

## Health Services During COVID 19

Company	Contact Name	Company Info	Insurances Accepted	Last Update	Notes	Current Mental Health Issues Being Seen
<b>Bridges Family Center</b>	Jessica Morris jmorris@bridgesfamilycenter.com	1712 HWY 121 Bypass North Ste. 1 Murray, KY 42071 (270) 761-5804 contact@bridgesfamilycenter.com https://bridgesfamilycenter.com/	We are in network with most private insurances including Anthem BCBS, Cigna, Aetna, Humana, Medben, United Healthcare and a handful of EAP's.  Medicaid we accept Wellcare and Anthem Medicaid. We do not accept Medicare (their restrictions unfortunately). We also have self-pay options	4/22/2020	All seven clinicians at Bridges Family Center are providing telehealth services and accepting new clients!	Stress management, children of divorce, recent separation and divorce, marital/couples issues, trauma, PTSD, chronic illness and grief.
<b>Kentucky Care</b>	Elizabeth Fleming	Candice Hambrick 270-575-3247 push option 4  Virtual therapy or telephone appointment 870-347-3461		4/30/2020	A Federally Qualified Health Center that also provides Behavioral Health and Substance Use Services. We currently have two Licensed Clinical Social Workers: <b>Candice Hambrick</b> and <b>Elizabeth Fleming</b> and a Recovery Coach, Gerren Lawson. We can provide virtual health or telephone appointments.  Request an appointment online at <a href="http://www.arcare.net">www.arcare.net</a> . Click Kentucky as the state and select Behavioral Health for the type of service.	Since Covid, we have seen an increase in symptoms associated with anxiety, grief (over loss of job/income, social interactions, death of loved ones, etc), depression and substance use. Patients with no prior mental health concerns are seeking services due to the disruption of their routines and daily functioning. Parenting topics is something that has also come up a lot due to the interactions changing between parents and children. This has been a difficult time for many so having someone to talk/consult with has been helpful.
<b>Emerald Therapy</b>	Jake Allen jake@emeraldtherapycenter.com	3227 Coleman Rd Paducah, Kentucky (270) 534-5128  Office: 270-534-5128  Shelly Baer shelly@emeraldtherapycenter.com	No medicare	4/22/2020	Emerald Therapy Center, LLC has locations in Paducah and Murray currently providing all behavioral health services via telehealth. These services include anxiety, depression, grief counseling, relationship counseling and more. We have 10 providers ranging from LCSWs, LPCs, LMFTs, and Substance Abuse Counselors.  Clients can also visit Emerald Therapy Center, LLC to sign up for an appointment.  Also, we provide crisis management services and staff training for employers. The HR department or authorized representative can call the office	Called and spoke with office. They will contact me back 4/30/2020 - JH; Emailed Request 4/29/2020 - JH
<b>Mercy Behavioral Health Outpatient</b>	Ashley Walters, BA Quality & Operations Manager Mercy Behavioral Health Lourdes Hospital 1530 Lone Oak Rd Paducah, KY 42003 270-415-3959 awalters@mercy.com	1532 Lone Oak Rd Paducah KY 42003 270-444-2250 Option 3  <a href="https://www.mercy.com/health-care-services/behavioral-mental-health/specialties/outpatient-behavioral-mental-health">https://www.mercy.com/health-care-services/behavioral-mental-health/specialties/outpatient-behavioral-mental-health</a>		4/22/2020	Kelly Ray, LCSW is offering counseling and seeing new patients via tele psych via doxy.me by appointment.  Phyllis Vance, APRN is offering medication management by appointment -New patients must be seen in office the first time. We can provide tele psych after first appointment.  Will be dropping off packets they have provided to law enforcement and Purchase Area Health Dept	Anxiety and Depression
<b>Jared Hill</b>	Jared Hill	<a href="tel:270-227-2684">270-227-2684</a> <a href="mailto:Jhill.jpca@gmail.com">Jhill.jpca@gmail.com</a>		4/22/2020		Emailed a request for information 4/30/20 - Jamie
<b>There's HOPE Counseling</b>	Dr. Joetta Harlow Kelly	270-293-6733 joetta.kell@hotmail.com		4/22/2020	Licensed counselor with an office at Hardin Baptist Church. Conducting FaceTime counseling with clients  We not only seek to meet the physical needs of our community, but the spiritual needs as well. Our counseling men and women love helping people work out problems in living, and are here to help people break the bondage of sin through the gospel of Jesus Christ.	Not being able to work and pay bills, stress from separation and job displacement, out of the blue panic attacks, and worry for family members experiencing illnesses
<b>Passport</b>	Karastin Hancock	844-231-7946 TTY 866-727-9441 TDD		4/22/2020	24 hour Behavioral Health Crisis Hotline  Any Passport Member can use this resource	

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Turning Point Recovery Counseling	<a href="mailto:Sstiles@4rbh.org">Shamike Stiles</a> <a href="mailto:Sstiles@4rbh.org">sstiles@4rbh.org</a>	<a href="https://linktr.ee/frbhrcc">https://linktr.ee/frbhrcc</a>		4/22/2020	<p>Turning Point is a recovery community center located in Paducah that provides recovery support to individuals seeking sobriety from substance abuse addiction. Below is a link that will take you to our on-line recovery support and resources.</p> <p>We currently offer telephone support, one-on-one peer support sessions and recovery support groups online to help combat the isolation due to the COVID-19 restrictions.</p>	
Mountain Comprehensive Care Center		<p>Kelly R. Kelley, LCSW Mountain Comprehensive Clinic Coordinator 145 Vine St. Benton, KY. 42025 (270) 252-9432 <a href="mailto:Kelly.Kelley@mtcomp.org">Kelly.Kelley@mtcomp.org</a></p> <p>Dawn Blanchard, CSW, TFCBT Clinician Marshall - Benton Clinic 270-252-9432</p>		4/22/2020	<p>Is still open and providing services in Benton (off the Draffenville exit). We have five licensed therapists providing in person and Telehealth services.</p> <p>Two of our therapists are certified in Trauma Focused- Cognitive Behavioral Therapy</p> <p>Those that typically wanted twice a month sessions are wanting to be seen more frequently and we are doing our best to work in anyone that calls the clinic for new or additional services.</p>	As far as what we are seeing, a lot of people are having higher anxiety due to fear of the virus and depression due to self-isolating and not being around others
Four Rivers Behavioral Health	Gretchen Roof	Persons in need: 270-442-7121 Crisis line: 1-800-592-3980 <a href="http://www.4rbh.org">www.4rbh.org</a>		4/22/2020	<p>Currently has telehealth services available to both existing and new consumers in the area. This would include services with Clinical Practitioners, Case Managers, Peer Supports as well as Psychiatrist and APRN's</p> <p>We can provide therapy (individual, group or family), Intensive Outpatient Groups, medication management and or assist with resources and support. We also have virtual support groups available through both our Turning Point program and virtual activity groups through our youth drop in center known as the Zone</p> <p>For those with a smart phone device or computer we can conduct the Initial Assessment via Zoom to the person's home. For those without they may come to any of our outpatient sites (Paducah, Murray or Mayfield) and we have "clean rooms" available which provide the consumer with a private space and access to a computer such that they will then be able to video (Zoom) communicate to a clinician in the same building or at another one of our sites. We still provide</p>	
LiveHealth Online	<a href="https://livehealthonline.com/psychology/">https://livehealthonline.com/psychology/</a> <a href="https://livehealthonline.com/psychiatry/">https://livehealthonline.com/psychiatry/</a>			4/22/2020		
CRISIS Text Line	<a href="https://www.crisistextline.org/text-us/">https://www.crisistextline.org/text-us/</a>	Text "HELLO" to 741741		6.3.20	Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support via a medium people already use and trust: text.	