



# THOMAS COUNTY RESOURCE DIRECTORY

2026

To provide updated information or to add new health and medical services to this directory, please contact:

Thomas County Health Department  
350 S Range, Ste 2  
Colby, KS 67701  
785-460-4596

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### Emergency Numbers

<b>Police/Sherrif</b>	<b>911</b>
<b>Fire</b>	<b>911</b>
<b>Ambulance</b>	<b>911</b>

### Non-Emergency Numbers

Thomas County Sheriff	785-460-4570
Colby Police Department	785-460-4460
Kansas Highway Patrol	(State) 785-296-6800
	(Hays) 785-625-3518
Thomas County Ambulance	785-460-4585
Thomas County Emergency Management	785-460-4516

## Municipal Non-Emergency Numbers

	<b><u>Police/Sheriff</u></b>	<b><u>Fire</u></b>
Colby	785-460-4460	785-460-4454
Brewster	785-460-4570	785-890-4575
Gem	785-460-4570	785-460-4460
Levant	785-460-4570	785-460-4460
Rexford	785-460-4570	785-460-4460

## Other Emergency Numbers

### **Kansas Child/Adult Abuse and Neglect Hotline**

800-922-5330

<https://www.dcf.ks.gov/Pages/default.aspx>

### **Domestic Violence Hotline**

800-799-7233

<https://www.thehotline.org/>

### **Emergency Management (Topeka)**

785-274-1409

<https://www.kansastag.gov/101/KDEM>

### **Federal Bureau of Investigation**

816-512.8200

<https://www.fbi.gov/>

### **Kansas Arson/Crime Hotline**

800-KS-CRIME or 800-572-7463

<https://firemarshal.ks.gov/170/Investigation>

### **Kansas Bureau of Investigation (Topeka)**

785-296-8200

<https://www.kansas.gov/kbi/>

### **Kansas Crisis Hotline (Domestic Violence/Sexual Assault)**

888-363-2287

<https://www.kcsdv.org/>

### **Kansas Road Conditions**

866-511-KDOT, 511

785-871-1515 (Main Office)

<https://www.ksdot.gov/>

**Poison Control Center**

800-222-1222

<https://poisoncenters.org/>

**Suicide Prevention Hotline**

988

[www.hopeline.com](http://www.hopeline.com)

<https://afsp.org/get-help/>

<https://988lifeline.org/> (Call/Text/Chat/Deaf and HOH)

**Toxic Chemical and Oil Spills**

800-424-8802

<https://www.epa.gov/pesticide-incidents/how-report-spills-and-environmental-violations>

## Health Services

### Health Department

**Thomas County Health Department**

350 South Range Avenue, Suite #2, Colby

Phone: 785-460-4596 Fax: 785-460-4595

<https://www.thomascohealth.com/>

**Hours:** Monday – Friday 7:00 am – 5:00 pm

**Thomas County Health Department Services:**

The Breastfeeding Boutique

Becoming a Mom® Program

Blood Pressure Screenings

Family Planning

STI & HIV Testing

Disease Investigations

Immunizations

Lab Services

Routine Foot Care

Health Physicals

TB Skin Tests & Treatment

School Nursing Services

Worksite Wellness

CPR Education & Certification

### Community Health Workers

**Citizens Health Community Health Worker**

785-460-1733

[chw@cmciks.com](mailto:chw@cmciks.com)

**LiveWell Community Health Workers**

**Sandra Estrada**

785-460-8177

[sandrae@nwksprevention.com](mailto:sandrae@nwksprevention.com)

## Hospital

**Citizens Health**

1525 South Franklin Avenue, Colby

785-462-7511

[www.cmciks.com](http://www.cmciks.com)

**Citizens Medical Center (CMC) Services Include:**

Anesthesia

- > Epidural Anesthesia
- > Pain Management

Cardiopulmonary

- > Pulmonary Rehabilitation
- > Cardiac Rehabilitation

Education

- > Certified Lactation
- > Childbirth Classes
- > Diabetes Education

Emergency Department

Foundation

- > Citizens Foundation

Surgical Services

- > ENT
- > General Surgery
- > Orthopedic
- > Podiatry

Laboratory

Labor and Delivery

Long Term Care

- > Prairie Senior

Nursing Services

- > Swing Bed Nursing
- > Acute Care

Nutrition Counseling

- > Including Diabetes
- > Obesity

Oncology

Pharmacy

Primary Care

- > Family Center for  
Healthcare (FCHC)  
785-462-6184

Radiology

Rehabilitation Services

- > Adult & Pediatric  
Speech Therapy
- > Concussion Screening
- > Occupation Therapy
- > Physical Therapy
- > Women's Health

Social Services

- > Serenity Room

Specialty Clinic

- > Audiology

Wound Care Clinic

**Citizen’s Medical Equipment (Durable Medical Equipment)**

100 East College Drive, Annex Building, Colby  
785-460-1269

**Mental Health**

**Family Center for Health Care**

Amanda Sowers, LSCSW  
1525 South Franklin Avenue, Colby  
785-462-6184

**Heartland Rural Counseling Services**

485 West Fourth Street, Colby  
785-460-7588  
<https://heartlandruralcounseling.com/>

**High Plains Mental Health Center – Colby Branch**

750 South Range Avenue, Colby  
785-462-6774  
800-432-0333 (24 Hour Crisis Line)  
<https://hpmhc.com/>

**Carla Sloan-Brown, LCP**

785-460-0050  
<https://www.carlasloanbrown.com/>

**Medical Professionals**

**Chiropractors**

**Franz and Tubbs Chiropractic**

135 West Sixth Street, Colby  
785-462-7236  
<https://notjusttheback.com/>

**Gundlach Chiropractic**

480 North Franklin Avenue, Colby  
785-269-9565  
<http://www.gundlachchiropractic.com>

**Northwest Kansas Chiropractic**

**Dr. Kristin Parker**  
1005 South Range Avenue, #200, Colby  
785-460-0332  
<https://www.nwkchiro.com/>

**Apogee Wellness**

**Dr. Christopher George/Dr. Emily Finley**  
1005 South Range Avenue, #200, Colby  
913-303-8727  
<https://www.apogeewellness.org/>

**Dentists**

**Blackwood Family Dentistry**

501 Garfield Street, Quinter  
(Accepts KanCare (Medicaid))  
785-754-2441

**Karen Thummel, DDS**

480 West Fourth Street, Colby  
785-460-6800

**Colby Family Dentistry**  
**Bryan Nagle, DDS**  
770 South Range Avenue, Colby  
785-460-3922

**Rawlins County Dental Clinic**  
515 State Street, Atwood  
(Accepts KanCare (Medicaid))  
785-626-8290

## Optometrists

**Sam Funk, OD**  
505 North Franklin Avenue, Colby  
785-462-3348  
<https://www.nwkseyes.com/>

**Vision Source**  
1005 South Range Avenue, Colby  
785-462-8231  
<http://visionsource-colby.com/>

## Hearing

**Hearing Solutions**  
1870 South Range Avenue, Colby  
888-421-4327  
<https://www.hearingsolutionsllc.net/>

**Citizens Medical Center – Specialty Clinic**  
**Brooke Larson, AuD**  
100 East College Drive, Colby  
785-460-1223

## Naturopathic Providers

**Dr. Joan D. Waters, ND**  
**Virtual Appointments Only**  
970-482-2010  
[www.practicalhealthsolutions.com](http://www.practicalhealthsolutions.com)

**Western Roots Medical Center**  
**Brooke Briggs, ARNP**  
785-953-5953  
<https://www.westernrootsmc.com/>

**Prospectively Healthy**  
**Dr. Dustin Moffitt, ND**  
785-955-9228  
[www.prospectivelyhealthy.com](http://www.prospectivelyhealthy.com)

## Pharmacies

**Dillons**  
1605 South Range Avenue,  
Colby  
785-462-1310  
[www.kroger.com](http://www.kroger.com)

**Palace Drug Store**  
1525 South Franklin Avenue,  
Colby  
785-460-7507

**Wal-Mart**  
115 West Willow  
Avenue, Colby  
785-462-8651  
[www.walmart.com](http://www.walmart.com)

## Primary Care Providers

### **Family Center for Health Care**

1525 South Franklin Avenue, Colby

785-462-6184

<https://www.cmciks.com/family-center-for-health-care/>

*Mallory Forsyth, MD*

*Hannah Gillespie, MD*

*Kara Kuhlman, MD*

*Kysha Nichols-Totten, MD*

*Dereck Totten, MD*

*Hannah Bandy, APRN (ER)*

*Tricia Carney, APRN*

*Luetta Flanagan, APRN*

*Jennifer Mackley, APRN*

*Jenny Niblock, APRN (Admin)*

*Amber Withington, APRN (Oncology)*

*Jennifer Haag, PA-C*

*Allie Keller, PA-C*

*Kristal Raile, PA-C (ER)*

*Steven Budi, MD (Surgeon)*

*Sarah Gabel, DO*

*Dan Kuhlman, MD*

*Darren Matchell, DO*

*Michael Nordquist, DO*

*Gabriela Newell, MD*

*Tina Benson, APRN*

*Therese Cook, APRN*

*Sarah Jorgenson, APRN (ER)*

*Stephanie Mesch, APRN (ER)*

*Brooke Schiltz, APRN (ER)*

*Adam Horinek, PA-C (Ortho)*

*Amanda Reid, PA-C*

*Brian Unruh, PA-C*

*Brenda Kopriva, MD (Surgeon)*

## Rehabilitation Services (physical, occupational, and speech therapies)

### **Citizens Medical Center**

PT, OT, Pediatric and Adult Speech, Women's Health

1525 South Franklin Avenue, Colby

785-460-4868

### **Citizens Medical Center Specialty Clinic**

#### **Brooke Larson, AuD**

1525 South Franklin Avenue, Colby

785-460-1223

**Empower Health (Occupational Therapy)**

**Brittany Shields, ORT/L**

435 North Franklin Avenue, Colby

785-269-1788

<https://www.empowerhealth-ks.com/>

**Good Samaritan Society of NW Kansas**

Home Care – PT, OT, Speech

820 South Denison, St. Francis

785-332-3588

**Northwest Kansas Education Service Center**

Home Care – PT, OT, Speech

703 West Second, Oakley

785-672-3125

**Northwest Kansas Physical Therapy**

135 West Sixth Street, Colby

785-460-7848

## Other Health Care Services

### Assisted Living/Nursing Homes/Long Term Care

**Prairie Senior Living Complex**

1625 South Franklin Avenue, Colby

785-462-6184

<https://www.cmciks.com/prairie-senior/>

**Fairview Estates**

1630 Sewell Avenue, Colby

785-462-2154

**Colby Health & Rehab**

105 East College Drive,

Colby

785-462-6721

<https://www.missionhealthcommunities.com/colby-health-and-rehab/>

### Disability Services

**Disability Services of Northwest Kansas (DSNWK)**

2703 Hall St, Suite 10, Hays

785-625-5678

<https://www.mydsnwk.org/home>

**LINK** (ages 16-60) (Hays)  
800-569-5926; 785-625-6942  
<https://www.linkinc.org/>

**SKIL of Western Kansas** (Oakley)  
800-316-8019 or 785-672-3125  
<https://skionline.com/>

**Kansas Department of Children and Families**  
1135 South Country Club Drive, Colby  
785-462-6769  
<https://www.dcf.ks.gov/Pages/default.aspx>

**Kansas Department on Aging & Disability** (Hays)  
800-432-7422  
<https://www.kdads.ks.gov/>

## Home Health

**Angels Care Home Health**  
519 Russell Avenue, Wakeeney  
785-268-3825

**Good Samaritan Society of NWKS**  
820 South Denison Street, St. Francis  
785-332-3588

**Guardian Home Health Agency**  
(In home private pay and long-term care insurance)  
112 South Kansas Avenue, Suite 304, Norton  
785-622-4254  
<https://guardianks.com/>

**L&C Home Health Agency**  
1175 South Range Avenue, Suite 1, Box 5, Colby  
785-465-7444  
<https://www.lchha.org/>

## Hospice

### **Hospice Services, Inc.**

438 North Franklin Avenue, Colby

785-462-6710 or 800-315-5122

<https://www.hospicenwks.net/>

## Medical Equipment

### **VFW Post 6882 (Wheelchairs and Walkers)**

220 Lake Street, Colby

785-460-7275

### **Northwest Kansas Educational Service Center (KEE Program)**

703 W 2<sup>nd</sup> Street, Oakley

785-672-3125

### **Dillons (Durable Medical Equipment)**

1605 South Range Ave, Colby

785-462-1310

### **Wal-Mart (Durable Medical Equipment)**

115 West Willow Avenue, Colby

785-462-8651

### **Lincare (Oxygen)**

1013 Main Street, Goodland

785-899-6848

<https://www.lincare.com/en/locations/goodland-lincare>

### **Agiliti (Previously Sizewise)**

<https://resources.agilitihealth.com/sizewise-800-number/>

### **Citizen's Medical Equipment (Durable Medical Equipment)**

100 East College Drive Annex Building, Colby

785-460-1269

## Senior Services

### **Brewster Senior Center**

327 Kansas Avenue, Brewster

785-694-2645

### **Senior Progress Center**

165 Fike Park Street, Colby

785-460-2901

### **Seniors in Action**

Rexford

785-687-2520

# Government Health Care Services

## **Kansas Department on Aging & Disabilities**

503 South Kansas Avenue, Topeka

785-296-4986 or 800-432-3535

<https://www.kdads.ks.gov/>

## **Healthcare Navigator**

<https://www.healthcare.gov/find-local-help/>

## **Kansas Department of Health & Environment (KDHE)**

Curtis State Office Building

1000 South West Jackson, Topeka

785-296-1500

<https://www.kdhe.ks.gov/>

## **KanCare (Medicaid)**

900 SW Jackson, Suite 900 N, Topeka

866-305-5147

<https://www.kancare.ks.gov/>

## **CHIP/Medicaid Enrollment/Marketplace**

Paige Hurst (Healthcare Navigator)

785-460-1733

[phurst@cmciiks.com](mailto:phurst@cmciiks.com)

Valerie Ohlrogge

785-443-9264

[valerie@kansascares.org](mailto:valerie@kansascares.org)

## **Senior Health Insurance Counseling for Kansas (SCHICK)**

NW Kansas Department of Aging & Disability Services

510 West 29<sup>th</sup> Street, Suite B, Hays

785-628-8204 or 800-432-7422

<https://www.kdads.ks.gov/services-programs/aging/medicare-programs/senior-health-insurance-counseling-for-kansas-shick>

Brenda Langdon

or

Paige Hurst (SHICK Representatives)

[blangdon@cmciiks.com](mailto:blangdon@cmciiks.com)

[phurst@cmciiks.com](mailto:phurst@cmciiks.com)

**Medicare**

Social Security Administration  
1212 East 27th Street, Hays  
888-552-7176  
<https://www.ssa.gov/medicare>

**Kansas Department of Children and Families**

1135 South Country Club Drive, Suite 1, Colby  
785-462-6760 or TTY/TDD 800-766-3777

**Social Security Administration**

1212 East 27th Street, Hays  
785-625-3496

**Veteran's Affairs**

900 South Range Avenue, Colby  
785-462-3572 or 785-443-0120  
<https://www.kovs.ks.gov/veteran-services/programs-and-services>

## Local Government, Community and Social Services

### Adult Protection

**Kansas Department of Aging & Disability Services**

800-922-5330  
<https://www.kdads.ks.gov/media-center/hotlines>

**Elder Abuse Hotline**

800-922-5330  
<https://www.kdads.ks.gov/media-center/hotlines>

### Alcohol and Drug Treatment

**High Point Advocacy & Resource Center**

785 West Webster, Colby  
785-460-8463  
<https://highpointadvocacy.com/>

**Recovery Way Counseling**

990 Sout Range Avenue, Suite 2B, Colby  
785-269-1033

### **Smoking Cessation**

KanQuit

800-784-8669

[www.KanQuit.org](http://www.KanQuit.org)

## Child Protection

### **Kansas Department of Children and Families Services**

#### **Western Region Protection Reporting Center**

800-922-5330

Available 24 hours/7 days per week

<https://www.dcf.ks.gov/Pages/contacts.aspx>

## Children and Youth

### **Children's Alliance**

627 Southwest Topeka Boulevard, Topeka

785-235-5437

<https://www.childally.org/>

### **Consumer Safety**

<https://www.consumersafety.org/>

### **Kansas Children's Service League**

800-CHILDREN (Parents)

800-530-5275 (Main Line)

<https://www.kcsl.org/>

### **Livewell Northwest Kansas (Home Visiting Program-ABC & PALS)**

460 North Garfield Avenue, Colby

785-460-8177

<https://www.livewellnwk.org/>

### **Parent Helpline**

800-332-6378

Text HOME to 741741

<https://1800childrenks.org/>

**Western Kansas Child Advocacy Center (WKCAC)**

Trauma Focused Services for Children and Families  
212 East Fifth Street, Scott City (Main Office)  
620-872-3706  
<https://www.wkcac.com/>

**Community Assistance**

**The Salvation Army – Service Extension**

Northern Kansas & Northwest Missouri – Ashley Dewald  
Emergency Assistance/Vision  
816-916-0465

**Community Event Centers**

**Colby Event Center**

1200 South Range Avenue, Colby  
785-460-4435  
<https://www.cityofcolbyks.gov/299/Colby-Event-Center>

**Crime Prevention**

**Thomas County Sheriff**

225 North Court Avenue, Colby  
785-460-4570

**Colby Police Department**

225 North Court Avenue, Colby  
785-460-4460

**Daycare Providers – Children**

**Child Care Aware of NW Kansas  
(Provides list of providers in area)**

1508 East Iron Street, Salina  
785-823-3343 or 877-678-2548  
<https://ks.childcareaware.org/>

**Kids Port Group Childcare**

460 North Garfield Avenue, Colby  
785-465-9110

**Domestic/Family Violence**

**Child/Adult Abuse Hotline**

800-922-5330  
<http://dcf.ks.gov/services/PPS/Pages/KIPS/KIPSWebIntake.aspx>

**Kansas Coalition against Sexual and Domestic Violence (KCSDV)**

634 SW Harrison, Topeka  
<https://www.kcsdv.org/>

**Jana's Campaign**

PO Box 647, Hays

785-656-0324

[www.janascampaign.org](http://www.janascampaign.org)

**Options Domestic and Sexual Violence Services**

2716 Plaza Avenue, Hays

Or 1480 West Fourth Street, Colby

800-974-4624 24 hours; 785-625-4202

<https://help4abuse.org/>

**General Information – Women's Shelters**

<https://www.womenshelters.org/>

## Employment/Job Services

**Kansas WorkforceONE**

350 South Range Avenue, Colby

785-493-8018

<https://ksworkforceone.org/#>

## Extension Office

**Northwest Area Extension Office**

105 Experiment Farm Drive, Suite 1, Colby

785-462-7575

[www.northwest.ksu.edu](http://www.northwest.ksu.edu)

**Thomas County Extension****Service**

785-460-4582

<https://www.thomas.k-state.edu/>

## Food Programs

**Genesis Food Bank**

350 South Range Avenue, Colby

785-460-7930, Limited hours on most Wednesdays

<https://sites.google.com/genesisthomascounty.org/gtc>

**Homestead Nutrition****Senior Progress Center**

165 Fike Park Street, Colby

785-460-2901

**WIC** (Goodland – serves Colby/Thomas County)

800-899-4892

<https://www.shermancountyhealthdepartment.org/wic>

## Funeral Homes

### **Baalmann Mortuary**

190 South Franklin Avenue, Colby

785-462-2331

<https://www.baalmannmortuary.com/>

## Health and Fitness Centers

### **Citizens Medical Center**

1525 South Franklin Avenue, Colby

785-460-4868

<https://www.cmciks.com/>

### **Colby Community College**

1255 South Range Avenue, Colby

785-462-3984

<https://www.colbytrojans.com/Facilities/index>

### **Colby Recreation Department**

1200 South Franklin Avenue, Colby

785-460-4440

<https://www.cityofcolbyks.gov/291/Colby-Recreation-department>

### **The Movement Connection**

430 North Franklin Avenue, Colby

785-462-2044

<http://www.movementconnection.net/>

### **CrossFit Colby**

1981 West Fourth Street, Colby

785-460-0361

### **Flex Fitness**

200 North Franklin Avenue, Colby

785-443-1097

<https://flexfitnesscolby.com/>

### **Jump Start Fitness Center**

415 North Franklin Avenue, Colby

785-443-0419

### **Fab and Fit Habits**

1025 Taylor Avenue, Colby

785-443-9178

## Housing

### **Colby Housing Authority**

600 South Mission Ridge, Colby

785-460-6763

<https://colbyhousingauthority.com/>

### **Colby House LP**

770 Dylan Drive, Colby

785-462-3473

<https://hpmhc.com/services/>

### **St. Thomas Historic Residence**

200 South Range Avenue, Colby

785-460-4360

<https://www.stthomashistoric.com/>

## Legal Services

### **Barrett Law Firm**

280 North Court Avenue, Colby  
785-460-0188

<https://www.barrettlawfirm.org/>

### **Gatz & Ress LLP**

505 North Franklin Avenue, Colby  
785-460-3383

### **Kansas Legal Services**

#### **Legal Aide Society**

1401 B Main, Hays  
800-723-6953 or 785-625-4514

### **Ronald Shalz**

1675 West Fourth Street, Suite A, Colby  
785-462-3736

### **Thomas County Attorney, Chris Rohr**

195 North Franklin Avenue, Colby  
785-460-4580

### **Stramel Law Firm**

480 North Franklin Avenue, Colby  
785-460-3222

<https://www.stramellawfirm.com/>

## Pregnancy Services

### **Open Arms Resources**

350 South Range Avenue, Suite 3, Colby  
785-462-3022  
Open M/W/F 2 pm – 4 pm or by appointment

### **Kansas Children's Service League**

877-530-5275  
<https://www.kcsl.org/>

### **Prenatal Classes**

#### **Thomas County Health Department**

Becoming a Mom® (provided by TCHD & Citizens Health)  
785-460-4596

<https://www.thomascohealth.com/becoming-a-mom-information>

## Public Information

### **Colby/Thomas County Chamber of Commerce**

350 South Range Avenue, Suite 10, Colby  
785-460-3401

<https://www.colbychamber.com/>

### **Colby Convention and Visitors Bureau**

350 South Range Avenue, Suite 10, Colby  
785-460-7643

### **Colby Visitors Center**

2015 South Range Avenue, Colby  
785-460-0073

<https://www.oasisontheplains.com/>

### **Thomas County Courthouse**

300 North Court Avenue, Colby  
785-460-4500

<https://thomascountyks.gov/>

**City of Colby**

585 North Franklin Avenue, Colby

785-460-4400

<https://www.cityofcolbyks.gov/>

## Domestic Violence/Crisis Intervention

**Options Domestic and Sexual Violence**

2716 Plaza Avenue, Hays

Or 1480 West Fourth Street, Colby

785-625-4202; 800-794-4624 24 Hour

<https://help4abuse.org/>

**Domestic Violence and Rape Hotline**

888-656-HOPE (4673)

**Family Crisis Center**

1806 12<sup>th</sup> Street, Great Bend

620-792-1885 or 866-792-1885

<https://www.familycrisiskansas.com/>

**Kansas Crisis Hotline**

888-363-2287

**Western Kansas Child Advocacy Center (WKCAC)**

Trauma Focused Services to Children and Adults

212 East Fifth, Scott City (Main Office)

620-872-3706

<https://www.wkcac.com/>

## Social Security

**Social Security Administration**

888-552-7176 (Hays serves Colby/Thomas County)

<https://www.ssa.gov/>

## Transportation

**Thomas County Transportation Van**

300 North Court Avenue, Colby

785-443-9208; 785-460-4500

[rides@thomascountyks.gov](mailto:rides@thomascountyks.gov)

**Colby Cab**

785-462-TAXI (8294)

## Veterinary Services

### **Swartz Veterinary Hospital**

1775 West Fourth Street, Colby

785-460-1078

<https://www.swartzvethospital.com/>

### **Wark Veterinary Services**

1901 County Road 23, Colby

785-460-9275

## State and National Information, Services and Support

### Adult Protection

#### **Adult Protection Services**

800-922-5330

<https://www.dcf.ks.gov/services/PPS/Pages/APS/AdultProtectiveServices.aspx>

#### **Domestic Violence and Sexual Assault (DVACK)**

800-874-1499

#### **Elder Abuse Hotline**

800-922-5330 or 877-662-8362

<https://acl.gov/programs/elder-justice/national-center-elder-abuse>

#### **Kansas Coalition Against Sexual and Domestic Violence**

888-END-ABUSE (363-3287)

<https://www.kcsdv.org/>

#### **Kansas Department on Aging Adult Care Complaint Program**

800-842-0078

#### **National Center on Elder Abuse** (Administration on Aging)

<https://ncea.acl.gov/home#gsc.tab=0>

#### **National Domestic Violence Hotline**

800-799-SAFE (799-7233)

800-787-3224 (TTY)

<https://www.thehotline.org/>

#### **National Sexual Assault Hotline**

800-656-4673

<http://rainn.org/>

#### **National Suicide Prevention Lifeline**

988

**Poison Center**

800-222-1222

**Sexual Assault and Domestic Violence Crisis Line**

800-701-3630

**Kansas Department of Children and Families**

888-369-4777 (Hays)

<https://www.dcf.ks.gov/Pages/default.aspx>

## Alcohol and Drug Treatment Programs

**AIC (Assessment, Information & Counseling**

205 East Seventh Street, Suite 126, Hays

785-639-1081

<https://aicounseling.org/>

**Al-anon/Alateen Helpline**

888-425-2666

<http://al-anon.org/>

**High Point Advocacy & Resource Center**

785 West Webster, Colby

785-460-8463

<https://highpointadvocacy.com/>

**Kansas Alcohol and Drug Abuse Services Hotline**

866-645-8216

**Mothers Against Drunk Driving**

800-GET-MADD (438-6233)

<https://madd.org/>

**National Council on Alcoholism & Drug Dependence, Inc.**

800-622-2255

<https://recovered.org/>

**SAMHSA's National Helpline**

800-662-HELP (4357)

<https://www.samhsa.gov/find-help/helplines/national-helpline>

**Recovery Connection**

866-812-8231

<https://www.recoveryconnection.com/>

**Regional Prevention Centers of Kansas (Smoky Hill Foundation)**

2714 Plaza Avenue, Hays  
785-625-5521; 877-775-2180

<https://www.smokyhillfoundation.net/>

**Valley Hope**

855-304-5506

<https://valleyhope.org/locations/kansas/>

## Children and Youth

**Adoption**

800-862.3678

<https://www.adopt.org/>

**Boys and Girls Town National Hotline**

800-448-3000 or Text VOICE to 20121

<https://girlsandboystown.org/>

**Child/Adult Abuse and Neglect Hotline for Child Protective Services**

800-922-5330

<https://www.dcf.ks.gov/Pages/Report-Abuse-or-Neglect.aspx>

**Child Abuse National Hotline**

800-422-4453 (Call/Text)

800-222-4453 (TDD)

<https://www.childhelp.org/>

**Child Find of America**

800-I-AM-LOST (426-5678)

<https://childfindofamerica.org/>

**Human Trafficking Resource Center**

888-373-7888

<https://humantraffickinghotline.org/en>

**KanCare (Medicaid)**

2250 East 22<sup>nd</sup>, Hays

800-792-4884 Agency phone number

785-261-6124; 785-559-4214 (Fax)

[Brandy.Ney@ks.gov](mailto:Brandy.Ney@ks.gov)

**Heartspring (Institute of Logopedics)**

8700 East 29<sup>th</sup> North, Wichita

800-853-1043

<https://www.heartspring.org/>

**Kansas Big Brothers/Big Sisters**

888-574-2447

<https://www.kansasbig.org/>

**Kansas Children’s Service League**

877-530-5275

800-CHILDREN – 24/7 Parent Support

<https://www.kcsl.org/>

**Kansas Department of Health and Environment**

785-296-1500

<https://www.kdhe.ks.gov/>

Email: [kdhe.info@ks.gov](mailto:kdhe.info@ks.gov)

**National Runaway Switchboard**

800-RUNAWAY (786-2929)

<https://www.1800runaway.org/>

**National Society for Missing and Exploited Children**

800-THE-LOST (843-5678)

<https://www.missingkids.org/home>

**Parents Anonymous Help Line**

855-427-2736

<https://parentsanonymous.org/>

**Parent Help Line**

24/7 Statewide, anonymous, information and referral

By Kansas Children’s Service League (KCSL)

800-CHILDREN – 24/7 Parent Support

<https://www.kcsl.org/>

**Runaway Line**

800-621-4000 or 800-621-0394 (TDD)

<https://www.1800runaway.org/>

### **Talking Books**

800-362-0699

<https://library.ks.gov/talking-books>

## Community Action

### **Peace Corps**

855-855-1961

<https://www.peacecorps.gov/>

### **Public Affairs Hotline**

**(Kansas Corporation Commission)**

<https://www.kcc.ks.gov/>

## Counseling

### **Alsana (Eating Disorders)**

866-932-1264

<https://www.alsana.com/>

### **Kansas Problem Gambling Hotline**

800-522-4700 or 800-GAMBLER

<https://ksgamblinghelp.com/>

### **Catholic Charities of Northern Kansas**

888-887-9124 (Crisis Line)

785-625-2644 (Hays Office)

<https://www.ccnks.org/>

### **National Problem Gambling Hotline**

800-GAMBLER (426-3537)

<https://www.ncpgambling.org/>

### **Central Kansas Mental Health Center**

785-823-6322 or 800-794-8281

<https://www.ckmhc.org/>

### **National Hopeline Network**

988

<https://988lifeline.org/>

### **Consumer Credit Counseling Services**

<https://cccsoftheheartland.org/>

### **Self-Help Network of Kansas**

<https://supportgroupsinks.org/>

### **Senior Health Insurance Counseling for Kansas (SHICK)**

800-860-5260

<https://www.kdads.ks.gov/services-programs/aging/medicare-programs/senior-health-insurance-counseling-for-kansas-shick>

## Grief Support

### **Baalmann Mortuary**

<https://www.baalmannmortuary.com/grief-support/grief-resources>

## Disability Services

### **American Association of People with Disabilities (AAPD)**

800-840-8844

<https://www.aapd.com/>

**American Council for the Blind**

800-424-8666

<https://www.acb.org/home>

**Americans with Disabilities Act Information Hotline**

800-514-0301; 833-610-1264 (TTY)

<https://www.ada.gov/>

**Disability Advocates of Kansas, Inc.**

855-747-6075

<https://www.disabilitysecrets.com/>

**Disability Group**

615-788-5993 Call or Text

<https://www.thedisabilitygroup.com/>

**Disability Rights Center of Kansas (DRC)**

877-776-1541

<https://www.drckansas.org/>

**Hearing Healthcare Associates**

316-369-3575

<https://www.hearinghealthcareassoc.com/>

**Kansas Commission for the Deaf & Hearing Impaired**

785-368-8034

<https://www.kcdhh.ks.gov/home>

**Kansas Relay Center (Hearing Impaired Service)**

800-676-3777 (Voice/TTY)

<https://kansasrelay.com/>

**National Center for Learning Disabilities**

888-575-7373

<https://nclld.org/>

**National Library Services for Blind & Physically Handicapped**

888-657-7323

<https://www.loc.gov/nls/>

## Environment

### **Environmental Protection Agency**

800-223-0425 (Kansas Office)

<https://www.epa.gov/>

### **Local Environmental Protection Group (LEPG)**

350 South Range Avenue, Suite 4, Colby

785-462-8636

### **Kansas Department of Health and Environment**

785-625-5663 – Hays

785-827-9639 – Salina

785-296-1500 – Topeka

<https://www.kdhe.ks.gov/>

## Food and Drug

### **Center for Food Safety and Applied Nutrition**

888-SAFEFOOD (723-3366)

<https://www.fda.gov/food>

### **U.S. Food and Drug Administration**

888-INFO-FDA (463-6332)

<https://www.fda.gov/>

### **U.S. Consumer Product Safety Commission**

800-638-2772; 800-638-8270 (TTY)

<https://www.cpsc.gov/>

### **Poison Hotline**

800-222-1222

<https://www.poison.org/>

### **USDA Meat and Poultry Hotline**

888-674-6854

<https://www.fsis.usda.gov/>

## Health Services

### **American Cancer Society**

800-227-2345

<https://www.cancer.org/>

**American Diabetes Association**

800-DIABETES (342-2383)

<https://diabetes.org/>

**AIDS/HIV Center for Disease Control and Prevention**

800-CDC-INFO/ 888-232-6348 (TTY)

800-342-AIDS

<https://www.cdc.gov/hiv/>

**AIDS/STD National Hot Line**

800-CDC-INFO; 800-HIV-0440

<https://www.hiv.gov/>

**Bright Focus Foundation**

800-437-8721

<https://www.brightfocus.org/>

**American Heart Association**

800-242-8721

<https://www.heart.org/>

**American Lung Association**

800-586-4872

<https://www.lung.org/>

**American Stroke Association**

888-4-STROKE (478-7653)

<https://www.stroke.org/en/>

**Early Detection Works**

Education, screening, diagnosis, case management, and referral for cancer treatment

877-277-1368

<https://www.kdhe.ks.gov/826/Early-Detection-Works>

**Elder Care Help Line**

<https://www.eldercareks.org/>

**Eye Care Council**

800-960-EYES

<https://seetolearn.com/>

**Kansas Farmworker Health Program**

785-230-5645 (Western Region)

Maribel Panuco (Spanish)

[Maribel.Panuco@ks.gov](mailto:Maribel.Panuco@ks.gov)

**Kansas Foundation for Medical Care**

800-432-0770

<https://www.kfmc.org/>

**National Institute on Deafness and Other Communication Disorders Information**

800-241-1044

<https://www.nidcd.nih.gov/>

**Hospice**

**Hospice-Kansas Association**

800-315-5122 (NW Kansas)

<https://www.hospicenwks.net/>

**Kansas Hospice and Palliative Care Organization**

<https://khpco.wordpress.com/>

**Housing**

**Kansas Housing Resources Corporation**

785-217-2001; 800-766-3777 (TTY)

<https://kshousingcorp.org/>

**US Department of Housing and Urban Development**

Kansas Regional Office

913-551-5462

800-225-5342; 800-877-8339 (TTY) (General Questions)

<https://www.hud.gov/>

Thomas County Chamber Rental List:

<https://www.colbychamber.com/community/rentals>

**Legal Services**

**Kansas Attorney General**

800-432-2110 (Consumer Protection)

800-828-9745 (Crime Victims' Rights)

800-766-3777 (TTY)

<https://www.ag.ks.gov/>

**Kansas Legal Services**

800-723-6953

<https://www.kansaslegalservices.org/>

**Kansas Bar Association**

785-234-5696

<https://ksbar.org/>

**Kansas Department on Aging**

785-296-4986

<https://www.kdads.ks.gov/>

**Northwest Kansas Area Agency on Aging**

510 West 29<sup>th</sup> Street, Hays

800-462-7422; 785-628-8204

<https://nwkaaa.com/>

## Medicaid/Medicare Services

**KanCare (Medicaid)**

900 SW Jackson, Suite 900 N, Topeka

800-792-4884

<https://www.kancare.ks.gov/>

**KanCare Ombudsman**

855-643-8180, Relay: 711

<https://www.kancare.ks.gov/members/help-resources/kancare-ombudsman>

**Medicare Information**

800-MEDICARE

<https://www.medicare.gov/>

**U.S. Department of Health and Human Services**

Centers for Medicare and Medicaid Services

800-MEDICARE (800-633-4227) or 877-486-2048 (TTY)

<https://www.cms.gov/>

**Senior Health Insurance Counseling for Kansas (SCHICK)**

Northwest Kansas Department for Aging and Disability Services

510 West 29<sup>th</sup>, Suite B, Hays

785-628-8204; 800-432-7422

<https://www.kdads.ks.gov/>

## Mental Health Services

**Alzheimer's Association**

800-272-3900; 866-403-3073 (TTY)

<https://www.alz.org/>

**Kansas Alliance for Mentally Ill**

785-214-4496 (Call or Text); 785-233-0755

<https://namikansas.org/>

**Special Health Care Needs**

785-296-1313

<https://www.kdhe.ks.gov/747/Special-Health-Care-Needs>

**Mental Health America**

800-969-6642

<https://mhanational.org/>

**National Alliance for the Mentally Ill Help Line**

800-950-6264

<https://www.nami.org/>

**National Institute of Mental Health**

866-615-6464; 800-676-3777 (TTY)

<https://www.nimh.nih.gov/>

**National Library Services for Blind and Physically Handicapped**

888-657-7323

<https://www.loc.gov/nls/>

**State Mental Health Agency**

<https://www.kdhe.ks.gov/2213/Mental-Health>

**WINGS Upon the Prairie (Consumer Run Organization)**

485 North Franklin Avenue, Colby

785-460-7477

## Nutrition

**American Dietetic Association**

<https://www.eatright.org/>

**Department of Human Nutrition**

Kansas State University/School of Health Sciences

119 Justin Hall, Manhattan

785-532-6765

<https://www.hhs.k-state.edu/health-sciences//>

**Eating Disorders Awareness and Prevention**

866-662-1235 (M-F 8AM-6PM)

<https://www.nationaleatingdisorders.org/>

<https://www.eatingdisorderhope.com/>

**Food Assistance (SNAP)**

Kansas Department of Children and Families

888-369-4777 or Local DCF Office

<https://www.dcf.ks.gov/services/ees/pages/food/foodassistance.aspx>

**Kansas Department of Health and Environment (WIC)**

1000 SW Jackson, Suite 220, Topeka

785-269-3683

<https://www.kdhe.ks.gov/1000/Nutrition-WIC-Services>

## Road and Weather Conditions

**Kansas Road Conditions**

866-511-KDOT or 511 from Mobile

<https://www.ksdot.gov/travel/travel-conditions/kandrive>

## Senior Services

**Alzheimer's Association**

800-272-3900; 866-403-3073 (TTY)

<https://www.alz.org/>

**American Association of Retired Persons (AARP)**

888-687-2277

<https://www.aarp.org/>

**Americans with Disabilities Act Information Hotline**

800-514-0301; 833-610-1264 (TTY)

<https://www.ada.gov/>

**Area Agency on Aging**

800-432-2703

<https://k4ad.org/>

**Eldercare Locator**

800-677-1116

<https://eldercare.acl.gov/home>

**HomeBuddy**

316-448-6897

<https://homebuddy.connectamerica.com/>

**Home Health Complaints**

Kansas Home Care & Hospice Association

800-842-0078

<https://www.kshomecare.org/>

**Kansas Advocates for Better Care, Inc.**

800-525-1782

<https://www.kabc.org/>

**Kansas Department for Aging & Disability Services**

800-432-3535 or 785-291-3167 (TTY)

<https://www.kdads.ks.gov/>

**Kansas Foundation for Medical Care, Inc.**

800-432-0770

<https://www.kfmc.org/>

**Kansas Tobacco Use Quitline**

800-QUIT-NOW (784-8669)

<https://kansas.quitlogix.org/en-US/>

**Older Kansans Employment Programs (OKEP)**

785-628-8204

<https://www.kansascommerce.gov/program/workforce-services/state-of-kansas-senior-employment-services/>

**Kansas Aging Disability Resource Center (ADRC)**

855-200-2372

<https://www.kdads.ks.gov/services-programs/aging-and-disability-resource-center>

**Senior Health Insurance Counseling for Kansas (SCHICK)**

Northwest Kansas Department for Aging and Disability Services

510 West 29<sup>th</sup>, Suite B, Hays

785-628-8204; 800-432-7422

<https://www.kdads.ks.gov/>

## Suicide Prevention

### **Suicide Prevention Services**

988

<https://988lifeline.org/>

## Veterans

### **Federal Information Center**

844-USAGOV1

<https://www.usa.gov/>

### **Kansas Office of Veterans Affairs**

800-513-7731

<https://www.kovs.ks.gov/>

### **Veterans Affairs Commission**

990 South Range Avenue #4, Colby

785-462-3572

## Veterans Administration

### **US Department of Veterans Affairs**

800-698-2411

<https://www.va.gov/>

### **Benefits Information and Assistance**

800-827-1000

### **Debt Management**

800-827-0648

### **Life Insurance Information and Service**

800-669-8477

## Welfare Fraud Hotline

### **Welfare Fraud Hotline**

800-432-3913