

Pulaski County Community Resources

SERVICES

Adult Education – GED prep, ESL classes, reading help	606-451-6689
Animal Shelter	606-679-6432
Appalachian Research & Defense of KY – free legal help	606-679-7313
Community Action Agency –help with food, shelter, heating	606-679-6203
Crown Staffing	606-219-4442
Employment office.....	606-677-4124
Extension Office- 4-H, farmers market, ag education.....	606-679-6361
God’s Helping Hands – clothing, household items to families.....	606-274-4575
KY Farm Worker Program – support for farmworkers & farmers	606-679-4128
The Job Shop Employment Agency.....	606-678-9675
LC Area Development District – job training, aging services, etc.	270-866-4200
Migrant Farm Workers with Disabilities Employment	800-372-7172
Nesco Resource	606-676-0725
Pulaski Baptist Association – free clothing to the needy.....	606-678-4465
Pulaski Co. Disaster & Emergency Services	606-677-4133
Pulaski County Public Library.....	606-679-8401
Regional Poison Control Center	800-222-1222
Regional Victims Service program – for victims of abuse	800-656-4673
Salvation Army.....	606-679-2001
Senior Citizen Center	606-679-0590
Social Security Office	800-772-1213
St. Mildred’s Outreach.....	606-678-5051
Veterans Crisis Line – help for veterans and their families.....	800-640-5443

SUBSTANCE ABUSE SUPPORT

Adanta - substance abuse help.....	606-679-7348
Al-Anon – 4 meeting places in Pulaski County.....	888-425-2666
Alcoholics Anonymous.....	800-467-8019
Bluegrass Narcotics Anonymous (BARCNA).....	859-253-4673
Breakthrough Soul Evolution	606-676-0123 or 606-219-0856
Find Help Now – search for treatment facilities	findhelpnowky.org
Nar-Anon – meets Mon Wed Fri 7:30@First Christian Church.....	606-678-5903
Quit Now KY – free help to quit tobacco/vape.....	800-784-8669
SAMHSA – substance abuse/mental health info	800-662-4357
SKYHope – Recovery for Women.....	606-425-4787
Somerset Sober living	606-250-8399
Stop Overdose: Naloxone Locations	odcp.ky.gov/stop-overdoses/
First Steps – services for disabilities in children up to 3	877-417-8377

MENTAL HEALTH SUPPORT

Aegis Mental Health	606-425-4567
All In Counseling.....	606-677-1166
Applied Behavioral Advancements.....	606-677-2636
Avalon Psychological Center.....	606-677-0053
Brighter Futures Therapy Center	606-677-1166
Hope Mental Health	606-485-4673
Lake Hill Oasis	606-219-4870
Life Springs	606-802-2280
Mandran Health Behavioral Health Specialists	606-757-0688
Mindsight Behavioral Group.....	606-401-2966
Mountainview Behavioral Center.....	606-451-9748
Nurture Nest Counseling.....	859-475-0234
Protea Behavioral Health Counseling.....	606-485-9323
Quest Counseling	606-678-0026
Resilience Counseling Services.....	606-485-4049
The Way Counselling	606-802-2052
Wellsprings Wellness.....	606-687-2038

FAMILY SUPPORT

Adoption Hotline	800-432-9346
Adult Abuse Hotline	800-752-6200
AIM Pregnancy Center – free pregnancy test & support	606-678-0335
Bethany House – emergency housing for spousal abuse	800-755-2017
Child Abuse Hotline.....	800-597-2331
Child Care Council of KY – child care assistance.....	859-254-9176
Child Support Enforcement	606-679-6823
Commission for Children with Special Healthcare Needs	800-525-4279
Department for Community Based Services	606-330-2192
Division of Protection & Permanency – Child & family safety.....	606-677-4086
Domestic Violence Advocate	606-679-8852
First Steps – services for disabilities in children up to 3	606-678-2821
Goodwill	606-678-4429
The Kids Spot Center	606-416-5139
Lake Cumberland Children’s Advocacy Center	270-343-6922
National Domestic Violence hotline	800-799-7233
National Runaway Helpline – text 66008 or call.....	800-786-2929
Pulaski Emergency Relief Ministry – families and individuals	606-678-8153
Welcome House	606-207-3843

Pulaski County Community Resources

HEALTH SUPPORT SERVICES

Adanta – counseling services.....	606-679-7348
Amedisys Home Health Care	606-679-8555
American Cancer Society – support, resources, treatment info.....	859-276-3223
American Red Cross	606-878-6333
Bethesda Clinic – free medical assistance	606-679-8053
Comfort Keepers Home Health.....	606-206-7703
Eating Disorder Hotline.....	800-931-2237
Health Dept.- WIC, TB screening, STD/HIV screenings	606-679-4416
Health Ministry – food and medical assistance, utilities	606-678-3573
HIV Help Line	800-420-7431
Human Trafficking Hotline	888-373-7888
Intrust Healthcare- therapy for individuals and families	606-676-0638
LC Children’s Advocacy Center- mental and abuse exams, etc.....	877-588-4644
LCCAA Prescription Assistance.....	606-679-6203
National Sexual Assault Hotline.....	800-656-4673
Phoenix Preferred Care – individual, family, collateral therapy.....	606-451-9379
Pulaski County Rescue Squad	606-679-8401
R-Tec Medical Transportation – call at least 3 days in advance	606-256-9835

HEALTH SUPPORT SERVICES Continued

Rape Crisis Center.....	606-679-4782
Somerset Mental Health	606-679-6995
Suicide Prevention hotline	Dial 988
Teen Dating Abuse Hotline	866-331-9474
Total Pediatric Therapy	606-398-8234
VA Medical Clinic – medical provider for veterans.....	606-676-0786
Veterans Crisis Line – help for veterans and their families.....	800-640-5443

FOOD SUPPORT

God’s Food Pantry	606-679-8560
-------------------------	--------------

GOVERNMENT OFFICES

Judge Executive	606-678-4853
County Clerk	606-679-2042
County Attorney	606-679-4449
Sheriff	606-678-5145
Circuit Court Clerk	606-677-4029
Animal Shelter	606-679-6432



Pulaski County Community Resources

Adult Education 808 Monticello Street Somerset, KY www.kyvae.org/countycontacts.aspx Adult Education provides services such as adult education classes, GED preparation, family literacy instruction, English as a second language classes, workforce education and reading instruction for eligible Kentuckians.

Adanta Group Behavioral Services provides individual and/or group family therapy, substance abuse counseling, marital counseling and psychiatric evaluation.

Aegis Mental Health LLC – 2430 Monticello St Somerset Ky 42501 Provides case management and therapies for all ages,

AIM Pregnancy Crisis Center provides free pregnancy test, education, support services and counseling. 111 S Church St Somerset, KY

Al-Anon www.kyal-anon.org/12steps.html

Four meeting places in Pulaski County.

1. Burnside AFG, St. Mildred's Church, Tuesday 7:30 pm ET, 203 South Central Avenue, Somerset, KY
2. Noon Serenity, First Presbyterian Church, Mon 12 noon ET, 200 North Vine St., Somerset, KY
3. Somerset AFG, Beacon Hill Baptist Church, Fri 7:30pm, 274 Old Monticello Road, Somerset, KY
4. Women's Experience Strength and Hope AFG, Monday 10:00 am ET, Pulaski County Library, 304 South Main Street, Somerset, KY

All In Counseling LLC - 303 2nd St Somerset Ky 42501 All In Counseling, LLC. offers professional mental health counseling services in Somerset, KY. Therapy services for help with trauma, anxiety, depression, stress.

Amedisys Home Health Care – 40 Turpen Ct Suite A Somerset Ky 42503, Home health care service

Avalon Psychological Center – Mental health service, 112 Southport Dr Somerset Ky 42501

The Appalachian Research and Defense Fund of Kentucky, Inc (AppalReD) 108 College Street Somerset, KY provides free legal help for people and groups who cannot afford a private attorney. Services include: fight foreclosure and unfair home loans, social security and SSI, unemployment compensation, tenant-landlord disputes, fight evictions, public housing, KTAP/food stamps, Medicare/Medicaid, disability rights, bankruptcy, consumer protection, family law, employment discrimination, school/education, senior citizens' rights, civil rights and tax problems.

Applied Behavioral Advancements - 105 College St Somerset Ky 42501 Applied Behavioral Advancements provides individuals and families with the tools they need to overcome obstacles and improve their lives using Applied Behavior Analysis. With a wide range of expertise and a state-of-the-art facility, our knowledgeable therapists are committed to achieving our founder, Christopher George's goal, of changing the world for the better, one client at a time.

Bethany House PO Box 864 Somerset, KY Emergency housing for Spousal abuse. Serves the Lake Cumberland Area Development District

Breakthrough Soul Evolution – 401 Vine St Somerset Ky 42501 Addiction recovery home for moms and expectant moms,

Brighter Futures Therapy Center - 303 2nd St Somerset Ky 42501 At Brighter Futures Therapy Center, we are dedicated to providing excellent therapy services through "Best Practice" for individuals influenced with illness, developmental delays, and/or disabilities. Our focus is to provide therapy to meet individual needs and to empower the lives of our clients through building skills and ultimately creating a Brighter Future for the people we serve. At Brighter Futures Therapy Center, we focus on using a team approach between therapist and caregivers; providing education and support which allows each client to receive the opportunity to enhance performance skills daily with valued and purposeful activity engagement

Pulaski County Health Department 45 Roberts Street Somerset, KY Your local Health Department provides community-based health initiatives and preventive health care services to the residents of your county. Adult health services include family planning (birth control), WIC (Women, Infants & Children food program), medical nutrition therapy, grief counseling, tuberculosis screenings, STD and HIV screenings, diabetes screening and counseling, immunizations and breast and cervical cancer screenings. Children's health services include newborn screening, Well Child exams, fluoride varnishing, tuberculosis screenings, immunizations and lead screenings.

The Kids Spot Center LLC - 200 Tower Circle Somerset, Ky 42503. Our Mission at the Kid Spot Center is to provide support to families of children with disabilities. We strive to help families live each day with the greatest ease possible. We strive to provide quality services to all children in hopes of increasing their ability to be independent and functioning member of society.

Lake Cumberland Area Development District- 2384 Lakeway Dr Russell Springs Ky 42642 www.lcadd.com Economic Development, revolving loan fund, job training & partnership act, Aging Services, arc grant, school to work program.

Lake Cumberland Children's Advocacy Center 472 West Main Street Jamestown, KY <https://cackentucky.org>

The Lake Cumberland Children's Advocacy Center provides a comfortable, private, child-friendly setting that is both physically and psychologically safe for sexually abused children. The Center's services include: forensic interviews, mental health evaluations, comprehensive sexual abuse medical examinations, counseling referrals and victim's advocate referrals.

LCCAA Prescription Assistance 100 N. Main Street Somerset, KY These programs provide assistance for those who want to get their medications through patient assistance programs. All are free or charge a small amount www.needymeds.org/local_programs.taf?_function=list&state=ky

Lake Hill Oasis – 125 Jordans Way Somerset Ky 42501 Addiction Treatment Center. They are focused on treating the whole person—mind, body, and spirit—They've built a four-phase program that prepares you for long-term recovery. The program is designed to take you from detox all the way through completing an internship with ARC.

Life Springs PLLC – Christ – Centered Psychological Services, 647 Ky-80 Suite 1 Somerset Ky 42503

Mandran Health – Behavioral Health Specialists, 56 Tower Circle, Somerset Ky 42503

Migrant Farmworkers with Disabilities Employment Partnership is a program funded by the Rehabilitation Services Administration to expand vocational rehabilitation services into the migrant and seasonal farmworkers community

Mindsight Behavioral Group - 600 Monticello St Suite 2 Somerset Ky 42501 They offer a variety of counseling services such as individual, family, and couples, as well as online counseling. Clients are matched with a clinician who specializes in their area(s) of concern.

Mountainview Behavioral Center 110 Hardin Ln Somerset Ky 42503

Nesco Resource – Staffing/Employment Agency 120 S Hwy 27 #3 Somerset Ky 42501

Nurture Nest Counseling – 100 Hardin Lane, Suite 3.5 Somerset. Services include Individual Therapy, Family Therapy, Play Therapy, Trauma Therapy, Art Therapy, Case Management, Supervised Visitation, and School Based Therapy to treat the whole family.

Phoenix Preferred Care 408 University Drive #7A Somerset, KY Phoenix Preferred Care provides targeted case management and individual, family and collateral therapy.

Protea Behavioral Health Counseling - 80 KY 2227 Somerset, Ky 42503 Protea Behavioral Health Counseling is a Behavioral Health Services Organization specializing in assessment and treatment for Residential and Outpatient Treatment Services for individuals 18 years and older seeking treatment for substance use disorders.

Commission for Children with Special Healthcare Needs 401 Bogle Street Somerset, KY chfs.ky.gov/ccshcn/About.htm The Commission for Children with Special Healthcare Needs provides medical services, to eligible children, through a variety of specialty clinics offered throughout the state.

Community Action Agency 100 N. Main St., Suite 302 Somerset, KY www.lc-caa.org Lake Cumberland Community Action Agency serves the ten counties in the Lake Cumberland region providing heating, cooling, emergency food and shelter assistance to qualified individuals and families.

Comfort Keepers – 110 Richie Ln Ste D Somerset Ky 42503 Home health care service

Crown Staffing - 2441 S Hwy 27 Somerset Ky 42501 We're a staffing and recruiting company that unites character-driven people and companies so they can build rewarding careers and strong organizations together. Discover your potential

Department for Community Based Services 650 North Main Street Somerset, KY The Department for Community Based Services provides family support; childcare; child and adult protection; eligibility determinations for Medicaid and food benefits; and administration of an energy cost assistance program.

Division of Protection & Permanency 67 Eagle Creek Drive Suite 102 Somerset, KY The Division branches include: Child Safety, Out of Home Care, Adoption Services, Adult Safety and Family Violence Prevention. The Division of Protection and Permanency provides adoption counseling, foster care services, emergency shelter care, family counseling and protective service investigations of adults and children.

Extension Office 28 Parkway Dr. Somerset, KY The Extension Office provides community programs such as 4-H youth development club, farmers market, homemakers club, and agricultural education programs and services.

First Steps 259 Parkers Mill Road Somerset, KY First Steps is a statewide early intervention system that provides services to children with developmental disabilities from birth to age 3 and their families.

Help the Homeless - Help the Homeless (HTH) has become one of Somerset's most valuable resources to help individuals and families who are without homes or are in need of help in the Pulaski County area. They are the only permanent shelter, and they have a place for people to shower, some food, and a newly donated van from Victory Christian Fellowship.

Hope Mental Health LLC – 411 Crab Orchard Rd Somerset Ky 42503 Provides counseling and therapy services for children and adults.

The Job Shop – Employment Agency, 3560 S Hwy 27 Somerset, Ky 42501

Quest Counseling LLC - 600 Clifty St #2 Somerset, Ky 42503 Quest Counseling works diligently to empower clients and to break down the stigma surrounding Mental Health services as it crosses all boundaries of age, gender, race, educational status, or cultural backgrounds.

Resilience Counseling Services - 671 Ky-80 STE 2 Somerset Ky 42503. Their focus is to help individuals heal, energize, and become aware of their inner strengths. They achieve this by providing a neutral safe space, listening to your concerns, and customizing a treatment plan.

Senior Citizen Center 125 E. University Dr. Somerset, KY The Senior Citizen Center offers a wide variety of activities and programs in a friendly, lively atmosphere where you can hang out with longtime friends, meet

new people, pursue a favorite hobby or interest or try a new one. Activities include: arts, crafts, music, structured exercise, day trips, recreation, modified health support and nutrition services.

Social Security Office 3975 S HIGHWAY 27 Somerset, KY www.ssa.gov The Social Security Office provides Medicare, Retirement, Survivors and Death Insurance, Social Security and Disability and Supplemental Security Income Benefits.

SKYHope Recovery for Women Somerset, KY <https://www.facebook.com/skyhoperecovery> SKYHope is a peer-driven model of recovery. The focus is to help women change their behavior, skills, and attitudes related to their addictive lifestyles. SKYHope Recovery Program takes a long term, holistic approach to recovery that is comprised of four distinct modules of progression and ultimately connected to an array of SKYHope Recovery services.

Somerset Sober Living - 402 Coomer St Suite 204 Sober Living gives you a better chance of success as you lead a new life in addiction recovery. It provides accountability from peers, mentorship from your Home Manager, and a personalized plan that will focus on putting you on a path to independence. They provide Christ Centered Sober Living Homes to help you succeed in your recovery.

Total Pediatric Therapy – 401 Bogle Street Suite 206 Somerset Ky 42503 Occupational, Speech, and Physical therapy for children.

VA Medical Clinic 308 Medpark Drive Somerset, KY The VA Medical Center provides primary care services for veterans in the Somerset area. Personal Care: Highly qualified primary care providers, specialty care referrals to the Lexington VA Medical Center. Prescriptions: Routine prescriptions processed through the mail or MyHealthVet.

Veterans Crisis Line veteranscrisisline.net Confidential help for Veterans and their families.

The Way Counseling - Providing in-person services at our main office in Pulaski County, Kentucky. Providing telehealth services across the state of Kentucky.

Welcome House - 650 N Main St Suite 220 Somerset Ky 42501 Our vision is to be the leader in guiding clients from housing uncertainty to housing stability. We accomplish this through the services we provide, such as housing, service coordination and outreach & stability.

Wellsprings Wellness – 200 Belmont Dr Somerset Ky 42501 Wellsprings provides a full suite of in-office or telemedicine psychiatric services.