



SUN Behavioral Health

Solving Unmet Needs

Identifying and Addressing Behavioral Health Needs Throughout Kentucky

859.328.6223 • sunkentucky.com • 820 Dolwick Drive Erlanger, Kentucky 41018



Kentucky counties are currently living with unmet behavioral and mental health needs. Almost half of Kentucky's residents reported symptoms of anxiety and depression in 2021, and what's more unsettling is that 22.8% were unable to get the treatment they needed.

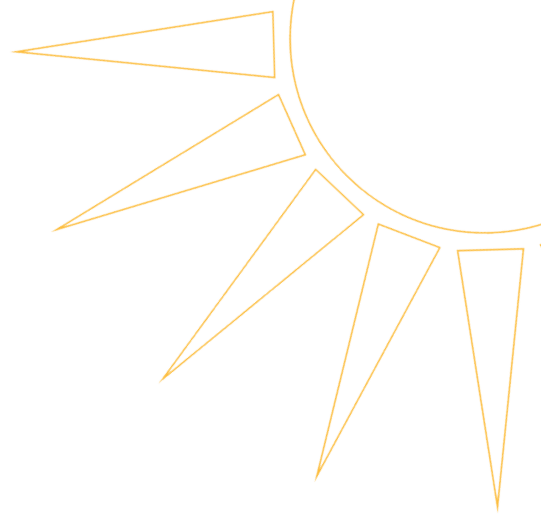
Over 2 million people in Kentucky are currently living in communities that don't have enough mental health professionals to meet the demand. Northern Kentucky, in particular, has seen an increase in adolescents with a mental health diagnosis. The adolescent suicide attempt rate has skyrocketed. 2,250 drug overdose deaths were also reported in 2021, a 14.5% increase from 2020.

The main goal of SUN Behavioral Health is to identify the unmet needs in these communities and solve them. Our Kenton and Fayette County locations were created for this purpose. **This guide will discuss the current behavioral and mental health needs in the state of Kentucky, specifically Kenton and Fayette counties, how we're working to solve these needs, and how we're creating healthier communities.**

Mental and Behavioral Health Statistics in the State of Kentucky

Before we look at Kenton and Fayette counties, let's take a look at Kentucky's health crisis so we can better understand the state's needs. Kentucky has a population of around 4.5 million people and 12% of them haven't seen a doctor in over a year due to the cost. While 25% of the state has Medicaid, it's mainly young children and the elderly – leaving the other 75% to pay out-of-pocket or through private insurance.





More population facts include:

- 5.9% of Kentucky's population is under 5 years old
- 23.4% of Kentucky's population is under 18 years old
- 15.4% of Kentucky's population is 65 or older
- 50.3% of Kentucky's population is female

Kentucky Social, Behavioral, and Mental Critical Issues

- There are 5,999 homeless individuals in Kentucky
- 8% of the population has had a major depressive episode in the past year
- 5.25% of Kentucky residents are managing a serious mental illness
- 24 out of every 100,000 people die annually from opioid overdose
- 7.73% of Kentucky residents currently manage a substance use disorder (SUD)

Kenton County Mental and Behavioral Health Statistics

More population facts include:

- 6.3% of Kenton's population is under 5 years old
- 23.4% of Kenton's population is under 18 years old
- 15.4% of Kenton's population is 65 or older
- 50.3% of Kenton's population is female

Kenton County's population size, as of July 2021, is 169,495 people.

Social and Behavioral Issues

Currently, there are only 5.2 out of 1,000 hospital beds available in this county, and there are only 1.5 out of 1,000 primary care doctors available. **This shows us that the need for treatment is urgent.** There simply aren't enough doctors to treat the number of patients that need it. Let's take a look at some important mental and behavioral issues happening in Kenton County right now:

Type of Issue	Percentage of Population
Lack of Physical Activity	33%
Obesity	36%
Drug Arrests per 100,000 People	2,435
Smoking	26%
Binge Drinking	19%
Violent Crimes per 100,000 People	171
Uninsured	5.26%
Inability to Perform Work/Household Tasks Due to Physical or Emotional Distress	19%
Alcohol-Impaired Driving	30%

Mental Health Statistics in Kenton County

Residents in Kenton County also [report](#) an average of 6 mentally unhealthy days every month. 15.6% of all adults regularly experience mental distress, and 21.9% of the population manages depression. For every 100,000 deaths in Kenton County, 88 have been logged as “deaths of despair.”

Fayette County

More population facts include:

- 6% of Fayette’s population is under 5 years old
- 20.9% of Fayette’s population is under 18 years old
- 13.4% of Fayette’s population is 65 and older
- 51% of their population is female

Fayette County is large, with a population size of 321,793 as of July 2021.

Social and Behavioral Issues

In Fayette County, there are 7.8 out of 1,000 hospital beds available. There are also only 2.28 out of 1,000 primary care doctors available. While these statistics might seem a little more positive than those of Kenton County, this is a larger county with more people. Let's take a look at some important mental and behavioral issues happening in Fayette County right now:

Type of Issue	Percentage of Population
Lack of Physical Activity	28%
Obesity	31%
Drug Arrests per 100,000 People	1,857
Smoking	16%
Binge Drinking	19%
Violent Crimes per 100,000 People	325
Uninsured	6.68%
Inability to Perform Work/Household Tasks Due to Physical or Emotional Distress	16%
Alcohol-Impaired Driving	32.3%



Mental Health Statistics

Residents in Fayette County report an average of 5 mentally unhealthy days each month, with 15% of adults managing regular mental distress. For every 100,000 deaths in this county, 60 were logged as “deaths of despair.” It’s also important to note that there’s a 17.8% rate of depression in Fayette County.

Who is SUN Behavioral Health?

SUN Behavioral Health is a network of psychiatric hospitals with locations in Texas, Ohio, Delaware, and Kentucky. We have two locations in Kentucky: one in Kenton County (Erlanger) and one in Fayette County (Lexington). Our Erlanger location is a 197-bed facility that provides a full continuum of specialized care including residential, outpatient, adolescent, and adult mental health and SUD services. It includes a SUD unit with a 14-day acute rehab facility. Our newest location in Lexington is focused on intensive outpatient care.

We are here to solve the unmet behavioral and mental health needs of these Kentucky communities by providing quality, evidence-based treatment to anyone managing mental illness or substance use disorders. Let's talk about some of the ways we work to achieve this.



Who SUN Behavioral Kentucky Treats

SUN treats patients of all ages, genders, and mental health conditions no matter how severe. SUD and mental distress are not limited to Kentucky's adult population. Adolescents are being affected as well. 23% of Kentucky's population are adolescents, with 8% of them reporting regular emotional distress and 10% reporting the use of an illicit drug in the last month. Because of this, SUN Behavioral Health is dedicated to providing compassionate, effective, and specialized care for any young adult who needs it.

SUN Kentucky's Programs and Services

Our residential program is beneficial for those who may be a danger to themselves or others. Here, we provide medical and clinical assessments, group and individual therapy sessions, a treatment plan, and a medical team consisting of psychiatric and medical specialists and therapists.

Our intensive outpatient program (IOP) is for those who still need support after hospitalization or for those who aren't able to attend a residential treatment program. This program is more intensive than traditional outpatient care and sets the patient up to attend three groups a day, three days a week.

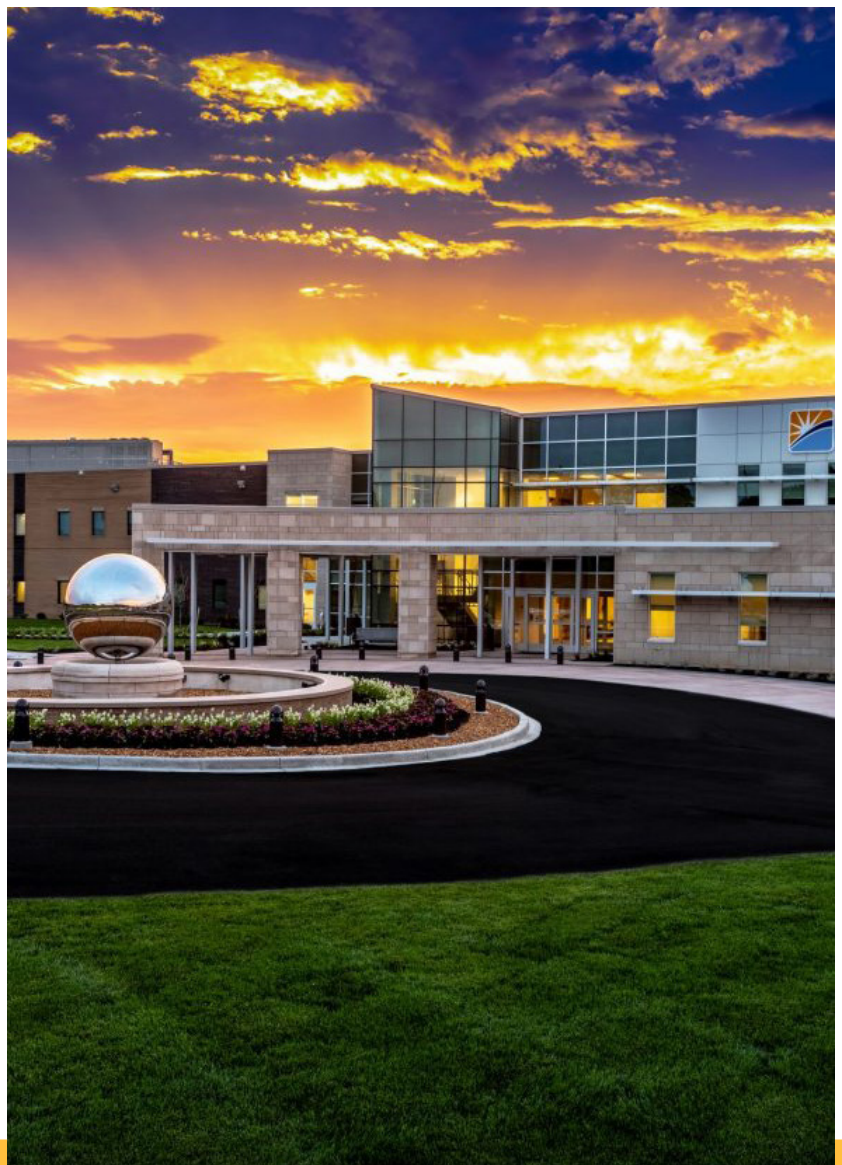
SUN also has programs to help treat adults suffering from mood and anxiety disorders. Each type of anxiety disorder comes with its own treatment plan based on the patient.

We use cognitive behavioral therapy (CBT) as well as non-traditional therapy like art and exercise. If the patient is staying at SUN for treatment, they will have **24/7 professional nursing care**, doctors to check on medical issues, licensed therapists, peer specialists, and activity specialists at their disposal.

We also offer a partial hospitalization program (PHP) for patients who are transferring from inpatient care. This is more intensive than outpatient care, and it's used to help in preventing the need for full-time hospitalization. Patients will attend five group therapy sessions, five days a week. IOP can also be completed alongside a PHP for those who'd like additional support. There will be three group sessions per day, five days a week for the patients.

In addition, SUN treats co-occurring disorders, meaning patients who are managing both a mental health and a substance use disorder.

The patients will work with SUN Behavioral's clinical team to get a thorough patient history to ensure that a co-occurring disorder is present. There are integrated treatment options provided by a professional clinical team that has extensive training and experience in these areas.



When a mental health crisis strikes, **Sun Behavioral also offers a crisis unit that can intake and stabilize patients 24 hours a day.** Skip the emergency room and come straight to SUN. We can admit patients in as little as 30 minutes. There is no need to call or make an appointment. Simply come to our location at 820 Dolwick Drive, Erlanger, KY.

SUN's programs are always designed to promote healthy living and recovery.

Assessments Provided at SUN

SUN offers no-cost assessments, both in-person and virtually. Staff is available 24 hours a day, 7 days a week in case of a crisis. After the assessment, a no-cost evaluation is provided by a master's level clinician or a registered nurse to determine what kind of care is needed for the patient.

Once a patient receives both an assessment and evaluation, the treatment program will be determined. The treatment length is dependent upon recommendations from the treatment team, physicians, and the patient. It could be anywhere from a few days to a couple of weeks, plus a potential referral for an outpatient therapy program.

What Community Partners Find Valuable About SUN

SUN is the only Partial Hospitalization Program (PHP) center in Northern Kentucky. We are also the only dual diagnosis facility in the area that offers drug detox. Additionally, SUN offers a full continuum of care, from crisis stabilization to community reintegration and alumni. Patients can receive all levels of care at our Erlanger location.

Admissions and assessments happen within 24 hours because we understand the need to take immediate action and provide additional crisis care to our community. During crises like suicidal ideation, SUN accepts patients at all hours of the day and night at our crisis stabilization unit. We want patients experiencing a mental health or addiction crisis to feel like they can come here as an alternative to an emergency room.

The Medical Director at SUN has over 30 years of experience assisting patients.

Community partners also value that SUN has an acute rehab option that only takes 14 days.



How SUN is Meeting Community Needs

Both [Erlanger](#) and [Lexington's](#) Community Health Needs Assessments (CHNA) expressed mental and behavioral health needs. Let's talk about some of these needs and how we are working to fill them.


Transportation

Not everyone has means of transportation to get to and from these clinics or groups, nor are they always in the right state of mind to be driving. [The National Council for Behavioral Health](#) recognizes that access to non-emergency medical transportation is extremely important to a patient's recovery. **At SUN Behavioral Kentucky, we work with patients and community partners to meet these pressing transportation needs.**

Those with Medicaid are able to access non-emergency medical transportation (NEMT) through Uber/Lyft, Taxicabs, public buses, subways, shuttles, and vans.

SUN has a contract with STAR Transportation. After a patient receives their assessment from an outpatient provider, SUN can then transport them to the facility from there. If the patient is coming from a hospital such as St. Elizabeth and others in the Northeastern Kentucky area, an ambulance will transport them to SUN. If the patient has a case manager, the case manager or social worker can transport the patient.

The patient could also reach out to a non-profit organization that may be able to provide transportation. While SUN does not provide transportation from a patient's home to the facility, we encourage patients not to drive on their own if it isn't safe to do so. It's strongly recommended to use one of the transportation options we've listed or reach out to a family member or friend to get transportation to the facility.



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Funding is still considered a significant barrier to treatment and recovery.

Lack of Financial Assistance

Non-profit businesses can help individuals in the community understand their substance use disorder or mental health issues, prevent relapse or self-harm, and assist in the treatment of substance use disorders and



LACK OF FINANCIAL ASSISTANCE

Non-profit businesses can help individuals in the community understand their substance use disorder or mental health issues, prevent relapse or self-harm, and assist in the treatment of substance use disorders and mental health issues that they may be having. They provide information and materials, promote awareness of substance use and mental health issues, and offer a free 24/7 hotline for support and advice. Some non-profits will be able to help with finding and applying for financial assistance.

managing a substance use or mental health disorder.

The website also has sections for finding nearby facilities, advice on how to recognize the signs and symptoms of substance use, and resources for veterans. There is an alcohol treatment navigator that explains the different treatment options and how they work, determines which program is of quality and would be a good fit, and ways to get support for yourself or a friend/family member through the recovery process. Under the same section is a link where people can learn about medication-assisted treatment (MAT).

The veteran's section gives links for where to find local VA treatment centers, the number for the [veteran crisis line](#), and an online chat option - both of which are available 24/7. The section on finding local help centers for drug and

mental health issues that they may be having. They provide information and materials, promote awareness of substance use and mental health issues, and offer a free 24/7 hotline for support and advice. Some non-profits will be able to help with finding and applying for financial assistance. **For a list of community resources and organizations that can help with financial assistance, read on.**

Lack of Resources and Education

The government provides valuable resources for those with substance use or mental health disorders. At SUN, we make sure to walk our patients through these options so they know what's available to them.

[USA.gov](#) has sections on finding mental health services and treatment for substance use. It provides a number for a national helpline under The Substance Abuse and Mental Health Services Administration (SAMHSA) to help those with drug and alcohol use disorders, as well as mental health disorders. It's free, confidential, and can be accessed 24/7 in Spanish and English. It can also be used by those concerned about a family member or friend who may be



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alcohol addiction has links to support groups in the area, where patients can find a meeting center and an online support group. The section discusses different types of groups available and links to help them find their local ones.

The last section on the website gives information on the [suicide and crisis lifeline](#), which numbers to call, and how to talk to someone about depression and other mental health issues. The National Institute of Mental Health (NIMH) also describes how you can participate in a clinical trial with them for research. The last part of this section gives resources on where you can find more mental health information.

Lack of Support

Support from family and friends is crucial to someone's recovery – whether they're working to recover from substance use or emotional trauma. **Whether it's driving a loved one to and from treatment, helping them organize a house not conducive to healing, or simply being a shoulder for someone to lean on – [family support contributes to a higher rate of success for patients.](#)**

Unfortunately, this kind of support isn't always available for every patient. They may need separation from a toxic family situation or they may need to remove themselves from friends who are still using substances. This is where support groups come in. Support groups offer patients a place to feel understood, inspired, and grounded. Being around other like-minded people who are experiencing similar circumstances can be incredibly helpful.

Unfortunately, not everyone knows where to look when it comes to finding the right support groups. SUN Behavioral prioritizes finding these groups for patients and their loved ones.

Every city and state offers various support groups. The [USA.gov](#) website also provides links to "Find A Support Group Near Me" where patients can find local groups that meet in person or online.

SUN works to ensure every patient has access to these groups and knowledge on how to find them. **We educate our patients on the benefits of aftercare and the importance of finding support in recovery.**

Stigma Surrounding Mental Health and Substance Use Treatment

There is still an important community need for the [elimination of stigma surrounding mental health and substance use treatment.](#) This is why SUN works to stay involved with



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STIGMA SURROUNDING MENTAL HEALTH & SUBSTANCE USE TREATMENT

SUN works to stay involved with the community and educate its residents on prevention, treatment, and the realities of substance use and mental health disorders.

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SUN plays a role in the community as part of various mental health and substance use task forces. In Lexington, SUN is present as part of the Fayette County Public Schools Mental Health Team, NAMI, Madison County SUD Policy in Richmond, and the START team. In Erlanger, SUN is present in the Northern Kentucky Re-entry Program, the START team in Northern Kentucky, MHA, NAMI, and the Safety Net Alliance.

SUN Behavioral Health's Intake Process

Part of making mental and behavioral healthcare effective is **making sure help is easily and immediately accessible**. At SUN, patients can call to request an assessment at all hours of the day and night. They're then directed to a simple form online that they can fill out to schedule an assessment, and most assessments are available within the hour.

Assessments take place in-person or virtually and typically only take 10-20 minutes. The intake nurse gathers the information and reviews it with the physician on staff at the time. After the review is completed, patients are notified about how to proceed. **At SUN, we don't believe in wasting time between the assessment**

and admission. We know that the patient likely needs immediate treatment. **They're often asked to come in within minutes or hours after their initial assessment.** We then work with them on any transportation needs.

We also take walk-in assessments. We want patients to know that when they're ready to get help, it will be instantly available. Fax referrals for assessments can also be made from another prescribing physician or mental health facility.

Our goal is to provide admission within 2 hours of the assessment – no matter the method in which the assessment or referrals were conducted. If a patient receives a virtual assessment offsite from one of our staff, they do not need to complete another assessment upon presentation, which can save an additional 40 minutes.

When a patient has been admitted, the process is fairly quick as well. They'll fill out consent forms, have their photo taken with permission, complete a survey, go over our handbook, and receive an access code. The patient will then meet with a nurse or treating clinician to ask any questions. Once that's completed, they're immediately transferred to their unit.

Referral Sources and Their Processes

The referral process varies depending on who's referring the patient to SUN. Whether it's another clinician, therapist, or facility – they're usually the ones working with the patient and will guide them through the process until SUN can reach out.

Here are some of the most common sources for referrals and their referral processes:

- **Hospitals.** Hospitals will typically fax information to SUN on the patient being referred. SUN will send confirmation within the hour, assess the information, and send another fax back to let the hospital know where to take the patient. This is a fairly quick process.
- **Case managers and social workers.** They communicate directly with SUN's business development representative (BD) to see if space is available. The SUN BD representative rep will confirm where the patient can go. The case manager or social worker will then drive the patient directly to SUN and stay throughout the initial assessment.
- **EMTs, firefighters, and law enforcement.** If the referral is coming from one of these departments, it's usually due to an emergency situation. SUN has an ambulance bay and a 24/7 psychiatric emergency room, so they'll likely bring the patient straight here. The ambulance will notify SUN when they're on the way and one of our clinicians or intake specialists will meet the patient at the door. We then perform an immediate assessment, and if they're a good fit, they're admitted. We stay in communication with the person who referred the patient so they're aware of any future needs.
- **Court system: probation and parole.** The court system works directly with our BD representative, who confirms whether or not a bed is available. The BD representative will then immediately contact our intake team to notify them of a new potential patient and their need for assessment. The probation or parole officer then sends us the patient's report and we ask for an ROI (release of information) so we can gain access to their health and



counseling records. This helps the process along. After this is completed, the patient can choose a virtual or in-person assessment, and we move quickly from there.

- **Schools.** Our BD representative takes calls from local schools when adolescent referrals are needed. We can work to give school counselors advice and encouragement, but ultimately, the choice is up to the child's parents. Parents need to be the ones to take their children to SUN for an assessment.

Advice for Referral Sources: How to Get the Best Patient Outcomes and Speed the Admission Process Along

The number one piece of advice we can give to referral sources is to prioritize getting a release of information (ROI) signed between the patient and the referring agency. This not only helps the assessment process, but also helps the admission process. It saves time for our providers, clinicians, and nurses and helps them prepare for their new patients.

The person or agency who's referring the patient should also collect and complete as much information about the patient in as much detail as possible before sending the individual to us. It helps us to know details about the patient's drug use (when they last used, what they used, how much they used, what withdrawal symptoms they're experiencing, and more) or mental health concerns. If any thoughts of suicide or self-harm are present, notifying us allows us to better help the patient.

Details describing the patient's symptoms are also incredibly helpful to SUN. Sending this information along by fax is the quickest way to get the process moving.

Finding Mental Health and Substance Use Disorder Resources in Kentucky and Beyond

Finding Substance Use Services (Nationally)

- **Alcoholics Anonymous (A.A.)** helps people with problems controlling how much alcohol they drink, and who wish to stop drinking. [Locate a meeting center](#) or an [online support group](#).

- **Al-Anon** supports people affected by alcoholic family members or friends. [Find a meeting in your area](#).

**SAMHSA's
National Helpline:
1-800-662-HELP
(1-800-662-4357)**

- **Alateen** is part of the Al-Anon safe group and offers [help for teens dealing with a parent's alcohol abuse](#).

- **Narcotics Anonymous (N.A.)** assists people who want to stop abusing prescription or illegal drugs. [Find a meeting center](#) or online support group by searching for the local helpline or website for the area where the meeting is located.

- **NAR-Anon** supports people affected by someone using and abusing drugs. [Search for a meeting in your area](#).

- **SMART Recovery** assists young people and adults with alcohol or other addictions through group therapy sessions. [Go to a SMART Recovery meeting in person](#) or [attend an online meeting](#).



- **US Department of Housing and Urban Development (HUD)**. [HUD](#) helps apartment owners offer reduced rents to low-income tenants. If you're trying to manage a substance use or mental health disorder and are unable to find housing stability, this could be a solution. To apply, contact or visit the management office of each apartment building that interests you.

Finding Substance Use Services and Support (Locally)

Sun Behavioral Kentucky

820 Dolwick Drive, Erlanger, KY 41018
Main Tel: 859-429-5188

- **Kentucky Help Call Center.** Kentuckians struggling with a substance use disorder, either themselves or within their families, can call 1-833-8KY-HELP (1-833-859-4357) toll-free to [speak with a specialist](#) about treatment options and available resources.

- **Operation Unite.** Operation Unite provides a toll-free [Treatment Referral Line](#) for anyone seeking assistance with drug addiction. This line is available during normal business hours, 8 a.m. to 5 p.m. Monday through Friday. Through UNITE's treatment initiative, individuals seeking help may be directed to short- or long-term treatment programs, drug court, or aftercare support programs. Low-income individuals living in Kentucky's Fifth Congressional District may also qualify for a Voucher Program that will help cover the costs of residential treatment for drug-related addictions. For more information about eligibility requirements call the UNITE Treatment Line at 1-866-908-6483.

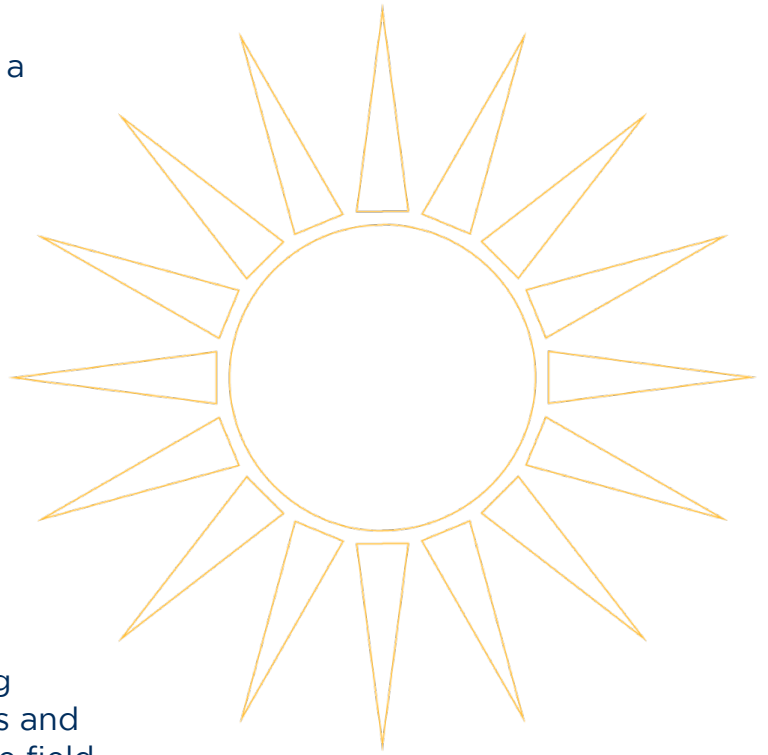
- **The Angel Initiative.** [The Angel Initiative](#) is a proactive approach offering an alternative escape to those battling addiction. Under this initiative, anyone battling addiction can come to any KSP post and get help finding a treatment center. No questions asked.

- **Get Help Lex.** [Get Help Lex](#) is an online resource for people seeking facilities and services for substance use disorder (substance abuse/addiction) in or around Lexington, Kentucky.

- **UNSHAME Kentucky.** [UNSHAME Kentucky](#) is a statewide campaign to destigmatize opioid use disorder (OUD) by providing education on OUD-related topics and sharing the stories of people in recovery, their friends and family, and people that work in the opioid use field. By learning their stories, we come to understand that opioid use disorder is something that can affect any of us and that no one should struggle with it alone.

- **Kentucky Opioid Response Effort (KORE).** The purpose of the [Kentucky Opioid Response Effort \(KORE\)](#) is to implement a comprehensive targeted response to Kentucky’s opioid crisis by expanding access to a full continuum of high-quality, evidence-based opioid prevention, treatment, recovery, and harm reduction services and supports in high-risk geographic regions of the state.

- **Recovery Kentucky.** Recovery Kentucky is a program that helps Kentuckians recover from chronic substance abuse and addiction, and move toward a life of sobriety and productivity. It supplies supportive housing— a stable place to live, and a support system to help men and women recovering from substance abuse and addiction. Recovery Kentucky provides services to qualifying low-income clients, regardless of an individual’s ability to pay.



- **Local Support Groups.** If you're looking for local support groups, visit findhelp.org and filter your search to include substance use disorder. Make sure you include your zip code in the search. These are virtual and in-person groups with a variety of meeting times and places.

- **Recovery Supportive Living Assistance Program.** Recovery housing addresses the need for safe, healthy, affordable, illicit substance-free housing for those with substance use disorder. The program provides peer and recovery support to a person in early recovery from substance use disorder. They can pay up to \$400 towards rent in Lexington or Erlanger. [You can fill out an application here.](#)

Naloxone Distribution Centers in Kentucky

The Health Department offers [free naloxone kits](#) to the Northern Kentucky community through its county health centers and during the syringe access exchange programs (see below). Kits will be available on the following days, times, and locations.

- **Tuesdays** in Campbell County from 1 to 4 p.m. on Highrise Drive, which is off Churchill Drive at the intersection of North Grand Drive in Newport, Ky. Note: The syringe access exchange program is also offered during this time.
- **Wednesdays** from 1 to 4 p.m. at the Grant County Health Center, 234 Barnes Road, Williamstown, Ky. 859.824.5074. Note: The syringe access exchange program is also offered during this time.
- **Thursdays** from 1 p.m. to 4 p.m. during the syringe access exchange program operating in the parking lot of St. Elizabeth Healthcare in Covington, 1500 James Simpson Jr. Way, Covington, Ky. Note: The syringe access exchange program is also offered during this time.



Finding Mental Health Services and Support (Nationally)

- For **emergency** help - Call 911.
- For **mental health** issues after a disaster - Contact the [Disaster Distress Helpline](#) at 1-800-985-5990.
- For **veterans** experiencing a crisis - Contact the [Veterans Crisis Line](#) at 1-800-273-8255, and press 1.
- For **substance abuse treatment and mental health** referrals - Call the [Substance Abuse and Mental Health Services Administration's \(SAMHSA\) National Helpline](#) at 1-800-662-HELP (4357).

SAMHSA's
National Helpline:
1-800-662-HELP
(1-800-662-4357)

- For **suicidal thoughts and behavior**, dial 988 for help from the [Suicide & Crisis Lifeline](#). You can also reach them at 1-800-273-TALK (1-800-273-8255).

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- **Kentucky 211.** 2-1-1 is a free referral and information helpline that connects people to a wide range of health and human services, 24 hours a day, 7 days a week. To contact 2-1-1 in any state, including Kentucky, simply dial the numbers 2-1-1 from any phone.

• Kentucky Mental and Behavioral Health Hotlines.

WellCare of Kentucky 1-855-661-6973
Women's Crisis Center (Northern Kentucky) 1-800-928-3335
Kentucky Mental Crisis Lifeline – Dial 988
NAMI Lexington 1-800-273-TALK
Fayette County Crisis Line: 1-800-928-8000
Kenton County Crisis Line: 1-859-331-3292

- **Kentucky Suicide Prevention.** Their vision is to lead the Commonwealth in providing and [promoting opportunities](#) for all Kentuckians to become active in the reduction of suicide deaths and attempts.

- **Meetup.** Use this [website](#) to find stress management groups or mental health support groups in your area. This is a great way to meet like-minded individuals who are managing the same challenges.

- **NAMI Kentucky.** Use their [website](#) to find local support groups for mental health and mental health awareness.

Contact Us

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