

Trigg County Assistance Resources (Updated July 2026)					
Compliments of The Way Christian Youth Center & Horizon Youth Services Center					
	Contact Name	Phone	Address	Notes	Website or Email
Baby Supplies					
HANDS Program @ Health Department		270-522-8121	196 Main St.	first-time parents only	
Little River Baptist Association - Caron Johnson Infant Resource Center		270-522-7066	149 Old Dover Rd.	Mon - Fri 8am - 4pm	littleriverbaptistassociation.com
Bless the Mess Diaper Ministry - Life Bridge UMC		270-605-0389	312 Main St.	2nd Sunday 11-1pm, 3rd Thursday 5-7:00pm	lifebridgeumc.com
Simple Blessings		270-522-6002	72 Main St.	Cadiz Baptist Church Annex - 3rd Saturday of each month 10am - 12pm	
Alpha Pregnancy Care Center		270-885-3820	500 N. Main St. Hopkinsville	open Tues, Wed, Thurs 9am - 4pm parent ed classes required	alphapcc.org
Joy Closet		270-632-1232	814 Belmont St. Hopkinsville	foster/kinship families papers required or referral for kids in crisis	joycloset@gmail.com
KY - Moms MATR @ Pennyroyal Center (Prevention)	Gracey Dukes	270-608-7626	110 W. 2nd St. Hopkinsville	workshops, diapers, wipes, hygiene bags	gdukes@pennyroyalcenter.org
KY -Moms MATR Baby Supply Sheds	@ Pennyroyal Center		735 North Drive Hopkinsville	unmanned supply sheds stocked weekly with basic baby and postpartum supplies	
	@ Genesis West		290 Burley Ave. Hopkinsville		
	@ Pennyroyal Center		1350 Hwy 62 W Princeton		
Cleaning & Personal Hygiene Supplies					
Simple Blessings		270-522-6002	72 Main St.	Cadiz Baptist Church Annex - 3rd Saturday of each month 10am - 12pm	
Teen Clothing Closet a ministry of The Way	Ramona Alexander	270-291-2262	197 Lafayette St.	hygiene items for MS & HS students Tues & Thurs 3-5pm	
Joy Closet		270-632-1232	814 Belmont St. Hopkinsville	foster/kinship families papers required or referral for kids in crisis	joycloset@gmail.com
Clothing & Shoes					
Bargain Barn (Helping Hands)	Kathy Foote	270-522-1001	307 Main St.	Tues, Thurs, & Sat 10am - 1pm	
Cave Springs Baptist Church	Renea Catlett	270-839-5338	124 Cave Springs Rd. Cerulean	call for an appointment to meet at the church (all sizes available)	
East Cadiz Baptist Church	Lisa Hillman Stallons	270-206-5338	407 3rd St.	FREE coats, hats, gloves, & blankets available in November only	
Teen Clothing Closet a ministry of The Way	Ramona Alexander	270-291-2262	197 Lafayette St.	FREE for MS & HS students Tues & Thurs from 3-5pm	
Joseph's Storage Bin	Anthony Dyer	270-365-0820	126 W. Main St. Princeton	10am - 4pm Mon - Fri & 10am - 12pm 1st Sat of the month (can apply for benevolence)	
Joy Closet		270-632-1232	814 Belmont St. Hopkinsville	foster/kinship families papers required or referral for kids in crisis	joycloset@gmail.com
Counseling: Mental Health					
Little River Baptist Association	Shari Littlejohn	270-522-7066	149 Old Dover Rd	faith-based counseling referral service	lrbasec@bellsouth.net
Trigg Co Hospital Behavioral Health	Marshella Tinsher	270-522-0627	11 Hospital Street	for adults 18 and older, 8am - 4:30pm Mon - Fri, group & individual counseling	
The Way	Laura Shelton	270-522-6075	197 Lafayette St.	FREE, faith-based counseling service for grief, family, and individual	
Mountain Comprehensive Care Center (Hopkinsville)		270-887-8800	676 North Dr. Hopkinsville		mtcomp.org
Mountain Comp (Princeton)		270-365-7684	114 Edwards St. Princeton		
Mountain Comp - Help Line		1-800-422-1060		24 / 7	
Pennyroyal Mental Health (Hopkinsville)		270-886-5163	735 North Dr. Hopkinsville	Mon - Fri 8am - 6pm & evenings/weekends by appt	pennyroyalcenter.org
Pennyroyal Mental Health (Princeton)		270-365-2008	1350 Hwy 62 West Princeton	Mon - Fri 8am - 6pm & evenings/weekends by appt	
PMH - Crisis Response Center		877-473-7766	or text RESPOND to 839863	24 / 7	
PACS - Family Preservation		270-707-9735			http://www.pacs-ky.org
Disaster Relief					
Trigg County Emergency Services	David Bryant	911 or 270-522-8888			
Catholic Charity	Stacy Messmer	270-625-5886		Clean up, financial help, etc.	
American Red Cross		1-800-RED-CROSS		Flooding / House Fires / Disaster	
Domestic Abuse / Sexual Assault					
Department of Community Based Services		270-388-4818		intake hotline to make a report	
Trigg County Emergency Operations Center (EOC)		911		270-522-8888 (non-emergency)	
Pennyrille Children's Advocacy Center		270-881-1111	1910 S. Virginia St. Hopkinsville	FREE interviews, medical exams, therapy, family advocacy, & 24/7 support line for child victims of sexual abuse	
Sanctuary House		270-885-4572	210 E. 9th St. Hopkinsville	for dom. violence and/or sex assault victims & their dependents: shelter, counseling, medical/legal advocacy, education,	
Sanctuary House - Crisis Line		800-766-0000		case mgmt, & SAFE exams (sex assault forensic exam)	thesanctuaryinc.com/

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Food					
Blessing Box @ Cadiz Christian Church	Rev. Steph Wallace		31 Main St.	stocked daily with non-perishable food for FREE	
Cave Springs Baptist Church	Lela Wilson	270-235-5270	124 Cave Springs Rd. Cerulean	call to make appointment to meet at the church	
Helping Hands	Linda Copeland	270-522-1001	21 Line St.	Mon & Fri 10am - 1pm, application required for regular assistance	
Trigg Family Worship	Tim Goble	270-522-5839	51 Oak Lawn Farm Rd.	for seniors 65 and older, application required, last Tues of each month, 12pm - 2pm OR 4pm - 6pm	
SNAP (Food Stamps) @ DCBS		270-522-3451	277 Commerce St.	855-306-8959 to apply over phone or online at	kynect.ky.gov/benefits
WIC Program @ Trigg Co Health Department		270-522-8121	196 Main St.		
Meeting Place	Danny Mitcheson	270-924-5201	3568 Meeting Place Lane	3rd Thursday @ 5:00pm	
Refuge Church Food Pantry		270-291-1122		Can also call 270-350-3001	
Feed My Friends	Tammy Mason	270-498-2980			feedmyfriendstriggco@gmail.com
Holiday Assistance					
Angel Tree @ DCBS		270-522-3451	277 Commerce St.	children 12 & under - application deadline 10.31	
Elf Magic Squad	Jason Meador	270-522-2541		children 12 & under - application required	triggelfmagicsquad@gmail.com
Joy Closet		270-632-1232	814 Belmont St. Hopkinsville	foster/kinship families papers required or referral for kids in crisis	joycloset@gmail.com
Household Items (furniture, furnishings, appliances, toys)					
Bargain Barn (Helping Hands)		270-522-1001	307 Main St.	Tues, Thurs, & Sat 10am - 1pm	
Joseph's Storage Bin	Anthony Dyer	270-365-0820	126 W. Main St. Princeton	10am - 4pm Mon - Fri & 10am - 12pm 1st Sat of the month (can apply for benevolence)	
Joy Closet	call for availability	270-632-1232	814 Belmont St. Hopkinsville	foster/kinship families papers required or referral for kids in crisis	joycloset@gmail.com
Housing - Income Based					
Barkley Manor Apartments		270-522-3969	134 West End St.		
East Gate Apartments		270-522-8388	455 Lafayette St.		
Housing Authority of Cadiz (HUD)		270-522-3916	117 Lincoln Ave.		
Laundry					
Laundry Love @ Cadiz Coin Laundry	Angie	270-350-2833	1989 Main St.	2nd Tues of each month 10am - 2 pm & 4th Tues of each month 5pm - 7pm up to 6 FREE loads of laundry (detergent can be provided) sandwiches provided by Cadiz Methodist Church	
Legal Aid					
Kentucky Legal Aid		270-782-5740	709B S. Main St. Hopkinsville	toll free: 866-452-9243	
Meals					
Cadiz Methodist Church		270-522-6237	482 Lakota Dr.	FREE on Wed. nights (on school calendar), can call and pick-up, donations accepted	
Trigg Co. Senior Citizen Center (PACS)	Cissy Lawrence	270-522-8341	127 Joy Ln	lunch Mon - Fri (call before coming) & home deliveries for qualified seniors	
Salvation Army		270-885-9633	313 E. 7th St. Hopkinsville	Life Navigation building, lunch served daily at 11:30am	hopskinsville.kentucky@uss.salvationarmy.org
Medical					
Cadiz Lion's Club				income-based, provides assistance w/glasses & other medical needs, apply at Cadiz Eye Clinic or Parker Eye Care	
apply for Medicaid & KCHIP @ DCBS		270-522-3451	277 Commerce St.	apply in person or online at kynect.ky.gov/benefits	
apply for Medicaid & KCHIP @ PACS	Audra Durham	270-348-6020	312 Main St. Suite A	provides trained assistance applying for Medicaid & SNAP benefits online at kynect.ky.gov/benefits	
Trigg County Health Department		270-522-8121	196 Main St.	cost based on income: vaccinations, well checks	
St. Luke's Free Clinic		270-889-9340	408 W. 17th St. Hopkinsville	for uninsured, picture ID, Social Security #, & tax form required - individuals must make less than \$23,500/yr	
Safety & Emergency Preparedness					
American Red Cross	Kathy Hayes	270-885-5328	709 S. Main St. Hopkinsville	FREE smoke detectors & installation, emergency prep classes for families, & hands CPR	
PACS (Weatherization)	Tiffany	270-522-3265	312 Main St. Suite A	energy efficiency audits & repairs for low-income clients, client & home must qualify	
Shelter (Emergency)					

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Salvation Army		270-885-9633	303 E. 7th St. Hopkinsville	bring ID, serves all ages if bed available, supper & breakfast provided,	Mon - Sat 4:30pm - 7:30am & Sun 12:00pm - 7:30am
Storm Shelters & Warming Centers					
Trigg County Emergency Operations Center (EOC)		911	270-522-8888 (non-emergency)	EOC will determine if Trigg shelter locations open for weather emergencies	
The Way (primary weather-related shelter)	Carl Heckmann	270-522-6441	197 Lafayette St.		
Cadiz Fire Department (secondary shelter)			41 Main St		
Cerulean Community Center (secondary shelter)		270-601-1008	418 Main St. Cerulean		
East Golden Pond Fire Department (secondary shelter)		270-924-3050	4286 Canton Rd.		
Genesis Express (secondary shelter)		270-522-7376	205 Jefferson St.		
Salvation Army		270-885-9633	303 E. 7th St. Hopkinsville	bring ID, Mon - Sat 4:30pm - 7:30am & Sun 12:00pm - 7:30am	https://southernusa.salvationarmy.org/Hopkinsville/
Substance Use & Recovery					
Alcoholics Anonymous @ Cadiz Christian Church	Sherry S.	270-350-3903	31 Main St.	Tuesdays at 6pm	
Celebrate Recovery @ Trigg Family Worship	Pastor Tim Goble	859-404-8932	51 Oak Lawn Farm Rd.	Mondays: meal at 5:15pm & meeting at 6pm - serves children in grade 1 up to adults	
Trigg County Health Department		270-522-8121	196 Main St.	provides NARCAN for opioid overdose	
Pennyroyal Center (Prevention)	Chris Sparks OR	270-886-2205	multiple locations: Hopkinsville,	provides prescription lock bags, Narcan training, & suicide prevention training as well as	
	Chandler Greenwell	270-338-5211	Madisonville, & Greenville	substance use therapy, residential program, recovery-oriented housing, & court-ordered services for DUI & drugs	
KY Tobacco Quit Hotline		1-800-Quit-Now	(1-800-7848-669)		
Refuge Church Community Healing Group	Ms. Smith		31 Commerce St.	Tuesdays at 6pm	
Transients					
Ministerial Alliance	Matt Shown	270-302-8620		help with lodging, gas, food, & transportation for those stranded in Trigg Co.	
Transportation					
PACS - Medicaid Patients Only	ask for medicaid service	270-886-7999	transport to medical appts & dialysis, schedule 72 hrs in advance, any day, & any location		
PACS - Public Transportation	ask for dispatch	270-886-7999	available Tues & Thurs, schedule 72 hrs in advance, inside Trigg Co only, private pay, \$3.75 for first 3 miles & \$1.50/mile above that		
PACS - Senior Shuttle	Cissy Lawrence	270-522-8341	FREE transport to grocery, medical appointments, & pharmacy inside Trigg Co, schedule 48 hrs in advance, senior citizens only		
Utilities					
Cadiz Methodist Church	Cindy	270-522-6237		1 / year	
Helping Hands	Cher	270-291-9258		apply over phone, up to \$150/year	
PACS	Tiffany	270-522-3265	312 Main St. Suite A	make appointment, bring SS card or official doc w/SS #, proof of prior month income, 8a-4:30p M-Thurs & 8a-11:30a Fri	
All addresses are Cadiz, KY unless otherwise noted.					
For changes or additions email: julie.wadlington@trigg.kyschools.us or laura.shelton@trigg.kyschools.us					