
<b>KENTUCKY COUNSELING CENTER</b> <a href="https://kentuckycounselingcenter.com/online-counseling/">https://kentuckycounselingcenter.com/online-counseling/</a>	<b>855-591-0092</b>
<b>MERIDIAN BEHAVIORAL HEALTH SERVICES</b> <a href="https://meridianbhservices.com/">https://meridianbhservices.com/</a>	<b>Lexington 859-309-2655 Louisville 502-409-6993</b>
<b>COMPASS COUNSELING</b> <a href="https://compasspaducah.com/telehealth-anywhere-in-kentucky">https://compasspaducah.com/telehealth-anywhere-in-kentucky</a>	<b>270-777-4490</b>
<b>SOUTHLAND CHILD, ADULT AND FAMILY COUNSELING</b> 2039 Regency Rd. Suite 1, Lexington, KY 40503 <a href="https://www.southlandcaf counseling.com/">https://www.southlandcaf counseling.com/</a>	<b>859-285-2959</b>
<b>APRIL JONES, LPCC</b> 73 Cavalier Blvd, Suite 309 Florence, KY 41042 <a href="http://www.positivelyspeakingcounseling.com/">http://www.positivelyspeakingcounseling.com/</a>	<b>859-628-0702</b>
<b>WELLSPRING PSYCHOLOGICAL SERVICES</b> 1655 Burlington Pike #101, Florence, KY 41042 <a href="http://wellspringky.com">http://wellspringky.com</a>	<b>859-342-6444</b>

### ► OHIO

<b>INTEGRATIVE COUNSELING SOLUTIONS</b> <a href="https://www.icounselingsolutions.org/icounseling">https://www.icounselingsolutions.org/icounseling</a>	<b>513-770-1705</b>
<b>THRIVE POINT (OHIO AND INDIANA)</b> <a href="http://www.thrivepointe.com">http://www.thrivepointe.com</a>	<b>833-914-4688</b>

### ► ONLINE RESOURCES

<b>TALKSPACE</b> <a href="https://www.talkspace.com/">https://www.talkspace.com/</a>
<b>BETTERHELP</b> <a href="https://www.betterhelp.com">https://www.betterhelp.com</a>
<b>7 CUPS</b> <a href="https://www.7cups.com">https://www.7cups.com</a>

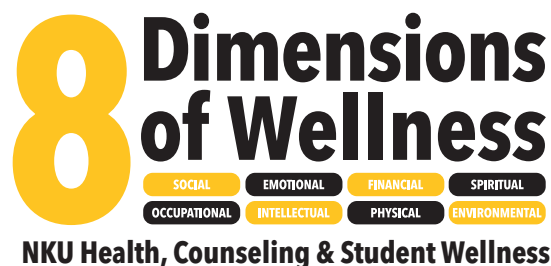


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# Mental Health Resources



## NKU STUDENT RESOURCES

### STUDENT EMERGENCY FUND

<https://impact.nku.edu/project/20400>

### NKU COVID 19 INFORMATION

<https://www.nku.edu/covid19.html>

### RESOURCES FOR STUDENTS MOVING TO ONLINE CLASSES

<https://www.nku.edu/academicaffairs/resources/student/onlinetransition.html>

### NKU STUDENT PILOTS

Do you have a question and want to talk with another NKU student?

NKU Student Pilots are available for a live chat Monday – Friday from 8:30 a.m. – 4:30 p.m.

[nku.edu/ucap](http://nku.edu/ucap)

### FUEL NKU FOOD ASSISTANCE

[nku.edu/fuelnku](http://nku.edu/fuelnku) or <https://www.facebook.com/FUELNKU/>

### INTERNATIONAL STUDENTS LEWERMARK INSURANCE

[www.lewermark.com](http://www.lewermark.com)

Nurseline is available 24/7/365 at 1-866-549-5076 Email [lewermarksupport@lewer.com](mailto:lewermarksupport@lewer.com)

## ▶ OTHER RESOURCES

### RESOURCE FOR: FOOD, CHILD CARE, MENTAL HEALTH ETC.

<https://docs.google.com/document/d/18ZxbUu7wzdu9cOx4iTMYZFISeDr2KZ0FDOmOufLj0Q/edit?usp=sharing>

### NATIONAL ASSOCIATION OF ADDICTION TREATMENT PROVIDERS

<https://www.naatp.org/covid-19-resources>

### NIDA

<https://www.drugabuse.gov/related-topics/covid-19-resources>

### AA ONLINE MEETINGS

<https://www.aaonlinemeeting.net/>

### VIRTUAL NA

<https://virtual-na.org/>

### TIPS ADVICE, SELF-CARE, RESOURCES, FUN ACTIVITIES, MOVEMENT, MINDFULNESS, ETC.

<https://1n5.org/at-home-activities/>

### EATING RECOVERY CENTER

<https://www.eatingrecoverycenter.com/>

877-711-1878



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