



Youth News!

Get **SET**...**S**upport, **E**ducate, **T**rain for **S**uccess!

The **mission** of KY-SPIN, Inc. is to link families and individuals with disabilities to valuable resources that will enable them to live productive, fulfilling lives.

[Subscribe to KY-SPIN eNews](#)

Visit our Website

[KY-SPIN Youth Webpage](#)

What is a Disability and Denial



https://youtu.be/auVkoGc0_QQ

Diagnosis: Finding What Works for You and Your Super Powers



<https://youtu.be/HNx8ZgoaK5U>

[Check Out these Specific Disability and Illness Organizations](#)

**PACER Voices of Experience:
Overcoming Obstacles
Meet Brandon Ziemke**



<https://youtu.be/FgeNFW5at5c>

If you need someone to talk to....

- 988 Suicide & Crisis Lifeline Crisis Line: 988 (call or text)
Website: <https://988.ky.gov>
- KY Crisis Text Line: Text KY to 741741 to reach a volunteer Crisis Counselor
- National Suicide Prevention Lifeline (800) 273-TALK (8255)
- Kentucky [Community Mental Health Centers \(CMHCs\)](#) 24-Hour Crisis Numbers
- Disaster Distress Helpline Crisis line: 1-800-985-5990 (also available for Voice Phone-VP); Spanish-speakers can press "2" for 24/7 bilingual services.
Website: <https://www.samhsa.gov/ddh>

PACER Voices of Experience: Meet John

Understanding his disability and strengths



<https://youtu.be/QX9ujEZoiWQ>

Learn more about us [KY-SPIN Infosheet](#)

REQUEST ASSISTANCE OR MAKE A REFERRAL
800-525-7746 or 502-937-6894- spininc@kyspin.com

[Contact Form \(www.kyspin.com/contact/\)](http://www.kyspin.com/contact/)

Download Printable [KY-SPIN Referral Form Here \(https://tinyurl.com/4t2evb59\)](https://tinyurl.com/4t2evb59)



KY-SPIN, Inc. | 800-525-7746 | spininc@kyspin.com
| [Website](#) | [Donate](#)



The contents of this eNews were developed under a grant from the US Department of Education, # H328M150009. However, those contents do not necessarily represent the policy of the US Department of Education, and you should not assume endorsement by the Federal Government.



Information contained herein are for informational purposes only and do not imply endorsement by SPIN or KY-SPIN, Inc.