

# Employee Resources

## Below are several 24/7 crisis resources that are available to you:

- **Crisis Text Line**: Text the word “Start” to the number (741-741) | A live, trained crisis counselor receives the text and responds from a secure online platform.
- **988 Suicide and Crisis Lifeline**: (formerly the National Suicide Prevention Lifeline): 988 | The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.
- **Ampersand Sexual Violence Resource Center of the Bluegrass (formerly Bluegrass Rape Crisis Center) (24hr)**: 1-800-656-4673 | Available to support and provide resources for those who have been impacted by sexual violence.
- **GreenHouse17**: (formerly Bluegrass Domestic Violence Program): 1-800-544-2022 | Specially trained crisis counselors are available to help people harmed by intimate partner abuse.
- **New Vista Crisis Line**: 1-800-928-8000 | Crisis counselors trained to ensure prompt attention to your situation and explore possible solutions.
- **Trans Lifeline (24hr)**: 1-877-565-8860 | Trans Lifeline connects trans people to the community support and resources we need to survive and thrive.

## Employee Campus-Specific Resources

- **UK Human Resources Work-Life Connections Counseling**: 859-257-9355 (WELL) Option 1 | Holistic mental health and wellness support for UK employees, including free therapy options, as well as physical health and financial wellness resources.
- **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.
- **Employee Relations**: 859-257-8758 | Provides guidance on University Human Resources Policies and Procedures and consults with employees, managers, and administrators on a variety of workplace issues.
- **Headspace**: A meditation and mindfulness platform available to UK faculty and staff for a free one-year membership.
- **LiveSafe**: UKPD provides a free app for your phone called LiveSafe. This app provides a quick, convenient, and discreet way to communicate directly with UKPD about potential risks and threats before they escalate.
- **Office for Institutional Diversity**: 859-257-9293 | Diversity, equity, and inclusion resources, organizations, and units on campus.
- **REFER Program**: 859-257-7755 | A professional mental health clinic for UK employees.
- **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.
- **UK Psychiatry**: 859-323-6021 | Provides a full range of clinical services for adults and adolescents.

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## Community Resources

- **Center for Healing Racial Trauma**: Offers services and training designed to heal racially/ethnically marginalized people from racism.
- **Children's Advocacy Center of the Bluegrass**: 859-225-5437 | A local nonprofit organization dedicated to reducing the trauma experienced by child victims of sexual abuse.
- **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.
- **Lexington-Fayette Health Department**: 859-252-2371 | Helping Lexington be well.
- **Lexington Health Center**: 317-205-8088 | Planned Parenthood is one of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education.
- **Psychology Today**: The world's largest portal to psychotherapy; it includes free access to hundreds of thousands of professionals.
- **Self-Care Apps**: Resource for a variety of well-being Android and iPhone Apps.
- **The Nest**: 859-259-1974 | Supports individuals and families in crisis, facing adversity, or who have unexpected needs through early childhood education and care, family assistance for basic human needs, counseling and advocacy for survivors of intimate partner violence, and education and support for parents.

## Legal Resources

**ALWAYS call 911 in an emergency!**

- **UK Police Department (24hr)**: 859-257-8573
  - **Special Victims Unit (SVU)**: Special Victims Unit which consists of a Special Victims Unit Lieutenant, Detective, and Victims Advocate who help victims of interpersonal violence navigate through the criminal justice system with respect and integrity.
- **Fayette County Attorney**: 859-254-4941
- **Fayette County Commonwealth Attorney**: 859-246-2060
- **Fayette County Sheriff's Department**: 859-252-1771
- **Legal Aid of the Bluegrass**: 859-431-8200
- **Lexington Police Department (24 hr)**: 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.