



Wellness & Life Coaching

- Alcoholics Anonymous
 - Hope & Action Group
 - Mondays, Wednesdays, Thursdays, and Fridays at noon
 - Call 270-247-4212 for location
 - Thursdays and Saturdays at 7:00 p.m.
 - Autumn Ridge, 4840 KY 121 S, Mayfield
 - Acceptance Group
 - Mondays at 6:30 p.m.
 - Call 270-247-4212 for location
 - Tuesday Big Book
 - JU Kevil Center, 1900 S 10th Street, Mayfield
 - Tuesdays at 7:00 p.m.
 - Friday Mayfield Group
 - JU Kevil Center, 1900 S 10th Street, Mayfield
 - Fridays at 8:00 p.m.
- BrightView Benton Addiction Treatment Center
 - BrightView Benton Addiction Treatment Center offers substance use disorder treatment.
 - <https://www.brightviewhealth.com/locations/benton-addiction-treatment-center/> ○ 205 Ash Street, Benton 42025
 - 866-934-7450
- Four Rivers Behavioral Health - Fuller Center
 - <https://4rbh.org/>
 - Fuller Center
 - 1525 Cuba Road, Mayfield
 - 270-247-2588
 - Center for Adult Services
 - 425 Broadway Street, Paducah 42001
 - 270-442-1801
 - Ballard County Services
 - 115 North 4th Street, Wickliffe 42087
 - 270-442-7121
 - Lakes Center
 - 1051 North 16th Street, Murray 42071
 - 270-753-6622
 - Fulton & Carlisle Services

- 201 North Highland Drive, Fulton 42041
- 270-247-2588



Wellness & Life Coaching continued

- Changes Rehabilitation
 - Changes Rehabilitation offers inpatient alcohol and substance abuse rehabilitation.
 - <https://changesrehabilitation.com/>
 - 2000 Holiday Lane, Fulton 42041
 - 866-530-2926
- Emerald Therapy Center
 - The Emerald Therapy Center provides wellness and therapeutic services for emotional, physical, spiritual, and financial needs.
 - Mayfield, Murray, and Paducah
 - 270-534-5128
- Graves County Agency for Substance Abuse Policy/Prevention (ASAP)
 - The Graves County ASAP offers substance abuse resources and resources for parents, teens, and kids.
 - 416 Central Avenue, Mayfield
 - 270-247-3553 ext. 248
 - gcasap.org
- HOPE Calloway
 - HOPE Calloway provides traditional housing, outreach services, prevention education, and emergency assistance to **residents of Calloway County**.
 - 629 Broad Street, Murray 42071
 - 270-761-6802
- Hope Center
 - The Hope Center offers pregnancy testing, ultrasounds, one-on-one guidance and support throughout pregnancy and until the child is 5 years old, parenting classes, post-abortion care, and STD/STI testing. All services provided by the Hope Center are free. Call 270-247-3190 to make an appointment.
 - Mondays 9:00-5:00, Tuesdays 9:00-6:00, Wednesdays & Thursdays 9:00-4:00
 - 1216 Paris Road, Mayfield
 - 270-247-3190 24/7 Text 339-224-4636
 - hopemayfield.com
- Lotus Children's Advocacy & Sexual Violence Resource Center
 - Kentucky's regional children's advocacy and sexual assault center with trauma-focused therapy.
 - Monday-Thursday 8:30-5:00

- 333 East Broadway, Mayfield
- 1605 North Friendship Road, Paducah 42001
- 270-534-4422 24-hour Helpline 800-928-7273



Wellness & Life Coaching continued

- LTRG Tornado & Flood Survivor Support Group
 - Graves County Baptist Association, 1400 KY-303, Mayfield
 - 4th Thursday of every month at 5:00 p.m.
 - A free meal is provided.
 - 270-247-5022
- Mountain Comprehensive Care
 - Benton Outpatient
 - 145 Vine Street, Benton 42025
 - 270-252-9432
 - Paducah Outpatient
 - 475 Berger Road, Paducah 42003
 - 270-443-2686
 - Women's Substance Abuse Residential Facilities
 - 485 Berger Road, Paducah 42003
 - 270-443-2686
 - 2916 Veach Road, Owensboro 42303
 - 270-852-2335
- Trauma Informed Counseling Center (TICC)
 - TICC's counselors are highly trained in multiple modalities including self-awareness, coping skills, self-care, stress management, burnout, imposter syndrome, anxiety, depression, mood shifts, life changes, trauma, PTSD, individual counseling, family & couples counseling, and counseling for children, adolescents, and adults.
 - TICC also has bilingual counselors.
 - TICC's services are virtual.
 - TICC accepts most health insurances and all Kentucky Medicaid insurances. They also have a sliding scale for those without health insurances and for those who have health insurance not accepted by TICC.
 - <https://www.theticcoflexington.com/>
 - 859-309-2877
- Tree of Hope
 - The Tree of Hope offers faith-based family counseling services.
 - 516 South 6th Street, Mayfield
 - 270-356-1110

- Vibrant Emotional Health
 - Vibrant Emotional Health offers crisis emotional care 24/7 and helps those affected by traumas caused by natural or human-caused disasters navigate through the recovery process and to work through the trauma.



- 988 Suicide and Crisis Lifeline
 - Call or text 988
 - Go to their website at <https://www.vibrant.org/what-we-do/disaster-services/> to chat or for ASL or HoH assistance.
- Disaster Distress Helpline
 - Call or text 800-985-5990
 - Go to their website at <https://www.vibrant.org/what-we-do/disaster-services/> for ASL or HoH assistance.
- West Kentucky Drug & Alcohol Intervention, LLC
 - West Kentucky Drug & Alcohol Intervention, LLC offers alcohol and drug assessments, batterers intervention, domestic violence and anger management assessments, outpatient therapy groups, education classes: 12-hour Prime for Life and 20-hour Prime for Life, and individual therapy sessions.
 - Locations include: 1325 State Route 45 N, Mayfield; 102 B Hwy 62, Princeton, KY; 1107 Poplar Street, Benton, KY; 702 Jefferson Street, Paducah, KY; and 123 W. Main, Dresden, TN.
 - KY office 270-247-4212, TN office 731-281-6869, Toll Free 800-273-1282
- Williams Christian Counseling
 - Williams Christian Counseling offers Christ-centered counseling.
 - <https://www.williamscc.org/>
 - 253 Wyatt Road, Mayfield
 - 270-247-5667



Bienestar y asesoramiento de vida

- Alcoholics Anonymous / Alcohólicos Anónimos servicios en inglés
 - Hope & Action Group
 - Mondays, Wednesdays, Thursdays, and Fridays at noon
 - Call 270-247-4212 for location
 - Thursdays and Saturdays at 7:00 p.m.
 - Autumn Ridge, 4840 KY 121 S, Mayfield
 - Acceptance Group
 - Mondays at 6:30 p.m.
 - Call 270-247-4212 for location
 - Tuesday Big Book
 - JU Kevil Center, 1900 S 10th Street, Mayfield
 - Tuesdays at 7:00 p.m.
 - Friday Mayfield Group
 - JU Kevil Center, 1900 S 10th Street, Mayfield
 - Fridays at 8:00 p.m.
- BrightView Benton Addiction Treatment Center
 - BrightView Benton Addiction Treatment Center ofrece tratamiento para abuso de sustancias ○
<https://www.brightviewhealth.com/locations/benton-addiction-treatment-center/>
 - 205 Ash Street, Benton 42025
 - 866-934-7450
- Four Rivers Behavioral Health - Fuller Center
 - <https://4rbh.org/>
 - Fuller Center
 - 1525 Cuba Road, Mayfield
 - 270-247-2588
 - Center for Adult Services
 - 425 Broadway Street, Paducah 42001
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 - Ballard County Services
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 - 1051 North 16th Street, Murray 42071

- 270-753-6622
- Fulton & Carlisle Services
 - 201 North Highland Drive, Fulton 42041
 - 270-247-2588



Bienestar y asesoramiento de vida, continuación • Changes Rehabilitation

- Changes Rehabilitation ofrece ayuda para la rehabilitación del abuso de alcohol, drogas y otras sustancias.
 - <https://changesrehabilitation.com/>
 - 2000 Holiday Lane, Fulton 42041
 - 866-530-2926
- Emerald Therapy Center
 - The Emerald Therapy Center provee servicios terapéuticos y de bienestar para ayudar a resolver problemas emocionales, físicos, espirituales, y financieros.
 - Mayfield, Murray, y Paducah
 - 270-534-5128
- Graves County Agency for Substance Abuse Policy/Prevention (ASAP)
 - The Graves County ASAP ofrece recursos para personas con problemas de abuso de sustancias y recursos para padres, adolescentes, y niños.
 - 416 Central Avenue, Mayfield
 - 270-247-3553 ext. 248
 - gcasap.org
- HOPE Calloway
 - El Centro HOPE de Calloway provee vivienda tradicional, servicios de alcance, educación de prevención y asistencia de emergencia **para los residentes del Condado Calloway**.
 - 629 Broad Street, Murray 42071
 - 270-761-6802
- Hope Center Mayfield
 - The Hope Center ofrece pruebas de embarazo, ultrasonidos, guianza uno-a-uno durante el embarazo y apoyo hasta que el bebé tenga 5 años de edad. También hay disponible clases de crianza, cuidado después de un aborto y pruebas de enfermedades de transmisión sexual. Todos los servicios provistos por Hope Center Mayfield son gratuitos. Llame al 270-247-3190 para hacer una cita.
 - Lunes de 9:00-5:00, martes de 9:00-6:00, miércoles y jueves de 9:00-4:00
 - 1216 Paris Road, Mayfield
 - 270-247-3190 24/7 Texto al 339-224-4636

- hopemayfield.com
- Lotus Children's Advocacy & Sexual Violence Resource Center
 - Oficina regional en Kentucky para víctimas de asalto sexual y con enfoque en terapia post-trauma ○ Lunes-jueves 8:30am-5:00pm
 - 333 E Broadway, Mayfield, KY
 - 1605 N Friendship Rd., Paducah, KY 42001
 - 270-534-4422 Línea de asistencia 24 horas 800-928-7273



Bienestar y asesoramiento de vida, continuación

● LTRG Tornado & Flood Survivor Support Group / Grupo de apoyo para sobrevivientes de tornados LTRG ○ Asociación Bautista del Condado de Graves, 1400 KY-303, Mayfield

- 4to jueves de cada mes a las 5:00 p.m.
- Habrá comida gratis para los asistentes
- Mountain Comprehensive Care / Servicios de rehabilitación por abuso de sustancias ○ Benton Outpatient / Servicios ambulatorios en Benton
 - 145 Vine Street, Benton 42025
 - 270-252-9432
- Paducah Outpatient / Servicios ambulatorios en Paducah
 - 475 Berger Road, Paducah 42003
 - 270-443-2686
- Women's Substance Abuse Residential Facilities / Facilidades para mujeres con problemas de abuso de sustancias
 - 485 Berger Road, Paducah 42003
 - 270-443-2686
 - 2916 Veach Road, Owensboro 42303
 - 270-852-2335
- Tree of Hope / Árbol de esperanza
 - The Tree of Hope ofrece servicios de asesoramiento familiar fundamentados en la fe. .
 - 516 South 6th Street, Mayfield
 - 270-804-2954
- Vibrant Emotional Health
 - Ofrece cuidado emocional en momentos de crisis 24/7 y asiste a las personas que están en crisis o sufren traumas causadas por desastres naturales o por intervención humana para que puedan navegar por el proceso de recuperación del trauma.
 - Línea de crisis y prevención de suicidio
 - Marcando o por texto 988
 - Para hablar con alguien para asistencia visite su sitio web

<https://www.vibrant.org/what-we-do/disaster-services/>

- Línea de ayuda
 - Llamando o por texto al 800-985-5990
- Visite su sitio web para asistencia <https://www.vibrant.org/what-we-do/disaster-services/>



Bienestar y asesoramiento de vida, continuación

- West Kentucky Drug & Alcohol Intervention, LLC
 - West Kentucky Drug & Alcohol Intervention, LLC ofrece evaluaciones de uso de alcohol y drogas, intervención con parejas abusivas, evaluación de casos de violencia doméstica y manejo de de enojo, servicios de terapia externos, educación y clases grupales de 12 y 20 horas y clases grupales.
 - Localizaciones disponibles: 1325 State Route 45 N, Mayfield; 102 B Hwy 62, Princeton, KY; 1107 Poplar Street, Benton, KY; 702 Jefferson Street, Paducah, KY; and 123 W. Main, Dresden, TN. ○ Comuníquese con nosotros, en KY office 270-247-4212, en TN office 731-281-6869, línea gratuita 800-273-1282
- Williams Christian Counseling
 - Williams Christian Counseling ofrece consejería fundamentada en la fe
 - <https://www.williamscc.org/>
 - 253 Wyatt Road, Mayfield
 - 270-247-5667