



RESOURCE GUIDE FOR EMPLOYEES

THE OFFICE OF EQUAL OPPORTUNITY

JULY 2026



24/7 CRISIS SUPPORT

Crisis Text Line	Text "Start" to 741-741 A live, trained crisis counselor receives the text and responses from a secure online platform
9-8-8 Suicide and Crisis Lifeline	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
Sexual Violence Resource Center of the Bluegrass	859-253-2511 Available to support and provide resources for those who have been impacted by sexual violence
GreenHouse17	1-800-544-2022 Formerly Bluegrass Domestic Violence Program Specially trained crisis counselors available to help those harmed by intimate partner violence
New Vista Crisis Line	1-800-928-8000 Crisis trained counselors who can assist in your situation and explore possible solutions
Trans Lifeline	877-565-8860 Connects trans people to community support and resources



CAMPUS RESOURCES	
Employee Relations	859-257-8758 Provides guidance on UK HR Policies and Procedures; consults with employees, managers, and administrators on a variety of workplace topics Work-Life Connections
Counseling	859-257-9355 Holistic mental health and wellness support for UK employees, including free therapy options, physical health and financial wellness resources
Individual, Relational, and Financial Therapy (I-RAFT) Clinic	859-257-7755 For couples: Professional mental health appointments (in-person or telehealth) with a marriage and family therapist-in-training at the I-RAFT Clinic
Violence Intervention and Prevention (VIP) Center	859-257-3574 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
Center for the Enhancement of Learning and Teaching (CELT)	Resources on how to navigate difficult conversations in the classroom and more services to support engaging, inclusive, and innovative learning
C.R.I.S.I.S Program	859-257-9242 Assists UK employees experiencing personal financial hardship
Headspace	A meditation and mindfulness platform available to UK faculty and staff for a free one-year membership
SafeZone	UKPD provides a free app that empowers you to take proactive steps for your personal safety and gives UKPD enhanced response capabilities
SAFECats Escort	(859) 257-7233 Free safety escort service sponsored by UKPD and operated by the Flying Wildcats Booster Club. Escorts have undergone UKPD training and criminal background checks.
UKPD STARR Program	(859) 257-1616 The STARR Program is a self-defense tactics and risk reduction course designed for individuals over the age of 13 with not maximum age limit.

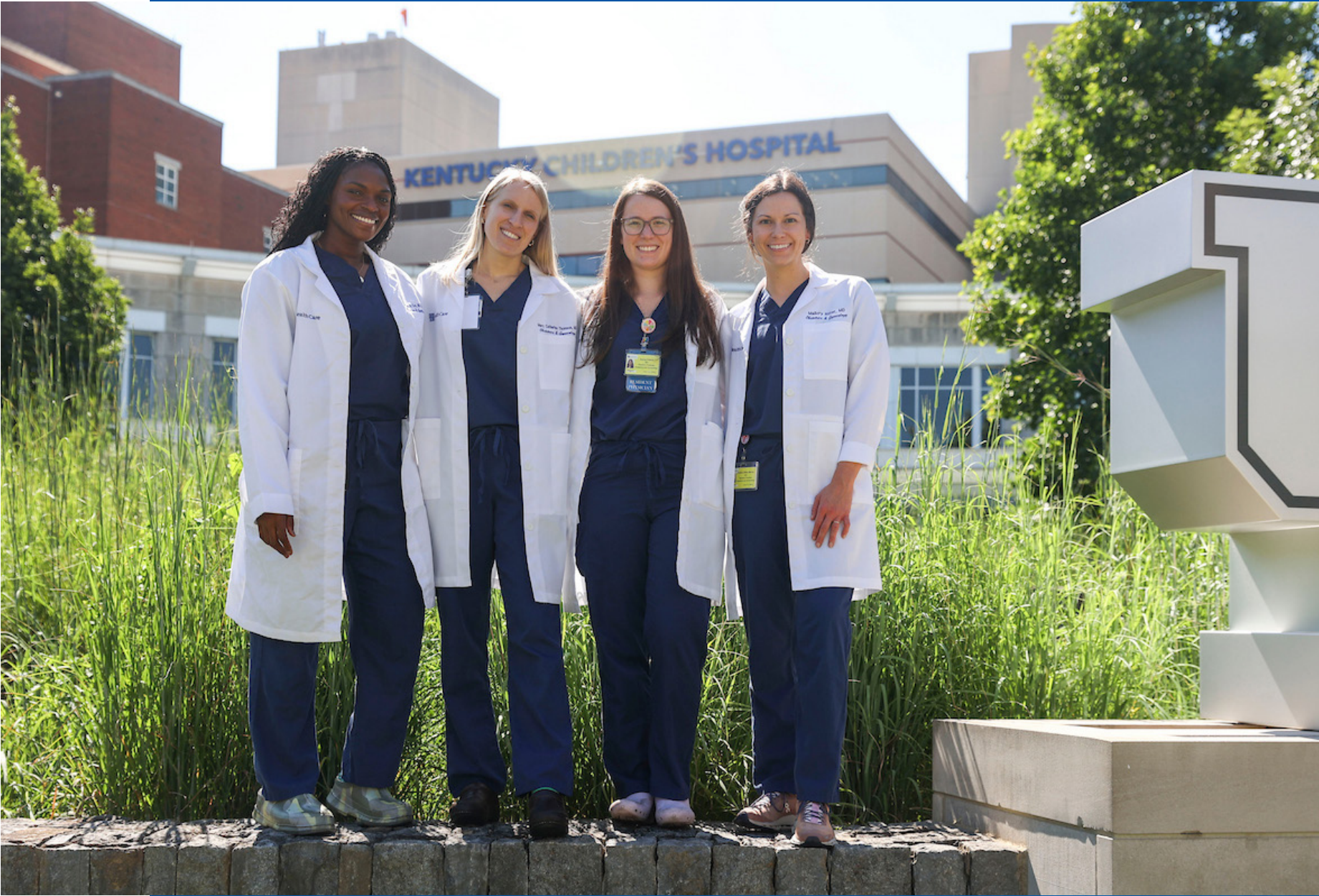


LEXINGTON COMMUNITY RESOURCES	
God's Pantry Food Bank	859-255-6592 Serves 50 counties in Central and Eastern Kentucky in partnership with more than 475 food pantries and meal programs
The Nest	859-259-1974 Supports individuals and families in crisis, facing adversity, or who have unexpected needs through early childhood education and care; basic human needs; counseling/advocacy for survivors of Intimate Partner Violence
Domestic and Sexual Violence Prevention Coalition	859-258-3803 Lexington's coordinated community response to domestic and dating violence, sexual violence, and stalking
Lexington Addiction Center	859-681-7823 Partial hospitalization program, intensive outpatient program, outpatient program

LEGAL RESOURCES	
UK Police Department (24hr)	859-257-8573 Always call 9-1-1 in an emergency
UKPD's Special Victims Unit (SVU)	Consists of Lieutenant, Detective, and Victim Advocates Helps victims of interpersonal violence navigate the criminal justice system with respect and integrity
Fayette County Attorney's Office	859-254-4941 Prosecutes misdemeanor cases
Fayette Commonwealth Attorney's Office	859-246-2060 Prosecutes felony cases
Fayette County Sheriff's Department	859-252-1771
Sherrif Department's Amanda's Center	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.
Legal Aid of the Bluegrass	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
Lexington Police Department (24 hr)	1-859-258-3600
Kentucky State Police	1-800-222-5555
Office of the Attorney General	1-800-372-2551
VINE Registration	1-800-511-1670 The nation's most reliable and confidential source for updated custody status and criminal case information. Register and stay informed

KING'S DAUGHTERS COMMUNITY RESOURCES	
Active Day Senior Care	606-928-8119 6938 US 60 Ashland, KY
Boyd County Adult Day Care	606-325-8201 1409 Blackburn Ave., Ashland, KY
The Dressing Room	606-324-5400 2516 Carter Ave., Ashland, KY
Goodwill- Ashland	606-325-3606 2100 Winchester Ave., Ashland, KY
Safe Harbor (DV Shelter)	606-329-9304 Boyd, Carter, Elliott, Greenup, Lawrence-KY
D.O.V.E.S (DV Shelter)	606-784-6880 Bath, Menifee, Montgomery, Morgan, Rowan-KY
Lawrence County DV Force	740-532-7111 Lawrence County- OH
Ashland Housing Authority	606-325-7112 3131 Winchester Ave #403, Ashland, KY 41101
A Center 4 Change	606-393-5586 5900 US 60 West Suite B., Ashland 41101
Pathways Detox	606-324-1141

ST. CLAIRE COMMUNITY RESOURCES	
Scioto Southern Ohio Shelter Portsmouth (DV)	800-570-1819
Lawrence County DV Task Force Ironton	740-532-7111 (24-7 Hotline)
Women Helping Women Cincinnati	513-381-5610 215 E 9th St #7, Cincinnati, OH 45202
Legal Aid of Southeast and Central Ohio (LASCO)	(888) 246-4420 (Toll-Free Intake)
Branches Domestic Violence Shelter	304-529-2382 info@branchesdvs.org
YWCA Resolve Family Abuse Program	304.340.3549



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