

# Behavioral health resources

We include below links<sup>1</sup> to resources on behavioral health topics.

## Mental health

### [Lifeline](#)

The National Suicide Prevention Lifeline, 1-800-273-8255, provides 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

### [National Alliance on Mental Illness \(NAMI\)](#)

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicating to building better lives for the millions of Americans affected by mental illness.

### [National Institute of Mental Health \(NIMH\)](#)

The National Institute of Mental Health is the lead federal agency for research on mental disorders.

### [U.S. Department of Veterans Affairs – PTSD: National Center for PTSD](#)

The National Center for PTSD (Post-Traumatic Stress Disorder) is affiliated with the U.S. Department of Veterans Affairs, makes available resources and information for people and healthcare providers, and is the world's leading research and educational center of excellence on PTSD and traumatic stress.

### [Suicide Prevention Toolkit](#)

Tools and resources to help prevent suicide.

## Alcohol and substance use

### [Addiction Resource](#)

Addiction Resource provides a community for people recovering from addiction and to help people find the highest quality care for a successful recovery.

## [American Society of Addiction Medicine \(ASAM\)](#)

The American Society of Addiction Medicine (ASAM) is a professional medical society representing more than 6,000 physicians, clinicians, and associated professionals in the field of addiction medicine. ASAM is dedicated to increasing access and improving the quality of addiction treatment, educating physicians and the public, supporting research and prevention, and promoting the appropriate role of physicians in the care of patients with addiction.

## [National Institute on Alcohol Abuse and Alcoholism \(NIAAA\)](#)

The National Institute on Alcohol Abuse and Alcoholism, one of 27 institutes and centers that comprise the National Institutes of Health (NIH), supports and conducts research on the affect using alcohol has on human health and well-being.

## [National Institute on Drug Abuse \(NIDA\)](#)

The National Institute on Drug Abuse is the lead federal agency supporting scientific research on drug use and its consequences.

## [Partnership to End Addiction](#)

Partnership to End Addiction works with families, professionals, and other organizations to end addiction in the United States. Theirs is a public health approach rooted in science and compassion.

## [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

# Children and youth

## [American Association on Intellectual and Developmental Disabilities \(AAIDD\)](#)

The American Association on Intellectual and Developmental Disabilities (AAIDD) provides worldwide leadership in the field of intellectual and developmental disabilities. Formerly AAMR (American Association on Mental Retardation), AAIDD is the oldest and largest interdisciplinary organization of professionals and others concerned about intellectual and developmental disabilities.

## [Autism Speaks](#)

Autism Speaks is dedicated to promoting solutions, across the spectrum and throughout the life span, for the needs of individuals with autism and their families. Autism Speaks does this through advocacy and support; increasing understanding and acceptance of people with autism; and advancing research into causes and better interventions for autism spectrum disorder and related conditions.

## [Children and Adults with Attention-Deficit/Hyperactivity Disorder \(CHADD\)](#)

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) believes in improving the lives of people affected by ADHD.

## [National Autism Center](#)

The National Autism Center is May Institute's Center for the Promotion of Evidence-based Practice. It is a nonprofit organization dedicated to disseminating evidence-based information about the treatment of autism spectrum disorder (ASD), promoting best practices, and offering comprehensive and reliable resources for families, practitioners, and communities.

## [National Institute of Mental Health \(NIH\): Autism spectrum disorder](#)

The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders. NIMH is one of the 27 Institutes and Centers that make up the National Institutes of Health (NIH), the largest biomedical research agency in the world. NIH is part of the U.S. Department of Health and Human Services (HHS).

## [National Resource Center on ADHD](#)

The National Resource Center on ADHD (NRC), a program of CHADD, was established to be the national clearinghouse for the latest evidence-based information on ADHD. It is primarily funded through a cooperative agreement with the Centers for Disease Control and Prevention (CDC) National Center on Birth Defects and Developmental Disabilities (NCBDDD). The NRC serves as a National Public Health Practice and Resource Center (NPHPRC) with the mission to provide information, education and consultation about assessment, diagnosis, treatment, and issues of health and well-being for children with ADHD and their families.

# State and national resources

## [Centers for Disease Control and Prevention](#)

The Centers for Disease Control and Prevention makes available to the public free resources to support, and information about, children with developmental disabilities.

## [Division of Behavioral Health \(DBH\)](#)

The Division of Behavioral Health (DBH) is responsible for the administration of state and federally funded mental health and substance abuse treatment services throughout the commonwealth.

**Humana**  
Healthy Horizons™  
in Kentucky

<sup>1</sup>We provide links to websites for your convenience. Providing these links neither constitutes nor implies our endorsement of these sites, products, or services described on these sites, or of any other material contained therein. Humana disclaims responsibility for the content and/or its accuracy at any of these websites.

## **Call If You Need Us**

If you have questions, trouble reading or understanding this flyer, call us at 1-800-444-9137 or TTY, call 711. We are available Monday – Friday, from 7 a.m. to 7 p.m. Eastern Time. We can help you at no cost to you. We can explain the letter in English or in your first language. We can also help you if you have trouble seeing or hearing. Please refer to your Enrollee Handbook regarding your rights.

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Humana Inc. and its subsidiaries:

- Provide free aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provide free language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, contact Enrollee Services at 1-800-444-9137 (TTY: 711).

If you believe that Humana Inc. or its subsidiaries have failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

## **Discrimination Grievances**

P.O. Box 14618

Lexington, KY 40512 – 4618

1-800-444-9137 or if you use a TTY, call 711.

You can file a grievance by mail or phone. If you need help filing a grievance, Customer Service is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

## **U.S. Department of Health and Human Services**

200 Independence Avenue, SW

Room 509F, HHH Building Washington, D.C. 20201

1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

**Humana Healthy Horizons in Kentucky is a Medicaid product of Humana Medical Plan, Inc.**

**Multi-Language Interpreter Services**

**ATTENTION:** If you do not speak English, language assistance services, free of charge, are available to you. Call **1-800-444-9137** (TTY: 711).

**Español (Spanish)** **ATENCIÓN:** Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-800-444-9137** (TTY: 711).

**繁體中文 (Chinese)** **注意：**如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-800-444-9137** (TTY: 711)。

**Deutsch (German)** **ACHTUNG:** Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: **1-800-444-9137** (TTY: 711).

**Tiếng Việt (Vietnamese)** **CHÚ Ý:** Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **1-800-444-9137** (TTY: 711).

**العربية (Arabic)**

**1-800-444-9137**- ملحوظة: اللغة اذكر تتحدث كنت إذا: ملحوظة - **1-800-444-9137** برقم اتصل. بالمجان لك تتوافر والبكم الصم هاتف - **(711)**.

**Srpsko-hrvatski (Serbo-Croatian)** **OBAVJEŠTENJE:** Ako govorite srpsko-hrvatski, usluge jezičke pomoći dostupne su vam besplatno. Nazovite **1-800-444-9137** (TTY- Telefon za osobe sa oštećenim govorom ili sluhom: 711).

**日本語 (Japanese)** **注意事項：**日本語を話される場合、無料の言語支援をご利用いただけます。 **1-800-444-9137** (TTY:711) まで、お電話にてご連絡ください。

**Français (French)** **ATTENTION :** Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le **1-800-444-9137** (ATS : 711).

**한국어 (Korean)** **주의:** 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. **1-800-444-9137** (TTY: 711)번으로 전화해 주십시오.

**Deitsch (Pennsylvania Dutch)** Wann du [Deitsch (Pennsylvania German / Dutch)] schwetzsch, kannscht du mitaus Koschte ebber gricke, ass dihr helft mit die englisch Schprouch. Ruf selli Nummer uff: Call 1-800-444-9137 (TTY: 711).

**ध्यान दिनुहोस्(Nepali):** तपाईंले नेपाली बोल्नुहुन्छ भने तपाईंको निम्ति भाषा सहायता सेवाहरू निःशुल्क रूपमा उपलब्ध छ । फोन गर्नुहोस् 1-800-444-9137. (टिटिवाइ: 711) ।

**Oroomiffa (Oromo) XIYYEEFFANNAA:** Afaan dubbattu Oroomiffa, tajaajila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa 1-800-444-9137 (TTY: 711).

**Русский (Russian) ВНИМАНИЕ:** Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-444-9137 (телетайп: 711).

**Tagalog (Tagalog – Filipino) PAUNAWA:** Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-800-444-9137 (TTY: 711).

**ICITONDERWA (Bantu):** Nimba uvuga Ikirundi, uzohabwa serivisi zo gufasha mu ndimi, ku buntu. Woterefona 1-800-444-9137 (TTY: 711).