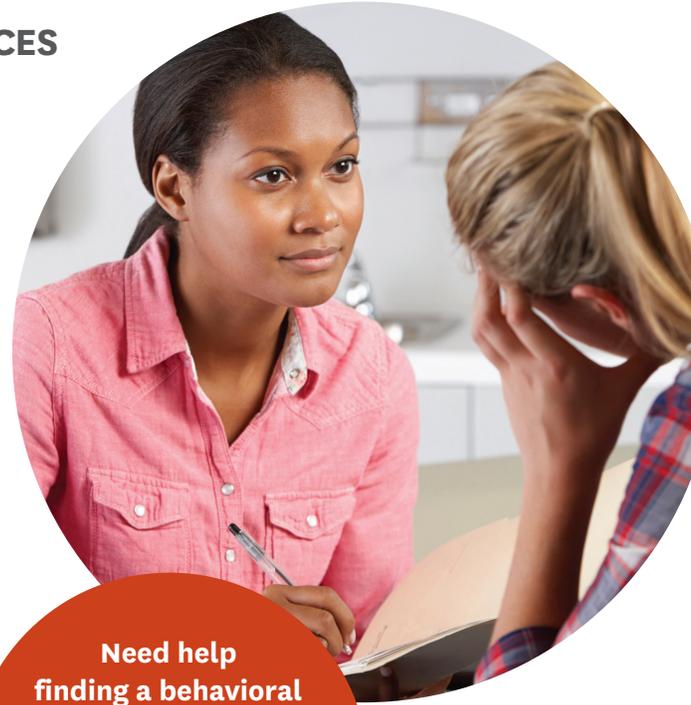


Be Kind to Your Mind

YOU ARE NOT ALONE! HERE ARE SOME RESOURCES THAT CAN HELP YOU IF YOU'RE IN CRISIS:

- ✓ You can call WellCare Behavioral Health Crisis Line 24 hours a day, seven days a week at **1-855-661-6973** (TTY: **711**) to talk to a trained counselor who can connect you with the help you need.
- ✓ If you have a behavioral health provider, call and talk to them about how you're feeling.
- ✓ Call your local community mental health center and let them know that you are in crisis. Many have walk-in hours when you can be seen without an appointment. You can find your local community mental health center at dbhdid.ky.gov/cmhc/.
- ✓ Finally, you can call or text **988**, 24 hours a day, seven days a week. This is a free and confidential suicide and crisis helpline.



Need help finding a behavioral health provider?
Call us at **1-877-389-9457** (TTY: **711**). We can help find a provider near you.



When should I go to the hospital?

- ✓ If you have self-harmed or are thinking about seriously hurting yourself.
- ✓ If you are having thoughts about seriously hurting someone else.
- ✓ If you're experiencing dangerous symptoms from alcohol or drug withdrawal.



What if I don't need to go to the hospital but still need some help?

You have other treatment options. WellCare is here to support you. WellCare can get you connected with the right services when you need them. Reach our Behavioral Health Crisis Line 24 hours a day, seven days a week by calling **1-855-661-6973** (TTY: **711**).

Stay healthy with your mental health journey.



Take your medicines as prescribed and keep regular appointments with your behavioral health providers. This will help to prevent future hospital stays.

By keeping your appointments, you can talk about changes in your mood. Your treatment team can then make changes to medications if needed. Your provider will also understand your medical history.



WellCare of Kentucky complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call **1-877-389-9457** (TTY: **711**).

ATENCIÓN: Si habla español, contamos con servicios de asistencia lingüística que se encuentran disponibles para usted de manera gratuita. Llame al **1-877-389-9457** (TTY: **711**).

注意：如果您說中文，您可以免費獲得語言援助服務。請致電 **1-877-389-9457** (TTY : **711**)。