

Pulaski County Resource Guide



Clothing and Household Resources



Pulaski Baptist Association

Provides free clothing to those in need.

Phone Number: 606-678-4465

Address: 45 Parkers Mill Road, Somerset, KY 42501

Email: lakecumberlandba@gmail.com

Link: [Pulaski Baptist Association](#)



Employment Resources



Pulaski Employment Office

This Office of Employment offers employment services and unemployment insurance.

Phone Number: (606-677-4124

Address: 410 East Mt. Vernon, Somerset KY 42501

Link: [Pulaski Employment Office](#)



Somerset Pulaski County Chamber of Commerce

The Chamber's mission is to work every day to make our community a place where businesses can grow and prosper and where people want to raise their families.

Phone Number: 606-679-7323

Address: 263 E. Mt. Vernon St, Somerset, KY 42501

Email: info@somersetpulaskichamber.com

Link: [Somerset Chamber of Commerce](#)





Educational Resources



Pulaski County Public Library

Pulaski County Public Library offers genealogy information, children's book service, library book and DVD movies, bookmobile, loans, and internet access.

Phone Number: (606) 679-8401

Address: 304 S. Main Street, Somerset, KY 42501

Email: pulaski.library@pulaskilibrary.com

Link: [Pulaski County Public Library](#)



Adult Education

Adult Education provides services such as adult education classes, GED preparation, family literacy instruction, English as a second language classes, workforce education and reading instruction for eligible Kentuckians.

Phone Number: 606-451-6767

Address: 808 Monticello Street, Somerset, KY

Link: [Somerset Adult Education](#)



Health Access Nurturing Development Services (HANDS) - Pulaski County Health Department

Home visitation program for any new or expectant parent throughout pregnancy and the first two years of a baby's life.

Phone Number: 606-679-4416

Address: 45 Roberts Street, Somerset, KY 42501

Link: [Pulaski County HANDS](#)



Kentucky Head Start - Lake Cumberland Community Action

Federal program that promotes school readiness of children from birth to age 5 from low-income families.

Address: 100 N. Main St. Suite 302, Somerset, KY

Phone Number: 606-679-6203

Email: info@lc-caa.org

Link: [Lake Cumberland Head Start](#)



First Steps

Early intervention system that provides services to children with development disabilities from birth to age 3 and their families.

Phone Number: 877-417-8377

Address: 259 Parkers Mill Road, Somerset KY 42501



Food Resources



Kentucky SNAP - Supplemental Nutrition Assistance Program

Program to help low-income people buy food for healthy meals at participating stores..

Phone Number: (606) 763-6585

Address: 275 E. Main Street. 3E-I Frankfort, KY 40621

Link: [Kentucky SNAP](#)



Kentucky Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) - Pulaski County Health Department

Provides supplemental foods, nutrition education, and referrals to health care to low-income pregnant, breastfeeding, and postpartum women, infants, and children up to age 5 who are determined to be at nutritional risk.

Phone Number: 606-679-4416

Address: 45 Roberts Street, Somerset, KY 42501

Link: [Pulaski County WIC](#)



Nutrition Program for the Elderly - Area Agencies on Aging and Independent Living

Programs that provide one nutritionally balanced home-delivered or group dining-style meal per day as well as nutrition screening, education, and counseling services.

Phone Number: 270-866-4200

Address: PO Box 1570, 284 Lakeway Drive, Russell Springs, KY 42642

Link: [Area Agencies on Aging and Independent Living](#)



Pulaski County Family Support

Local Office for the Kentucky Cabinet for Health and Family Services.

Offering support for resources including food stamps, medical, welfare, etc.)

Phone Number: 606-677-4143

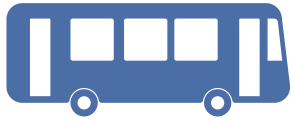
Fax: (606) 677 - 4143

Address: 650 North Main Street Suite 250, Somerset, KY 42501

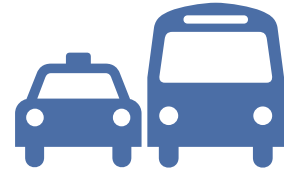
Kentucky Farmers' Market and Food Bank Locator

Link: [Food Bank and Farmers' Market Locator](#)





Transportation Resources



R-Tec Medical Transportation

Transportation - call R-Tec at least 3 days in advance

Phone Number: 800-321-7832

Kentucky WORKS Program

Provides training and job-seeking assistance to work-eligible individuals, including child care, transportation, and cost of work-related needs

Link: [Kentucky WORKS Program](#)



Housing Resources



Pulaski Emergency Relief Ministry (PERM)

Provides housing/rent and utility assistance to eligible individuals and families.

Phone Number: 606-678-8153

Address: 118 Southport Drive, Somerset, KY

Kentucky Low Income Home Energy Assistance Program (LIHEAP)

Program to help low-income households meet home heating and/or cooling needs.

Phone Number: (800) 456-3452

Link: [Low Income Home Energy Assistance Program \(LIHEAP\)](#)



Bethany House

Emergency housing for Spousal abuse. Serves the Lake Cumberland Area Development District.

Phone Number: 606-697-1553

Address: PO Box 864, Somerset KY 42502

Email: info@bethanyhouseinc.org

Link: [Bethany House](#)



Hart-Supported Living Program - Region 3

Provides funds for support to help Kentuckians with disabilities live in their homes and communities rather than an institution.

Phone Number: (502) 229-2294

Address: PO Box 876, Lawrenceburg KY, 40342

Link: [Region 3 - Hart Supported Living Program](#)



Utility and Waste Resources



The Pulaski County Regional Recycling Center

Pulaski County's Regional Recycle Center processes material for several other Kentucky communities. Drop off locations include Pulaski County Recycling Center, Walmart Parking Lot, and the City of Somerset Maintenance Garage

Phone Number: (606) 677-0320

Address: 218 West KY 80, Somerset KY 42501

Email: dmasten@pcgovt.com

Link: [Pulaski County Regional Recycling Center](#)



Water and Wastewater

Address: 306 E. Mt. Vernon St., Somerset, KY 42501

Phone Number: 606-697-6366

Email: dwhitis@cityofsomerset.com

Link: [Water and Wastewater](#)



Somerset City Water Department

Phone Number: (606) 678-4466

Email: somersetutilities@cityofsomerset.com

Address: 306 E. Mount Vernon St, Somerset, KY 42501

Link: [City of Somerset](#)



Kentucky Weatherization Assistance Program

Program to reduce cost of energy for low-income families by making homes more energy efficient.

Phone Number: (606) 679-6203

Link: [Kentucky Weatherization Assistance](#)





Financial Resources



Community Action Agency

Comprehensive life-enhancing programs and services to support those in need and work to end poverty.

Phone Number: 606-679-6203

Address: 100 N. Main St. Suite 302, Somerset, KY

Email: info@lc-caa.org

Link: [Lake Cumberland Community Action Agency](#)



Kentucky Transitional Assistance Program (KTAP)

Provides financial and medical assistance to dependent children in need in Kentucky and the parents or relatives with whom the children live.

Phone Number: (502) 564-3440

Link: [Kentucky Transitional Assistance Program](#)



Kentucky Financial Empowerment Commission

Links to free, online resources for financial literacy tools and programs for aging Kentuckians, Commonwealth employees, emerging adults, Kentuckians with disabilities, low-income families, student strategies, and veterans and military personnel.

Phone Number: (502) 564-8823

Link: [Kentucky Financial Empowerment Commission](#)



Public Health Resources



Lake Cumberland District Health Department

Programs and resources for health promotion and disease prevention, including a syringe exchange program.

Phone Number: 606-669-4416

Address: 500 Bourne Avenue, Somerset, KY 42501

Link: [Lake Cumberland District Health Department](#)





[Mental Health, Substance Use, and Recovery Resources](#)

Intrust Healthcare

Targeted case management, individual therapy, family and collateral therapy, group therapy, afterschool & summer group therapy, therapeutic child support, and rehabilitation services.

Phone Number: (606) 676-0638

Address: 401 Bogle Street, Suite 102, Somerset KY 42503

Link: [Intrust Healthcare](#)



Somerset Mental Health

Targeted case management, individual therapy, family and collateral therapy

Phone Number: 606-679-6995

Address: 149 Enterprise Drive, Somerset KY

Link: [Somerset Mental Health](#)



KY Help Call Center

Review and referrals to public and private treatment options and resources.

Phone Number: 1-833-8KY-HELP (1-833-859-4357)

Text: HOPE to 96714

Link: [KY Help Call Center](#)



Operation Unite

Treatment referral line for anyone seeking treatment or in need of support. Voucher program to cover cost of residential treatment for qualifying individuals in Kentucky's Fifth Congressional District

Phone Number: 1-866-90-UNITE (1-866-908-6483)

Link: [Operation Unite](#)



Kentucky Opioid Response Effort (KORE)

Overview of locations and descriptions of services for prevention, treatment, and recovery programs.

Link: [Kentucky Opioid Response Effort](#)



Addiction Recovery Meetings, Self-management and Recovery Training (SMART)

Medication-friendly recovery meetings throughout Kentucky, including virtual options.

Phone Number: 1-888-Hope4KY

Link: [Voices of Hope](#)



Medical and Health Insurance Resources



VA Medical Clinic

The VA Medical Center provides primary care services for veterans in the Somerset area. Personal Care: Highly qualified primary care providers, specialty care referrals to the Lexington VA Medical Center. Prescriptions: Routine prescriptions processed through the mail or My HealtheVet.

Address: 308 Medpark Drive, Somerset KY 42503

Phone: 606-676-0786

Website: [VA Somerset Medical Clinic](#)



State Health Insurance Assistance Program - Lake Cumberland Area Agency on Aging and Independent Living

Provides information, counseling, and assistance to seniors and individuals with disabilities, their families, and caregivers.

Phone Number: (270) 866-4200

Link: [Lake Cumberland Area Agency on Aging and Independent Living](#)



State Health Insurance Assistance Program (SHIP, Medicare)

Provides information, counseling, and assistance to seniors and individuals with disabilities, their families, and caregivers.

Phone Number: 606-564-7084

Link: [Kentucky SHIP](#)



Kentucky Medical Program (Medicaid)

Medical and health-related assistance for low-income individuals and families who have no medical insurance or inadequate medical insurance.

Phone Number: 502-564-5472

Link: [Kentucky Medicaid](#)



Kentucky Prescription Assistance Program

Helps qualifying Kentuckians and/or their families locate free or reduced-cost prescription drugs through assistance programs offered by drug manufacturers, discount drug programs, and discount pharmacy programs.

Phone Number: 1-800-633-8100

Lake Cumberland Community Consultant: 502-562-5536

Consultant Email: Jennifer.ToribioNass@ky.gov

Link: [Prescription Assistance Program](#)



LCCAA Prescription Assistance

These programs provide assistance for those who want to get their medications through patient assistance programs. All are free or charge a small amount.

Address: 100 N. Main St. Suite 302, Somerset, KY 42502

Phone Number: (606) 679-6203

Email: pulaski@lc-caa.org

Link: [Lake Cumberland Prescription Assistance](#)



Kentucky Children's Health Insurance Program (KCHIP)

Free health insurance for children younger than 19 without health insurance whose families have income less than 213% the federal poverty level.

Phone Number: 1-877-KCHIP-18 (1-877-524-4718)

Hispanic interpreter: 1-800-662-5397

Link: [Kentucky KCHIP](#)



[Social Service Resources](#)



Legal Aid Program - Somerset Office

Emergency housing for Spousal abuse. Serves the Lake Cumberland Area Development District.

Phone Number: 606-679-7313

Fax: 606-679-7315

Address: 108 College Street, Somerset, KY 43501

Link: [Somerset Office Legal Aid](#)



National Domestic Violence Hotline

Provides 24/7 confidential support, crisis intervention, safety planning, and resources for individuals experiencing domestic violence through call, text, and online chat services.

Phone Number: 1-800-799-SAFE or text "START" to 88788

Link: [National Domestic Violence Hotline](#)



Caregiver Support Services - Lake Cumberland AAA

Provides flexible benefits and support services to informal caregivers of people 60 years of age or older, an individual with Alzheimer's disease or a related disorder, and also for grandparents and relatives aged 55 years or older caring for a relative 18 years of age or younger. The Kentucky Family Caregiver Program provides a range of services and resources for grandparents serving as primary caregivers.

Phone Number: 270-866-4200

Address: PO Box 1570, 2384 Lakeway Drive, Russell Springs KY, 42642

Link: [Caregiver Support Services](#)



Protection and Permanency

Adult and Child Protection Services and Foster Home/Adoption Services

Address: 67 Eagle Creek Dr. Suite 102, Somerset, KY 42503

Phone Number: 606-677-4086

Fax: 606-677-4081

Link: [Somerset Chamber of Commerce Protection and Permanency](#)



[Cooperative Extension Office](#)



Pulaski County Cooperative Extension

Offers educational programs and resources in areas such as 4-H youth development, agriculture, natural resources, family and consumer sciences, horticulture, and community economic development, aiming to connect residents with research-based knowledge.

Phone Number: (606) 679-6361

Email: pulaski.ext@uky.edu

Address: 28 Parkway Drive, Somerset, KY 42502

Link: [Pulaski County Cooperative Extension](#)



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

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Pulaski County Resource Guide

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