



Resource Guide

UK Employees



The Office of Equal Opportunity

859-257-8297

<https://oeo.uky.edu/>

 **Office of
Equal Opportunity**

24/7 Crisis Resources

<u>Crisis Text Line</u>	Text "Start" to 741-741 A live, trained crisis counselor receives the text and responses from a secure online platform
<u>9-8-8 Suicide and Crisis Lifeline</u>	9-8-8 Formerly the National Suicide Prevention Lifeline Free, confidential support for people in distress Prevention and crisis resources for you or your loved ones
<u>Ampersand Sexual Violence Resource Center of the Bluegrass</u>	1-800-656-4673 Available to support and provide resources for those who have been impacted by sexual violence
<u>GreenHouse17</u>	1-800-544-2022 Formerly Bluegrass Domestic Violence Program Specially trained crisis counselors available to help those harmed by intimate partner violence
<u>New Vista Crisis Line</u>	1-800-928-8000 Crisis trained counselors who can assist in your situation and explore possible solutions
<u>Trans Lifeline</u>	877-565-8860 Connects trans people to community support and resources

Campus Specific Resources

<u>Work-Life Connections Counseling</u>	<p>859-257-9355</p> <p>Holistic mental health and wellness support for UK employees, including free therapy options, physical health and financial wellness resources</p>
<u>Center for the Enhancement of Learning and Teaching</u>	<p>Resources on how to navigate difficult conversations in the classroom and more services to support engaging, inclusive, and innovative learning</p>
<u>C.R.I.S.I.S Program</u>	<p>859-257-9242</p> <p>Assists UK employees experiencing personal financial hardship</p>
<u>Employee Relations</u>	<p>859-257-8758</p> <p>Provides guidance on UK HR Policies and Procedures; consults with employees, managers, and administrators on a variety of workplace topics</p>
<u>Headspace</u>	<p>A meditation and mindfulness platform available to UK faculty and staff for a free one-year membership</p>
<u>LiveSafe</u>	<p>UKPD provides a free app that allows a discreet and convenient way to communicate directly with UKPD about potential risks and threats</p>
<u>Individual, Relational, and Financial Therapy (I-RAFT) Clinic</u>	<p>859-257-7755</p> <p>For couples: Professional mental health appointments (in-person or telehealth) with a marriage and family therapist-in-training at the I-RAFT Clinic</p>
<u>Violence Intervention and Prevention (VIP) Center</u>	<p>859-257-3574</p> <p>Works with students, staff, and faculty toward the mission of eliminating the perpetration of sexual or gender-based interpersonal violence Confidential advocates can meet with you to review your options</p>

Community Resources

<u>Center for Healing Racial Trauma</u>	Offers services and trainings designed to heal racially/ethnically marginalized people from racism
<u>Children’s Advocacy of the Bluegrass</u>	859-225-5437 Local nonprofit organization dedicated to reducing the trauma experienced by child victims of sexual abuse
<u>God’s Pantry Food Bank</u>	859-255-6592 Serves 50 counties in Central and Eastern Kentucky in partnership with more than 475 food pantries and meal programs
<u>Lexington-Fayette Health Department</u>	859-252-2371 Helping Lexington be well
<u>Lexington Health Center</u>	317-205-8088 Planned Parenthood is one of the nation’s leading providers of high-quality, affordable healthcare, and the nation’s largest provider of sex education
<u>The Nest</u>	859-259-1974 Supports individuals and families in crisis, facing adversity, or who have unexpected needs through early childhood education and care; basic human needs; counseling/advocacy for survivors of Intimate Partner Violence
<u>Self-Care Apps</u>	Resource for variety of well-being Android and iPhone Apps
<u>Psychology Today</u>	The world’s largest portal to psychotherapy; includes free access to hundreds of thousands of professionals

Legal Resources	
<u>UK Police Department (24hr)</u>	859-257-8573
<u>UKPD's Special Victims Unit (SVU)</u>	Consists of Lieutenant, Detective, and Victim Advocates Helps victims of interpersonal violence navigate the criminal justice system with respect and integrity
<u>Fayette County Attorney's Office</u>	859-254-4941 Prosecutes misdemeanor cases
<u>Fayette Commonwealth Attorney's Office</u>	859-246-2060 Prosecutes felony cases
<u>Fayette County Sheriff's Department</u>	859-252-1771
<u>Sherrif Department's Amanda's Center</u>	24-7 assistance to those dealing with issues of domestic violence. They have advocates who can assist victims in filing Emergency Protective Orders (EPOs), provide safe phones, offer cameras and other safety measures, etc.
<u>Legal Aid of the Bluegrass</u>	859-431-8200 and press option 4 Legal help for people living at or near poverty, veterans, those who are disabled and victims of domestic violence
<u>Lexington Police Department (24 hr)</u>	859-258-3600
<u>Kentucky State Police</u>	1-800-222-5555
<u>Office of the Attorney General</u>	1-800-372-2551
<u>VINE Registration</u>	1-800-511-1670 The nation's most reliable and confidential source for updated custody status and criminal case information. Register and stay informed