

**Crisis** - Experiencing bizarre, disruptive or dangerous behavior. May make verbal or physical threats. Active threats of suicide. Probable harm to self or others.

Is this a crisis or troubling situation?

**Troubling** - Feelings of confusion, sadness, high anxiety, irritability, lack of motivation and/or concentration. Non-life threatening harm to self.

**If suicidal ideations or behaviors are present, call ULPD at 502-852-6111**

- **Call or walk In to the UofL Counseling Center** at 215 Central Ave., Suite 201. Monday-Friday 8:30am – 4:30pm
- **Call Psychological Services Center to set up an initial screening appointment** at 502-852-6782 Davidson Hall, Room 210. More information at: <http://louisville.edu/psychology/psc>

Do you have a parent/guardian or partner/spouse who is a UofL employee?

**Contact the Employee Assistance Program (EAP)** at 502-589-4957 OR [www.humandev.com](http://www.humandev.com)

What type of insurance do you have?

Private  
Student Insurance Policy  
I don't know/None

**MEDICATION RESOURCES**

- **Call your primary health care provider**
- **Set up a medical appointment with a provider at Campus Health.** 502-852-6479. Ask them for a referral to Campus Health Psychiatric Services and/or therapist nearby.
- **Look on GoodRX.com for discounts on existing prescriptions**

**COUNSELING RESOURCES**

- **Google 'Psychology Today' + your insurance to find local therapist in the Louisville area.**
- **Check out the 'Affordable Counseling in Kentuckiana' resource** (on the back)

**Contact the Insurance Advocate at Campus Health** at 502-852-6519 and [stuins@louisville.edu](mailto:stuins@louisville.edu) or Visit United Healthcare [www.uhcsr.com](http://www.uhcsr.com)

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**COUNSELING RESOURCES**

- **Check out the 'Affordable Counseling in Kentuckiana' resource** (on the back)
- **Contact the UofL Counseling Center for Assistance.** 502-852-6585

*Call the UofL Counseling Center (502-852-6585) to get assistance connecting with insurance providers, campus and community resources*

## Affordable Counseling in Kentuckiana

**Cardinal Success Program at NIA:** Provides free individual, couples, and family therapy for West Louisville residents. Counseling and support services are provided by graduate and doctoral students at the University of Louisville, College of Education and Human Development working under the direct supervision of a licensed psychologist. Located at The NIA Center, 2900 W. Broadway, Suite #320, Louisville, KY. Call (502)-852-3888.

**Personal Counseling Services:** Provides faith-based counseling, psychiatric counseling. Can provide services in Spanish and Portuguese. Contact for fee information. Some insurance plans are accepted. Located at 1205 Applegate Ln, Clarksville, IN 47129. (812)-283-8383.

**Centerstone (formerly Seven Counties Services) Crisis and Information Center:** Provides telephone crisis counseling 7 days/week, 24 hours /day. Adult Crisis Line (502)-589-4313 or 1-800-221-0446; Child Crisis Line: (502)-589-8070 or 1-800-432-4510. To schedule an initial appointment, call: (502)-264-8799.

**Jewish Family & Vocational Service:** Provides individual and group counseling and support groups, by appointment only. Provides a sliding scale fee. Contact (502)-452-6341.

**Louisville Presbyterian Seminary:** Provides marriage and family therapy, substance abuse counseling (if involved in a 12 step program), Provides a sliding scale fee with no session limit. Located at 1044 Alta Vista Road, Louisville, KY. Contact: (502)-895-3411 ext. 275.

**Family & Children's Place:** Multiple locations in IN and KY. Provides no-cost therapy in homes, offices and the community; child and family advocacy; information on victims assistance; case management; referrals to appropriate community services; and domestic violence groups for children impacted by violence in the home. Day and evening appointments are offered with no session limit. Contact (502)-893-3900, ext. 280

**Centerstone Addiction and Recovery Center:** Houses an 80-bed inpatient and outpatient facility that treats adults with addictions and their families. Provides an inpatient program for alcohol and drug detoxification. Accepts self-referrals as well as referrals from other health service providers. Contact: (502)-583-3951.

**Spalding University Center for Behavioral Health:** Doctoral students provide psychological assessments as well as individual, couple, and group therapy with children, adolescents, and adults under the supervision of licensed psychologists. <https://behavioralhealth.spalding.edu/>

**Lutheran Family Services:** Offer daily and evening therapy sessions by appointment only. Offer a sliding scale fee with no limit to sessions. Located at 1864 Frankfort Ave, Louisville KY. Contact: (502)- 899-5991.

**The Morton Center:** Provides substance abuse-related outpatient counseling; contact for fee information. Groups are offered at various rates and primarily take place in the evening. Insurance is accepted at this location. Located: 1028 Barrett Ave, Louisville, KY.

**Noble Kelly Psychological Services Center (PSC):** A psychology clinic, training, and research facility staffed by doctoral students in Clinical Psychology who are supervised by licensed clinical psychologists. 502-852-6782 Located in Davidson Hall, Suite 210. For more information, visit [louisville.edu/psychology/psc](http://louisville.edu/psychology/psc) or call: (502) 852-6782.

**The Center for Women and Families:** The Center for Women and Families provide support for individuals, families and communities affected by intimate partner violence and sexual assault. Emergency shelter is available and counseling services offered during business hours. There is no fee for services and no session limit. Located at 927 S 2nd St. Louisville, KY. Contact: (502)- 581-7200. They offer a crisis phone line all hours, 7 days a week: 1-(844)-237-2331.

**University of Louisville Depression Center:** Provides treatment for bipolar disorder, addictions, and child and adolescent mood disorders via a comprehensive, multi-faceted plan that includes biological and psychological approaches. Contact: (502) 588-4450 <http://louisville.edu/depression>

**UofL PEACC Center:** provides confidential advocacy to those in our campus community who have been impacted by sexual assault, partner violence and stalking. A trained advocate will listen and can assist with accommodations, resources and reporting options. Also facilitates a survivor network for those directly impacted. Contact: [louisville.edu/PEACC](http://louisville.edu/PEACC). Email: [peacc@louisville.edu](mailto:peacc@louisville.edu). 502-852-2663.

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