

## **10 Signs You May Not Be Coping Well**

1. Changes in sleep habits (too much or too little)
2. Changes in eating habits  
(losing/gaining weight)
3. Unable to shake off feeling blue or down in the dumps
4. Increased use of alcohol or other drugs
5. Feeling like "It's just not worth it"
6. Feeling like "everything is hopeless"
7. Difficulty concentrating; distracted; "in a fog"
8. Unable to control anger; irritable over "little things"
9. Crying a lot or "shutting down" your feelings
10. Fighting with family, friends, coworkers

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# Getting Help in Cincinnati/NKY



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## Cincinnati/NKY Help Resources

### Counseling

|                                                      |                |
|------------------------------------------------------|----------------|
| St. Elizabeth Employee Assistance Program .....      | (859) 301-2570 |
| Planned Parenthood .....                             | (513) 287-6484 |
| Consumer Credit Counseling Service, credit.org ..... | (800) 431-8157 |
| Goldstein Family Grief Center .....                  | (513) 891-7700 |

### Domestic Violence

|                                             |                |
|---------------------------------------------|----------------|
| National Domestic Violence Hotline .....    | (800) 799-7233 |
| The Ion Center for Violence Prevention..... | (859) 491-3335 |
| Women Helping Women.....                    | (513) 381-5610 |
| National Sexual Assault Hotline.....        | (800) 656-4673 |

### Emergency

|                                                     |                |
|-----------------------------------------------------|----------------|
| St Elizabeth Healthcare Emergency, 6 locations..... | (859) 301-2000 |
| Crisis Text Line .....                              | 741741         |
| National Sexual Assault Hotline.....                | (800) 656-4673 |
| NAMI National Alliance on Mental Illness.....       | (800) 950-NAMI |
| Emergency Shelter of NKY .....                      | (859) 291-4555 |
| Suicide and Crisis Lifeline, call or text.....      | 988.....       |
| UC Psychiatric Emergencies .....                    | (312) 926-8100 |

### Alcohol and Drugs

|                                                                       |                                           |
|-----------------------------------------------------------------------|-------------------------------------------|
| NKY Alcoholics Anonymous .....                                        | (859) 491-7181                            |
| Cincinnati Alcoholics Anonymous (24 hour hotline).....                | (513) 351-0422                            |
| Narcotics Anonymous Cincinnati .....                                  | (513) 820-2947                            |
| Cocaine Anonymous .....                                               | (800) 347-8898                            |
| Substance Abuse Help Call Center .....                                | text HOPE to 96714 or call (833) 8KY-HELP |
| Operation Unite (Substance Abuse) .....                               | (866) 908-6483                            |
| Recovery Kentucky (Housing) .....                                     | (800) 633-8896                            |
| St. Elizabeth Journey to Recovery Center .....                        | (859) 757-0717                            |
| St. Elizabeth Baby Steps Program (substance use during pregnancy).... | (859) 301-2501                            |

### Mental Health

|                                                 |                |
|-------------------------------------------------|----------------|
| St. Elizabeth Behavioral Health.....            | (859) 301-5901 |
| SUN Behavioral Health.....                      | (859) 429-5188 |
| Lindner Center of Hope.....                     | (513) 285-9082 |
| NAMI, National Alliance on Mental Illness ..... | (800) 950-NAMI |
| Suicide and Crisis Lifeline, call or text.....  | 988            |

## **Cincinnati/NKY Help Resources**

### **Parenting**

|                                                                 |                |
|-----------------------------------------------------------------|----------------|
| <b>Family Nurturing Center</b> .....                            | (859) 525-3200 |
| <b>Sylvan Learning (tutoring)</b> .....                         | (859) 757-4565 |
| <b>Children's Home of Northern KY (behavioral health)</b> ..... | (859) 261-8768 |
| <b>Cabinet for Health and Family Services</b> .....             | (800) 372-2973 |

### **Legal**

|                                         |                |
|-----------------------------------------|----------------|
| <b>Legal Aid of the Bluegrass</b> ..... | (859) 431-8200 |
| <b>NKY Volunteer Lawyers</b> .....      | (859) 431-8200 |

### **Learning Disabilities**

|                                                                    |                |
|--------------------------------------------------------------------|----------------|
| <b>Children &amp; Adults with Attention Deficit Disorder</b> ..... | (800) 233-4050 |
| <b>Learning Disabilities Association of Kentucky</b> .....         | (502) 473-1256 |
| <b>Adult ADD/ADHD Support Group</b> .....                          | (800) 939-1019 |

### **Gambling**

|                                                   |                    |
|---------------------------------------------------|--------------------|
| <b>Kentucky Council on Problem Gambling</b> ..... | (800) GAMBLER      |
| <b>Gamblers Anonymous Cincinnati</b> .....        | (513) 346-244-9779 |

### **Health Insurance**

|                                                       |                |
|-------------------------------------------------------|----------------|
| <b>Kentucky Health Plans</b> .....                    | (855) 636-0144 |
| <b>Kentucky Prescription Assistance Program</b> ..... | (800)          |
| <b>ARC of Kentucky</b> .....                          | (800) 281-1272 |

### **Employment/Unemployment**

|                                                      |                |
|------------------------------------------------------|----------------|
| <b>Equal Employment Opportunity Commission</b> ..... | (502) 694-3835 |
| <b>Job Accommodation Network</b> .....               | (800) 526-7324 |
| <b>Kentucky Career Center</b> .....                  | (502) 564-0871 |
| <b>Northern Ky Accountability Group</b> .....        | (859) 962-4099 |

### **Web Sites**

|                                                  |                                                                                |
|--------------------------------------------------|--------------------------------------------------------------------------------|
| <b>Mental Health First Aid</b> .....             | <a href="http://www.mentalhealthfirstaid.org">www.mentalhealthfirstaid.org</a> |
| <b>American Heart Association</b> .....          | <a href="http://www.heart.org">www.heart.org</a>                               |
| <b>National Institute of Mental Health</b> ..... | <a href="http://nimh.nih.gov">http://nimh.nih.gov</a>                          |