

# CAMP GRAVES

*Become a product of opportunity, not a victim of circumstance.*

## **Community Resource Guide**

### **Graves County**

### **Healthcare, Mental Health, & Wellness**

# Table of Contents

**Healthcare Resources . . . . . 3**

**Mental Health Resources . . . . . 10**

**Counseling Resources. . . . . 13**

**Fitness & Wellness. . . . . 17**

# Healthcare Resources

## Black Pearl Home Care

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*Address:* 2520 New Holt Rd, Paducah, KY 42001 (*Region 1 Office*)

*Hours:* Monday – Friday; 9:00AM – 5:00PM

*Phone:* (270) 557-7418

*Website:* <https://blackpearlhomecare.com/>

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- ▶ In-home care for non-medical needs, such as hygiene, transfers, med reminders, housekeeping, meal prep, errands, and transportation to doctor appointments and more.

## CenterWell Home Health

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*Address:* 1019 Paducah Road, Suite A, Mayfield, KY 42066

*Hours:* Monday – Friday; 8:00AM – 5:00PM

*Phone:* (270) 251-2001  
(800) 437-2001 (*Toll Free*)

*Website:* <https://www.centerwellhomehealth.com/about-us/find-care-near-you/h429/centerwell-home-health-mayfield>

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- ▶ In-home skilled nursing, home health aides, occupational and physical therapy.
- ▶ Must have a referral from your physician.

## The Exchange Program

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**Address:** 416 Central Ave, Mayfield, KY 42066  
(Entrance @ South 11th St. & Weda Ave.)

**Hours:** Monday; 12:00PM – 3:00 PM  
Wednesday; 8:00AM – 3:00 PM

**Phone:** (270) 247-3553

**Website:** [www.gravescountyexchange.com](http://www.gravescountyexchange.com)

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- ▶ Harm Reduction – Syringe exchange program  
(exchange contaminated needles for sterile needles)
- ▶ Testing for HIV & Hep C is available.
- ▶ Education on rotating injection sites and wound care.

## Fast Pace Health Urgent Care

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**Address:** 1251 Paris Rd, Mayfield, KY 42066

**Hours:** Monday – Friday; 8:00AM – 8:00PM  
Saturday; 8:00AM – 6:00PM  
Sunday; 1:00PM – 5:00PM

**Phone:** (270) 356-1345

**Website:** <https://fastpacehealth.com/location/mayfield/>

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- ▶ Walk-In Clinic can treat non-life-threatening needs, everyday illnesses, or injuries.
- ▶ Also provide behavioral health, telehealth, and virtual dermatology services.

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## Graves County Health Department

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*Address:* 416 Central Ave, Mayfield, KY 42066

*Hours:* Monday – Friday; 8:00AM – 4:00PM

*Phone:* (270) 247-3553

*Email:* [info@gravescountyhealthdepartment.com](mailto:info@gravescountyhealthdepartment.com)

*Website:* <http://www.gravescountyhealthdepartment.com/>

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- ▶ Walk-ins accepted for Immunizations, STI/STD testing, TB skin test, and school physicals.
- ▶ Family planning exams must be scheduled in advance; all other services are same day scheduling.

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## The Hope Center

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*Address:* 1216 Paris Rd, Mayfield, KY 42066

Monday; 9:00AM – 5:00PM

*Hours:* Tuesday; 9:00AM – 6:00PM

Wednesday & Thursday; 9:00AM – 4:00PM

*Phone:* (270) 247-3190

(339) 224-4636 (24/7 Text Line)

*Website:* <http://www.hopemayfield.com/>

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- ▶ Free pregnancy test, limited ultrasounds, post abortion care, and STI/STD testing.
- ▶ All services are provided free.

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## Jackson Purchase Medical Center

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*Address:* 1099 Medical Center Circle, Mayfield, KY 42066

*Hours:* 24 Hours a Day, 7 Days a Week

*Phone:* (270) 251-4100

*Website:* <https://www.jacksonpurchase.com/>

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- ▶ Hospital, emergency department, basic medical needs, surgery, etc.

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## Jackson Purchase Primary Care – Southside Clinic

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*Address:* 1206 Paris Road, Ste B, Mayfield, KY 42066

*Hours:* Monday – Friday; 8:00AM – 4:30PM

*Phone:* (270) 804-7160

*Website:* <https://www.jacksonpurchasemedicalgroup.com/jackson-purchase-primary-care-southside-clinic>

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- ▶ Walk-In Clinic that can treat non-life-threatening needs, such as everyday illnesses or minor injuries.

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## Jackson Purchase Primary Care – Walk-In Clinic

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*Address:* 1111 Medical Center Circle, Suite 110, Mayfield, KY 42066

*Hours:* Monday – Friday; 7:30AM – 4:00PM

*Phone:* (270) 251-4045

*Website:* <https://www.jacksonpurchasemedicalgroup.com/jackson-purchase-primary-care-mayfield-clinic>

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- ▶ Walk-In Clinic that can treat non-life-threatening needs, such as everyday illnesses or minor injuries.

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## KentuckyCare of Mayfield

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*Address:* 110 Kings Dr, Mayfield, KY 42066

*Hours:* Monday – Friday; 8:00AM – 4:30PM

*Phone:* (270) 804-7710

*Website:* <https://www.kentuckycare.net/blog/locations/individual/mayfield-medical/>

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- ▶ Services include behavioral health, women’s health, and primary care, regardless of your ability to pay.
- ▶ Can treat walk-ins with non-life threatening needs, such as everyday illnesses or minor injuries when open appointments are available.

## LivWell Community Health Services – Prevention & Outreach Center

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*Address:* 1733 Broadway St, Paducah, KY 42001

*Hours:* Monday – Thursday; 8:00AM – 5:00PM  
Friday; 8:00AM – 12:00PM

*Phone:* (270) 444-8183 (*Extension 2175*)

*Email:* [communications@livwellchs.org](mailto:communications@livwellchs.org)

*Website:* <https://livwellchs.org/prevention/>

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- ▶ Nonprofit organization that provides supportive services, education, and advocacy for those living with HIV/AIDs, sexually transmitted diseases, and viral hepatitis.
- ▶ They offer outreach opportunities to the community and offer safe sex supplies, testing, and education in a nonjudgemental environment for individuals.

## Mayfield Lions Club

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*Website:* <https://www.facebook.com/profile.php?id=100064349363130>

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- ▶ Eyeglass Assistance Program – To complete an application, go to the Annie Gardner Foundation (620 South 6th Street, Mayfield, KY 42066); must be a resident of Graves County for at least 5 years
- ▶ See Facebook page for upcoming events & projects

## West Kentucky Allied Services

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*Address:* 328 E. Broadway, Mayfield, KY 42066

*Hours:* Monday – Friday; 8:00AM – 4:30PM

*Phone:* (270) 247-4046

*Website:* <https://www.wkas-ky.org/>

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- ▶ Assists households in applying for Medicaid or health insurance through the KYNECT marketplace.
- ▶ In-Home care assistance for those who qualify.

# Mental Health Resources

## Four Rivers Behavioral Health – Fuller Center

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**Address:** 1525 Cuba Rd Mayfield, KY 42066

**Hours:** Monday – Friday; 8:00AM – 5:00PM  
(evening hours by appointment ONLY)

**Phone:** (270) 247-2588 (Outpatient)  
(866) 316-8307 (Med Line)  
(800) 592-3980 (24/7 Crisis Line)

**Website:** <https://4rbh.org/>

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- ▶ Outpatient – Mental health and substance abuse assessment, counseling, therapy, and med management.

## Hope Unlimited Family Care Center

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**Address:** 1101 Jefferson Street, Paducah, KY 42001

**Hours:** Monday – Thursday; 9:00AM – 4:00 PM  
10:00AM – 4:00 PM (Thrift Store Hours)

**Phone:** (270) 442-1166

**Website:** <https://hopeunlimitedfcc.org/services/men/>

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- ▶ 24-hour “Hope Line” for clients who may be in crisis & unable to access services during regular business hours.

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## Jackson Purchase Medical Center

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*Address:* 1099 Medical Center Circle, Mayfield, KY 42066

*Hours:* 24 Hours a Day, 7 Days a Week

*Phone:* (270) 251-4100

*Website:* <https://www.jacksonpurchase.com/behavioral-health/emergency-mental-health-services>

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- ▶ Provides emergency mental health services for individuals experiencing a mental health crisis.
- ▶ Must go through the Emergency Department for services.

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## KentuckyCare of Mayfield

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*Address:* 110 Kings Dr, Mayfield, KY 42066

*Hours:* Monday – Friday; 8:00AM – 4:30PM

*Phone:* (270) 804-7710

*Website:* <https://www.kentuckycare.net/blog/locations/individual/mayfield-medical/>

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- ▶ Outpatient mental health services.

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## Lumera Healthcare *(formerly Emerald Therapy Center)*

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*Address:* 1019 Paducah Rd, Suite C, Mayfield, KY 42066

*Hours:* Monday – Friday; 8:00AM – 5:00PM

*Phone:* (270) 310-9200 or (270) 534-5128

*Email:* [referral@lumerahhealthcare.com](mailto:referral@lumerahhealthcare.com)

*Website:* <https://lumerahhealthcare.com/>

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- ▶ Mental Health services for adults, teenagers, and children, such as psychiatry, mental health evaluations, talk therapy, anger management, and behavioral health.

# Counseling Resources

## First Presbyterian Church of Mayfield

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*Address:* 1325 Hwy 45 N, Mayfield, KY 42066

*Phone:* (270) 247-4554

*Email:* [office@fpcmayfield.com](mailto:office@fpcmayfield.com)

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- ▶ Pastoral care and counseling

## First United Methodist Church of Mayfield

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*Address:* 1322 West Broadway, Mayfield, KY 42066

*Phone:* (270) 247-5678

*Email:* [office@mayfieldfirst.com](mailto:office@mayfieldfirst.com)

*Website:* <https://www.mayfieldfumc.com/>

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- ▶ Emotional support and pastoral care

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## The Hope Center

*Address:* 1216 Paris Rd, Mayfield, KY 42066

*Hours:* Monday; 9:00AM – 5:00PM  
Tuesday; 9:00AM – 6:00PM  
Wednesday & Thursday; 9:00AM – 4:00PM

*Phone:* (270) 247-3190  
(339) 224-4636 (24/7 Text Line)

*Website:* <http://www.hopemayfield.com/>

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- ▶ Peer counseling by non-licensed providers.

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## Lotus – Mayfield Campus

*Address:* 333 E Broadway St, Mayfield, KY 42066

*Hours:* Monday – Thursday; 8:30AM – 5:00PM

*Phone:* (270) 534-4422  
(800) 928-7273 (24-Hour Helpline)

*Email:* [communityimpact@lotusky.org](mailto:communityimpact@lotusky.org)

*Website:* [www.hopehealgrow.org](http://www.hopehealgrow.org)

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- ▶ Counseling, emotional support, and forensic interview services for survivors of child abuse and sexual abuse.
- ▶ Counseling and emotional support is also available for the survivor's supporting family members.

## Tree of Hope

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*Address:* 516 S 6th St, Mayfield, KY 42066

*Phone:* (270) 356-1110

*Website:* <http://www.treeofhopecenter.org/>

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- ▶ Faith-based family counseling services to enhance and preserve the family.
- ▶ Services include counseling and specialized methods, such as art, cognitive behavior, child-parent relationship, marriage, and trauma sensitive therapies.

## West Kentucky Drug & Alcohol Intervention Services, LLC

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*Address:* 120 N 9th St, Mayfield, KY 42066

*Phone:* (270) 247-4212  
(800) 273-1282 (*Toll Free*)

*Email:* [martycobb@wkdaservices.com](mailto:martycobb@wkdaservices.com)

*Website:* <http://www.wkdaservices.com/home.html>

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- ▶ Domestic violence & Batterers Intervention Program (*B.I.P.*) Counseling
- ▶ Drug & alcohol abuse counseling

## Williams Christian Counseling

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*Address:* 253 Wyatt Rd, Mayfield, KY 42066

*Hours:* Monday – Friday; 8:00AM – 6:00PM

*Phone:* (270) 247-5667

*Website:* <https://www.williamscc.org/>

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- ▶ Christian-based counseling and emotional support.

# Fitness & Wellness

## Get Fit Graves & Lifestyle Change Program

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*Address:* 416 Central Ave, Mayfield, KY 42066

*Hours:* Monday – Friday; 8:00AM – 4:00PM

*Phone:* (270) 247-3553

*Website:* <https://www.gravescountyhealthdepartment.com/get-fit-graves>

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- ▶ Strives to reduce obesity and substance abuse through health education and promotion of community resources.
- ▶ Interactive Resource Map on their website

## Y.M.C.A. of Mayfield Graves County

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*Address:* 1545 Cuba Rd, Mayfield, KY 42066

*Hours:* Monday – Thursday; 5:00AM – 9:00PM  
Friday; 5:00AM – 8:00PM  
Saturday; 7:00AM – 5:00PM  
Sunday; 1:00PM – 5:00PM

*Phone:* (270) 247-0049

*Email:* [info@mayfieldgravesymca.com](mailto:info@mayfieldgravesymca.com)

*Website:* <https://www.mayfield-gravesymca.com/>

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- ▶ 24/7 gym access with membership.
- ▶ Financial assistance available for memberships, for those who qualify.