

# RESILIENCY RESOURCES



For those affected by the Western Kentucky tornados

Dial: 9-8-8 Suicide & Crisis Helpline

[Chat online](#)

Veterans Crisis Line: 9-8-8, then press 1

Text: 838255

FEMA: 800-621-FEMA (3362)

Red Cross 24/7 counseling/support: Call or Text 800-985-5990

[Disaster Distress Helpline](#): Talk/Text/ASL 800-985-5990 (presiona '2')

## BOWLING GREEN



**KY STEPS**

270-938-1020

[Life Skills](#)

**Hotline Crisis and Information**

**270-843-4357 or 800-223-8913.**

-Barren, Hart, Logan and Warren counties

## DAWSON SPRINGS



**[Pennyroyal Center](#)**

Call 24/7: 877-473-7766

Text: RESPOND to us at 839863

Crisis Open Access (Walk-In)  
Hours: 8:30am-4pm at all locations

-Caldwell, Christian, Hopkins, Lyon and Muhlenberg counties

## MAYFIELD



**[Four Rivers Behavioral Health](#)**

Crisis Line: 800-592-3980

**Project Recovery Support Groups:**

-**Cayce/Fulton/Hickman**: Tues Evenings 5 PM at the Cayce United Methodist Church at 195 KY-94 in Fulton

-**Marshall**: Tuesdays at 6 p.m. at the Cambridge Shores Clubhouse at 708 Cambridge Shores Drive in Gilbertsville KY 42044.

Everyone is welcome.

-**Mayfield/Graves**: Thursdays 5 PM at the Graves County Baptist Association at 1400 KY-303 in Mayfield.

### Coping Tips

[Coping with Grief](#)

[Managing Stress](#)

[Coping with Re-Traumatization](#)

[Guide for Parents](#)

### Youth Resources

[Making Things Better](#)

[Making Things Better \(Teens\)](#)

### Psychological First Aid Resources

[Tips for Disaster Response Workers](#)

[PFA Mobile App](#)

