

We know it can be hard to navigate all of the resources available when you need help during this crisis. Commonwealth, Common Health has compiled a guide to help you locate the help you need.

If you can't find what you need in this guide, please go to <https://amymcgrath.com/commonhealth/> or <https://govstatus.egov.com/kycovid19>.

TABLE OF CONTENTS

CAREGIVING	2
CASH ASSISTANCE	2
DOMESTIC VIOLENCE & SEXUAL ASSAULT PROGRAMS	2 - 3
EMPLOYMENT ASSISTANCE	3
EXPUNGEMENT	4
FOOD	4
GED OPTIONS	5
GENERAL COVID-19 INFO	5
HOMELESSNESS	6
HOUSING ASSISTANCE	6
LEGAL HELP	7
MEDICATION	7 - 8
MEDICAID/MEDICARE	8
MENTAL HEALTH & ADDICTION SERVICES	9
RENT	9
UNEMPLOYMENT	10
UTILITIES	10






CAREGIVING

- **MEDICAID AND VETERANS PROGRAMS:**
 <https://www.aarp.org/caregiving/financial-legal/info-2017/you-can-get-paid-as-a-family-caregiver.html>
- **FAMILY CAREGIVER SUPPORT PROGRAM:**
 <https://chfs.ky.gov/agencies/dail/Pages/caregiversupport.aspx>
- **AGING AND DISABILITY SERVICES:**
 <https://chfs.ky.gov/agencies/dail/Pages/adrc.aspx>
- **KINSHIP FAMILIES COALITION OF KENTUCKY:**
 <https://kinshipky.org/research-and-resources/>



CASH ASSISTANCE

- **KENTUCKY TRANSITIONAL ASSISTANCE PROGRAM (KTAP):**
 **APPLY HERE:** <https://benefind.ky.gov/PreScreening/HBEHomePage>
 (502) 564-3440
 <https://chfs.ky.gov/agencies/dcbs/dfs/fssb/Pages/ktap.aspx>



DOMESTIC VIOLENCE & SEXUAL ASSAULT PROGRAMS

- **NATIONAL DOMESTIC VIOLENCE HOTLINE**
 (800) 799-SAFE



DOMESTIC VIOLENCE & SEXUAL ASSAULT PROGRAMS (CONT'D)

- **KENTUCKY CHILD/ADULT PROTECTIVE SERVICES SYSTEM**
☎ 1-877-597-2331
- **KENTUCKY COALITION AGAINST DOMESTIC VIOLENCE:**
🖥 <https://kcadv.org/get-help-now/member-programs>
☎ 502-209-5382
- **KENTUCKY ASSOCIATION OF SEXUAL ASSAULT PROGRAMS:**
🖥 <https://www.kasap.org/>
- **THE NEST (LEXINGTON)**
🖥 <https://thenestlexington.org/>
- **THE CENTER FOR WOMEN AND FAMILIES (LOUISVILLE)**
🖥 <https://www.thecenteronline.org/>
- **WOMEN'S CRISIS CENTER (COVINGTON/MAYSVILLE)**
🖥 <https://www.wccky.org/>



EMPLOYMENT ASSISTANCE

- **KENTUCKY CHAMBER OF COMMERCE, WHO'S HIRING REPORT:**
🖥 <https://www.kychamber.com/news/coronavirus/covid-19-whos-hiring>
- **KENTUCKY CAREER CENTER PORTAL:**
🖥 <https://focustalent.ky.gov/talent/login>



EXPUNGEMENT

- **CLEAN SLATE KENTUCKY:**
 <http://www.cleanslatekentucky.com/>



FOOD

- **COMMONWEALTH, COMMON HEALTH:**
 <https://amymcgrath.com/commonhealth/>
- **FEEDING KENTUCKY:**
 <https://feedingky.org/>
- **SNAP BENEFITS AND WIC:**
 - <https://chfs.ky.gov/agencies/dcbs/dfs/nab/Pages/snap.aspx>
 - <https://chfs.ky.gov/agencies/dph/dmch/nsb/Pages/wic.aspx>
 - <https://chfs.ky.gov/agencies/dph/dmch/nsb/Documents/KYWICApprovedFood-ListEnglish.pdf>
- **THE LEE INITIATIVE (RESTAURANT WORKERS RELIEF PROGRAM):**
 <https://leeinitiative.org/>








GED OPTIONS

- **NO EXAMS WILL BE OFFERED DURING THE CORONAVIRUS OUTBREAK.**
- **CONTACTS BY COUNTY:**
 <https://kyvae.ky.gov/countycontacts.aspx>
- **ONLINE CLASSES:**
 [GED.com](https://www.ged.com)
 - All 4 classes - \$149
 - 1 subject - \$59



GENERAL COVID-19 INFO

- **GENERAL AID:**
 <http://care-ky.org/>
 211
- **KENTUCKY COVID-19 HOTLINE:**
 (800) 722-5725
- **TEAM KENTUCKY: GOV. ANDY BESHEAR RESOURCE ON COVID-19:**
 <https://govstatus.egov.com/kycovid19>
- **KENTUCKY EQUAL JUSTICE CENTER:**
 <https://www.kyequaljustice.org/post/get-the-help-you-need>





HOMELESSNESS

- **DIAPERS, FEMININE PRODUCTS, ETC. (LEXINGTON):**
 <https://www.commaction.org/>
- **HOMELESS SUPPORT (LEXINGTON):**
 <https://lexingtonrescue.org/services/>
- **NORTHERN KENTUCKY ACTION COMMUNITY:**
 <https://www.nkcaccovington.org/>



HOUSING ASSISTANCE

- **HUD:**
 https://www.hud.gov/sites/dfiles/PIH/documents/PHA_Contact_Report_KY.pdf
- **SHELTERS:**
 <https://www.hud.gov/states/kentucky/homeless/shelters>



LEGAL HELP

- **APPALACHIA:**
<https://www.ardfky.org/>
- **IN AND AROUND LEXINGTON:**
<https://lablaw.org/>
- **OTHER:**
<https://www.lsc.gov/what-legal-aid/find-legal-aid>



MEDICATION

- **ALL PHARMACIES ARE ALLOWED TO REFILL WITHOUT A DOCTOR'S NOTE.**
- **GOOD RX:**
<https://www.goodrx.com/>
- **RX ASSIST:**
<https://www.rxassist.org/providers>
- **IF YOU ARE WITHIN THREE MONTHS OF YOUR 65TH BIRTHDAY, HELP SIGNING UP FOR MEDICARE:**
<https://www.medicare.gov/your-medicare-costs/get-help-paying-costs/lower-prescription-costs>



MEDICATION (CONT'D)

- **IF YOU HAVE MEDICARE, BUT NOT PART D:**
 - 🖥️ <https://www.cms.gov/Medicare/Eligibility-and-Enrollment/LowIncSubMedicarePresCov/MedicareLimitedIncomeNET>
 - 📞 (800) 783-1307
- **IF YOU ARE ON MEDICAID AND MEDICARE:**
 - 🖥️ <https://www.medicare.gov/your-medicare-costs/get-help-paying-costs/lower-prescription-costs>
- **HEALTHFIRST BLUEGRASS PHARMACY - LEXINGTON - OFFERS PRESCRIPTION REFILLS WITHOUT DOCTOR'S NOTE:**
 - 🖥️ <https://www.healthfirstlex.com/hours-and-locations/>



MEDICAID/MEDICARE

- **KENTUCKY BENEFIND**
 - 🖥️ <https://benefind.ky.gov>
 - 📞 (855) 459-6328
- **STATE HEALTH INSURANCE ASSISTANCE PROGRAM (SHIP):**
 - 🖥️ <https://www.klaid.org/ship>
- **IF YOU HAVE MEDICAID, YOU CANNOT GO OFF IT FOR AT LEAST THREE MONTHS, AND ALSO UNTIL THE NATIONAL DISASTER DECLARATION HAS ENDED.**



MENTAL HEALTH & ADDICTION SERVICES

- **ONLINE SUPPORT GROUPS:**
 <https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/>
- **ONLINE INTERGROUP - ALCOHOLICS ANONYMOUS**
 <https://www.aa-intergroup.org/directory.php>



RENT

- **EVICCTIONS HAVE BEEN SUSPENDED. NO EVICTIONS WILL TAKE PLACE UNTIL GOV. ANDY BESHEAR GIVES FURTHER NOTICE. LAW ENFORCEMENT WILL NOT CARRY OUT EVICTIONS.**
- **THIS ORDER DOES NOT RELIEVE ANYONE FROM THE OBLIGATION OF PAYING THEIR RENT OR MAKING MORTGAGE PAYMENTS.**
- **MORE INFORMATION:**
 <https://govstatus.egov.com/kysafer-compliance-1>



UNEMPLOYMENT

- **CALL KENTUCKY'S UNEMPLOYMENT OFFICE ON THE DAY DESIGNATED FOR THE FIRST LETTER OF YOUR LAST NAME.**

 <https://kcc.ky.gov/career>

 (502) 875-0442

- Sunday: A-D
- Monday: E-H
- Tuesday: I-L
- Wednesday: M-P
- Thursday: Q-U
- Friday: V-Z and anyone else who missed their day

- **UNEMPLOYMENT CLAIMS:**

 <https://kcc.ky.gov/Pages/default.aspx>



UTILITIES

- **LOW INCOME HOME ENERGY ASSISTANCE PROGRAM (LOUISVILLE):**

 <https://louisvilleky.gov/LIHEAP>