KY-SPIN's Youth eNew's 9/29/2023





Get SET...Support, Educate, Train for Success!

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.

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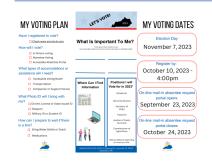


Voting is Advocacy

It's never too early to start thinking about the things that are important to you. Voting is the best way to voice your opinions on these matters. This year Nov. 7 is the general election. Check out KY-SPIN voting video and resources to take the mystery out of voting.



https://youtu.be/ypWeTpVrAy4



Voting information? Yes, please!



<u>Here</u> is a link to the KY State Board of Elections website.



Having a plan is essential to



Davis says......

"Voting is very important to me. It is the best way for me to voice my opinions. The hardest part about voting is knowing who to vote for - I like to research my candidates online using really good and non-biased websites."

Nick says.....

"Self advocacy is very important to me, but it's also important how I choose to advocate. I think voting is a great way to tell the government how I feel about issues that make a difference in my life."





Coming Next Month.....

Don't miss Nick's ultimate shopping experience. Learn all about budgeting and shopping for groceries....checklists, shopping guides and even a video starring Nick himself!

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

Learn more about us <u>KY-SPIN Infosheet</u>

REQUEST ASSISTANCE OR MAKE A REFERRAL

800-525-7746 or 502-937-6894- spininc@kyspin.com

<u>Contact Form (www.kyspin.com/contact/)</u>

Download Printable <u>KY-SPIN Referral Form Here (https://tinyurl.com/4t2evb59)</u>



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