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

## Emergency Numbers

<b>Police/Sheriff</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

	<u>Police/Sheriff</u>	<u>Fire</u>
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

<http://www.dcf.ks.gov/Pages/Default.aspx>

### **Domestic Violence Hotline**

800-799-7233

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

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

785-274-1409

[http://www.kansastag.gov/kdem\\_default.asp](http://www.kansastag.gov/kdem_default.asp)

### **Federal Bureau of Investigation**

816-512-8200

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

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

800-KS-CRIME or 800-572-7463

[www.accesskansas.org/kbi](http://www.accesskansas.org/kbi) or [firemarshal.ks.gov/arson](http://firemarshal.ks.gov/arson)

**Kansas Bureau of Investigation (Topeka)**

785-296-8200

[www.accesskansas.org/kbi](http://www.accesskansas.org/kbi)

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

888-363-2287

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

**Kansas Road Conditions**

866-511-KDOT, 511

785-871-1515 (Main Office)

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

**Poison Control Center**

800-222-1222

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

**Suicide Prevention Hotline**

800-784-2433

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

800-273-TALK

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

**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**

**Liz Merchan**

785-460-8177

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

**Sandra Estrada**

785-460-8177

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

## **Hospital**

### **Citizens Health**

100 East College Drive (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 Consultant
- 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 Health Care (FCHC)785-462-6184

#### Radiology

#### Rehabilitation Services

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

Social Services

- Serenity Room (end of life care)

Specialty Clinic-785-460-1223

Wound Care Clinic

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

100 E. College Drive Annex Building (Colby)  
785-460-1269

**Mental Health**

**Family Center for Health Care**

Amanda Sowers, LSCSW  
310 E College Dr. (Colby)  
785-462-6184

**Heartland Rural Counseling Services**

Amanda Lanning, LMSW; Dana Youngman, LMLP  
485 W 4<sup>th</sup> St (Colby)  
785-460-7588

**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/>

**Meier New Life Clinic**

Angie Witman, LPC & LCMFT  
CMC Specialty Clinic  
100 E. College Drive (Colby)  
888-725-4642  
[www.meierclinics.com/Colby](http://www.meierclinics.com/Colby)

**Carla Sloan-Brown, LCP**

785-460-0050  
[www.psychotherapyforkansas.com](http://www.psychotherapyforkansas.com)  
Book a phone consultation at: <https://carlasloanbrown.sessionshealth.com/request>

**Second Chance @ Life, Inc**

315 Main Street, Rexford, KS  
785-687-2220

**Tele Psychiatry Services @ Hoxie Medical Clinic**

Alexis Foster, MPAS-PA-C  
Wednesday 8:00 am-12:00 pm  
Call Kristal Walker at 785-675-3018 EXT. 141 to schedule

## Medical Professionals

### Chiropractors

**Franz & Tubbs Chiropractic**  
135 West 6<sup>th</sup> Street Suite 4 (Colby)  
785-462-7236  
<https://www.notjusttheback.com/>

**Gundlach Chiropractic**  
**Dr. Mark Gundlach**  
480 North Franklin Avenue (Colby)  
785-269-9565  
<http://www.gundlachchiropractic.com>

**Northwest Kansas Chiropractic**  
**Dr. Kristin Parker**  
1005 S. Range Ave #200 (Colby)  
785-460-0332  
<http://www.nwkchiro.com/>

### Dentists

**Blackwood Family Dentistry**  
501 Garfield Street (Quinter)  
(Accepts KanCare (Medicaid))  
785-754-2441

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

**Karen Thummel, DDS**  
480 West 4<sup>th</sup> Street (Colby)  
785-460-6800

**Rawlins County Dental Clinic**  
515 State St (Atwood)  
785-626-8290

### Optometrists

**Sam Funk, OD**  
505 N Franklin Street (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 S Range (Colby)  
785-460-4327

### Naturopathic Doctors

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

## **Pharmacies**

### **Dillon's**

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

### **Palace Drug Store**

460 North Franklin  
Avenue (Colby)  
785-460-7507  
[palacedrugstore.com](http://palacedrugstore.com)

### **Wal-Mart**

115 West Willow  
Avenue (Colby)  
785-462-8634  
[www.walmart.com](http://www.walmart.com)

## **Primary Care Providers**

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

310 East College Drive (Colby)  
785-462-6184

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

*Mallory Forsyth, MD*

*Dan Kuhlman, MD*

*Darren Matchell, DO*

*Michael Nordquist, DO*

*Gabriela Newell, MD*

*Hannah Bandy, DNP, APRN*

*Tricia Carney, APRN*

*Luetta Flanagan, APRN*

*Jennifer Mackley, APRN*

*Jenny Niblock, DNP, APRN*

*Jennifer Haag, PA-C*

*Allie Keller, PA-C*

*Regina Taylor, PA-C*

*Kristle Raile, PA-C*

*Stevan Budi, MD (surgeon)*

*Sarah Gabel, DO*

*Kara Kuhlman, MD*

*Kysha Nichols-Totten, MD*

*Dereck Totten, MD*

*Tina Benson, APRN*

*Therese Cook, APRN*

*Benjamin Hamilton, APRN*

*Stephanie Mesch, APRN*

*Brooke Schiltz, APRN*

*Adam Horinek, PA-C*

*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  
100 E. College Drive (Colby)  
785-460-4868

### **Good Samaritan Society of NW Kansas**

Home Care-PT, OT, Speech  
820 S. Denison St. (St. Francis)  
785-332-3588

### **Northwest Kansas Educational Service Center**

Home Care-PT, OT, Speech  
703 W. 2<sup>nd</sup> (Oakley)  
785-672-3125

### **Northwest Kansas Physical Therapy**

135 W 6<sup>th</sup> St (Colby)  
785-460-7848



## Other Health Care Services

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

#### **Colby Health & Rehab**

105 East College Drive  
(Colby)  
785-462-6721  
<http://www.colbyhealthandrehab.com/>

#### **Fairview Estates**

1630 Sewell Avenue (Colby)  
785-462-2154

#### **Prairie Senior**

1625 South Franklin Avenue  
(Colby)  
785-462-8295  
<https://www.cmciks.com/prairie-senior/>

### Diabetes

#### **Citizens Medical Center, Certified Diabetes Educator**

100 E. College Drive (Colby)  
785-460-1237

### Disability Services

**LINK** (ages 16-60) (Hays)  
800-569-5926; 1-785-625-6942  
<http://linkinc.org/>

**SKIL of Western Kansas** (Hays)  
<http://skionline.com/>  
800-316-8019 or 785-628-8019

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

1135 S. Country Club Drive (Colby)  
785-462-6769  
<http://www.dcf.ks.gov/services/Pages/DCFOfficeLocatorMap.aspx>

#### **Kansas Department on Aging & Disability** (Hays)

800-432-7422  
[www.kdads.ks.gov](http://www.kdads.ks.gov)

### Home Health

#### **Angels Care Home Health**

519 Russell Avenue  
Wakeeney, KS 67672  
785-743-2270

#### **Good Samaritan Society of NW Kansas**

820 S. Denison St. (St. Francis)  
785-332-3588

#### **Goodland Home Health**

1502 Main Ave (Goodland)  
785-890-7658

#### **Guardian Home Health**

(In home private pay and long-term care insurance)  
112 S. Kansas Ave., Ste. 304  
Norton, KS 67654  
785-622-4254  
[www.guardianks.com](http://www.guardianks.com)

#### **L&C Home Health Agency**

1175 S Range Ave, Ste 1, Box 5 (Colby)  
785-465-7444  
<https://www.lchha.org/>

## **Hospice**

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

438 N Franklin Avenue (Colby)

785-462-6710, 800-315-5122

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

## **Medical Equipment and Supplies**

### **VFW Post 6882 (Wheel Chairs and Walkers)**

220 Lake St (Colby)

460-7275

### **Northwest Kansas Educational Service Center (Keyes)**

785-672-3125

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

462-1310

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

462-8651

### **Lincare (Oxygen)**

1013 Main St (Goodland)

785-899-6848

<https://www.lincare.com/en/>

### **Sizewise (Bariatric Equipment)**

210 Jefferson St, PO Box 320 (Ellis)

800-814-9389

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

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

100 E. College Drive Annex Building (Colby)

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**

305 Main Street (Rexford)

785-687-4646

## **Government Health Care Services**

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

503 South Kansas Avenue (Topeka)

785-296-4986 or 800-432-3535

[www.kdads.ks.gov](http://www.kdads.ks.gov)

**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  
[www.kancare.ks.gov](http://www.kancare.ks.gov)

**CHIP/Medicaid Enrollment**

Paige Hurst  
785-460-1733  
[phurst@cmciks.com](mailto:phurst@cmciks.com)

Valerie Ohlrogge  
785-443-9264  
[valerie@kansascares.org](mailto:valerie@kansascares.org)

Peggy Ritter  
785-470-7896  
[peggy@kansascares.org](mailto:peggy@kansascares.org)

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

NW Kansas Dept for Aging & Disability Services  
510 West 29th, Suite B (Hays)  
785-628-8204; 800-432-7422  
<https://kdads.ks.gov/kdads-commissions/long-term-services-supports/aging-services/medicare-programs/shick>

**Healthcare Navigator**

NW Kansas Dept for Aging & Disability Services  
510 West 29th, Suite B (Hays)  
785-628-8204; 800-432-7422  
<https://www.healthcare.gov/glossary/navigator/>

**Family Center for Healthcare**

Navigator (Marketplace/Medicare/Medicaid)  
310 E College Drive  
Colby, KS 67701  
785-460-1777

**Certified Insurance Navigator**

Valerie Ohlrogge  
Medicaid/Medicare Enrollment  
785-443-9264  
[valerie@kansascares.org](mailto:valerie@kansascares.org)

### **Certified Insurance Navigator**

Peggy Ritter  
Medicaid/Medicare Enrollment  
785-470-7896  
[peggyritterconsulting@gmail.com](mailto:peggyritterconsulting@gmail.com)

Healthcare Navigators are individuals or organizations trained and able to help consumers, small businesses, and employees look for health coverage options through the Marketplace, including completing eligibility/enrollment forms. These individuals and organizations are required to be unbiased. Their services are free to consumers.

### **Medicare**

Social Security Administration  
1212 East 27<sup>th</sup> Street (Hays)  
888-552-7176  
[www.ssa.gov/benefits/medicare](http://www.ssa.gov/benefits/medicare)

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

1135 S Country Club Drive Suite 1 (Colby)  
785-462-6760; TTY/TDD 1-800-766-3777

### **Social Security Administration**

1212 East 27<sup>th</sup> Street (Hays)  
785-625-3496

### **Veteran's Affairs**

990 S. Range Avenue (Colby)  
785-462-3572 or 785-443-0120  
<http://kcva.ks.gov/veteran-services/>

## **Local Government, Community, and Social Services**

### **Adult Protection**

#### **Kansas Department of Aging & Disability Services**

800-922-5330  
<http://www.kdads.ks.gov/hotlines>

#### **Elder Abuse Hotline**

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

#### **Kansas Department of Social and Rehabilitation Services West Region Protection Reporting Center**

1-800-922-5330

### **Alcohol and Drug Treatment**

#### **High Point Advocacy & Resource Center**

785 W. Webster (Colby)  
785-460-8463  
<https://highpointadvocacy.com/>

**Recovery Way Counseling**

990 S Range STE 2B

Wendy Armbruster

785-269-1033

**Smoking Cessation**

KanQuit

1-800-784-8669

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

**Child Protection****Kansas Department of Children and Families Services****Western Region Protection Reporting Center**

1-800-922-5330

Available 24 hours/7 days per week

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

**Children and Youth****Children's Alliance**

627 Southwest Topeka Boulevard (Topeka)

785-235-5437

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

**Consumer Safety**

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

**Kansas Children's Service League**

800-332-6378 (Bullying Prevention)

800-530-5275 (Main Line)

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

**LiveWell Northwest Kansas (Home Visiting Programs ABC & PALS)**

460 N. Garfield

785-460-8177

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

**Parent Helpline**

800-332-6378

[1800children@kcsl.org](mailto:1800children@kcsl.org) (email or text)

<https://1800childrenks.org/>

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

Trauma Focused Services to Children and Families

212 E 5<sup>th</sup> (Scott City-Main Office)

620-872-3706

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

## **Community Assistance**

### **The Salvation Army – Service Extension**

Northern KS & Northwest MO Field Rep- John Stewart  
Emergency Assistance/Vision USA  
816-269-8317

## **Community Event Centers**

### **Colby Event Center**

1200 S Franklin Avenue  
785-460-4435

<https://www.cityofcolby.com/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

## **Day Care Providers-Children**

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

1508 E Iron Street (Salina)  
785-823-3343 or 1-877-678-2548

<https://ks.childcareaware.org/>

### **Kids Port Group Childcare**

460 North Garfield Avenue (Colby)  
785-465-9110

## **Employment/Job Services**

### **Kansas WorkforceONE**

350 S Range (Colby)  
785-462-2024

<http://www.kansasworkforceone.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**

350 S. Range Avenue, Ste 16, Colby  
785-460-4582

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

## **Domestic/Family Violence**

### **Child/Adult Abuse Hotline**

1-800-922-5330

[www.dcf.ks.gov/Pages/Report-Abuse-or-Neglect.aspx](http://www.dcf.ks.gov/Pages/Report-Abuse-or-Neglect.aspx)

**KCSDV (Kansas Coalition against Sexual and Domestic Violence)**  
634 SW Harrison, Topeka KS  
[coalition@kcsdv.org](mailto:coalition@kcsdv.org)

**Jana's Campaign**  
PO Box 647, Hays KS  
785-656-0324

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

**Options Domestic and Sexual Violence Services**  
2716 Plaza Ave, Hays, KS  
Or 1480 W 4<sup>th</sup>, Colby, KS 785-625-4202;  
1-800-794-4624 24 Hour  
<http://www.help4abuse.org/>

**General Information – Women's Shelters**  
[www.WomenShelters.org](http://www.WomenShelters.org)

## **Food Programs**

**Genesis Food Bank**  
350 S. Range Avenue (Colby)  
785-460-7930, Limited hours on most Wednesdays  
<https://sites.google.com/genesisthomascounty.org/gtc>

**Harvest America**  
120 W 11<sup>th</sup> St., (Goodland) Rent/Food/Clothing  
785-728-4333  
Lisa Rodriguez

**Homestead Nutrition (Meal Delivery based on Eligibility)**  
**Senior Progress Center**  
165 Fike Park Street (Colby)                      785-460-2901

**High Plains Food Coop**  
1678 US Hwy 36 (Saint Francis)  
7900 E Union Ave, Ste 200 (Denver)  
785-626-6082  
<http://www.highplainsfood.org/>

**WIC (Goodland – serves Colby/Thomas County)**  
1-800-899-4892  
<https://www.shermancountyhealthdepartment.org/wic>

## **Funeral Homes**

**Baalmann Mortuary**  
190 South Franklin Avenue (Colby)  
785-462-2331  
[www.baalmannmortuary.com](http://www.baalmannmortuary.com)

## **Head Start**

### **Head Start NKESC**

210 North Grant Avenue (Colby)  
785-462-6067  
[www.nkesc.org/](http://www.nkesc.org/)

### **Early Head Start NKESC**

703 W 2<sup>nd</sup> St (Oakley- Serves  
Colby/Thomas County)  
785-672-3125

## **Health and Fitness Centers**

### **Citizens Medical Center**

100 E. College Drive (Colby)  
785-460-4868  
<https://www.cmciks.com/>

### **CrossFit Colby**

1981 W. Fourth Street (Colby)  
785-460-0361  
<http://crossfitcolby.com/>

### **Colby Community College**

1255 S. Range Avenue (Colby)  
785-462-3984  
<https://www.colbytrojans.com/Facilities/index>

### **Flex Fitness**

200 North Franklin Avenue (Colby)  
785-443-1097  
<http://www.flexfitnesscolby.com/>

### **Colby Recreation Department**

585 N Franklin Avenue (Colby)  
785-460-4440  
<https://www.cityofcolby.com/291/Colby-Recreation-Department>

### **Jump Start Fitness Center**

415 North Franklin Avenue (Colby)  
785-443-0419  
[www.jump-start-fitness-center.business.site](http://www.jump-start-fitness-center.business.site)

### **The Movement Connection**

430 North Franklin Avenue (Colby)  
785-462-2044  
<http://www.movementconnection.net/>

### **Fab and Fit Habits**

1025 Taylor Avenue (Colby)  
(785) 443-9178  
<https://fabandfithabits.com/>

## **Housing**

### **Colby Housing Authority**

600 S Mission Ridge Ave (Colby)  
785-460-6763  
[www.colbyhousingauthority.com/](http://www.colbyhousingauthority.com/)

### **Colby House LP**

770 Dylan Dr (Colby)  
785-462-3473  
<https://hpmhc.com/services/housing-services/>

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

200 S Range Ave (Colby)  
785-460-4360  
[www.stthomashistoric.com/](http://www.stthomashistoric.com/)

## **Legal Services**

### **Barrett Law Firm**

280 N. Court Avenue  
PO Box 544, Colby  
785-460-0188  
[www.barrettlawfirm.org](http://www.barrettlawfirm.org)

### **John D. Gatz**

505 N. Franklin Ave, Suite A, Colby  
785-460-3383



**Kansas Legal Services  
Legal Aide Society**  
1401 B Main, Hays  
800-723-6953  
785-625-4514  
<http://kansaslegalservices.org>

**Ronald Shalz**  
1675 W. 4<sup>th</sup> St, Ste A Street (Colby)  
785-462-6736

**Thomas Co Attorney, Chris Rohr**  
195 N. Franklin  
Colby, KS 67701  
785-460-4580

**Stramel Law Firm**  
480 N. Franklin Ave, Colby  
785-460-3222  
<http://www.stramellawfirm.com/>

## **Pregnancy Services**

**Open Arms Resources**  
350 S. Range Ave, Ste 3 (Colby)  
785-462-3022

**Kansas Children's Service League**  
877-530-5275  
[www.kcsl.org](http://www.kcsl.org)

## **Prenatal Classes**

**Thomas County Health Department**  
Becoming A Mom® (provided by TCHD & Citizens Health)  
785-462-4596

## **Public Information**

**Colby/Thomas County  
Chamber of Commerce**  
350 S. Range Suite 10 (Colby)  
785-460-3401  
[www.colbychamber.com](http://www.colbychamber.com)

350 S Range Ave, Suite 10 (Colby) 785-  
460-7643  
<http://oasisontheplains.com/>

**Colby Visitors Center**  
2015 S Range Ave (Colby)  
785-460-0076  
<http://oasisontheplains.com/>

**Thomas County Courthouse**  
300 North Court Avenue (Colby)  
785-460-4500  
<http://thomascountyks.com/>

**City of Colby**  
785-460-4400  
[www.cityofcolby.com](http://www.cityofcolby.com)

**Colby Convention & Visitors Bureau**

## **Rape**

**Options Domestic and Sexual Violence**  
2716 Plaza Ave, Hays, KS  
Or 1480 W 4<sup>th</sup>  
785-625-4202; 800-794-4624 24 Hour  
<http://www.help4abuse.org/>

**Family Crisis Center**  
1806 12<sup>th</sup> Street (Great Bend)  
620-792-1885/ 866-792-1885  
[www.familycrisisctr.org](http://www.familycrisisctr.org)

**Domestic Violence and Rape Hotline**  
888-656-HOPE (4673)

**Kansas Crisis Hotline**  
888-363-2287

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

Trauma Focused Services to Children and  
Families

212 E 5<sup>th</sup>, Scott City (Main Office)

620-872-3706

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

**Social Security**

**Social Security Administration**

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

[www.ssa.gov](http://www.ssa.gov)

**Transportation**

**Thomas County Transportation Van**

300 N. Court (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 4<sup>th</sup> Street (Colby)

785-460-1078

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

**Wark Veterinary Service**

1901 County Road 25

Colby, KS 67701

785-460-9275

**State and National Information, Services, Support**

**Adult Protection**

**Adult Protection Services**

1-800-922-5330

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

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

1-800-874-1499

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

**Elder Abuse Hotline**

1-800-922-5330 or 877-662-8362

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

**Elder and Nursing Home Abuse Legal**

[http://www.kdheks.gov/bhfr/elder\\_abuse\\_hotlines.html](http://www.kdheks.gov/bhfr/elder_abuse_hotlines.html)

**Kansas Coalition Against Sexual and Domestic Violence**  
1-888-END-ABUSE (363-2287)  
[www.kcsdv.org/](http://www.kcsdv.org/)

**Kansas Department on Aging Adult Care Complaint Program**  
1-800-842-0078

**National Center on Elder Abuse (Administration on Aging)**  
<https://ncea.acl.gov/>

**National Domestic Violence Hotline**  
1-800-799-SAFE (799-7233)  
1-800-787-3224 (TTY)  
[www.ndvh.org](http://www.ndvh.org)

**National Sexual Assault Hotline**  
800.656.4673 <https://www.rainn.org/>

**National Suicide Prevention Lifeline**  
1-800-273-8255

**Poison Center**  
1-800-222-1222

**Sexual Assault and Domestic Violence Crisis Line**  
1-800-701-3630

**Kansas Department of Children and Families**  
1-888-369-4777 (Hays)  
[www.dcf.ks.gov](http://www.dcf.ks.gov)

**Suicide Prevention Helpline**  
785-841-2345

### **Alcohol and Drug Treatment Programs**

**AIC (Assessment, Information & Counseling)**  
205 E. 7th St. Ste. 126, Hays  
785-639-1081  
[www.aicounseling.org](http://www.aicounseling.org)

**Al-anon/Alateen Helpline 1-888-425-2666**  
[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

**Alcohol and Drug Helpline**  
1-800-821-4357  
[www.aa.org](http://www.aa.org)

**High Point Advocacy & Resource Center**

785 W. Webster (Colby)

785-460-8463

<https://highpointadvocacy.com/>

**Kansas Alcohol and Drug Abuse Services Hotline**

1-800-586-3690

[www.dcf.ks.gov](http://www.dcf.ks.gov)

**Mothers Against Drunk Driving**

1-800-GET-MADD (438-6233)

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

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

1-800-622-2255

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

**SAMHSA's National Helpline – 1-800-662-HELP (4357)**

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

**Recovery Connection**

1-800-993-3869

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

**Regional Prevention Centers of Kansas**

785-625-5521 (Hays) (Smoky Hill Foundation)

<https://www.kdads.ks.gov/commissions/behavioral-health/kpc>

**Valley Hope**

1-800-544-5101

<https://valleyhope.org/location/>

**Children and Youth**

**Adoption**

1-800-862-3678

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

**Boys and Girls Town National Hotline**

1-800-448-3000

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

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

1-800-922-5330

[www.dcf.ks.gov/Pages/Report-Abuse-or-Neglect.aspx](http://www.dcf.ks.gov/Pages/Report-Abuse-or-Neglect.aspx)

**Child Abuse National Hotline**

1-800-422-4453 (Call/Text)

1-800-222-4453 (TDD)

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

**Child Find of America**

1-800-426-5678 (1-800-I-AM-LOST)

<https://childfindofamerica.org/>

**Human Trafficking Resource Center**

1-888-373-7888

<https://humantraffickinghotline.org/en>

**KanCare (Medicaid)**

2250 E. 22<sup>nd</sup> St, Hays, KS 67601

785-621-6124; 785-259-8614 (Cell); 785-628-8106

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

**Heartspring (Institute of Logopedics)**

8700 E. 29<sup>TH</sup> N, Wichita, KS 67226

800-835-1043

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

**Kansas Big Brothers/Big Sisters**

1-888-574-2447

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

**Kansas Children's Service League (Hays)**

785-625-2244

1-877-530-5275

1-800-CHILDREN – 24/7 Parent Support

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

**Kansas Department of Health and Environment**

785-296-1500

<https://kdhe.ks.gov>

e-mail: [kdhe.info@ks.gov](mailto:kdhe.info@ks.gov)

**The Kansas Society for Children with Challenges**

106 W. Douglas, Suite 900, Wichita, KS 67202

1-800-624-4530 or 316-262-4676

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

**National Runaway Switchboard**

1-800-RUNAWAY (786-2929)

[www.1800runaway.org/](http://www.1800runaway.org/)

**National Society for Missing and Exploited Children**

1-800-THE-LOST (843-5678)

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

**Parents Anonymous Help Line**

1-855-4A PARENT

<http://parentsanonymous.org/>

**Parent Help Line 1-800-CHILDREN**

24/7 Statewide, anonymous, information and referral  
by Kansas Children's Service League (KCSL)  
1-800-CHILDREN – 24/7 Parent Support  
[www.kcsl.org](http://www.kcsl.org)

**Runaway Line**

1-800-621-4000 or 1-800-621-0394 (TDD)  
[www.1800runaway.org/](http://www.1800runaway.org/)

**Talking Books**

1-800-362-0699  
<https://www.kslib.info/talking>

**Community Action**

**Peace Corps**

1-855-855-1961  
[www.peacecorps.gov](http://www.peacecorps.gov)

**Public Affairs Hotline**

**(Kansas Corporation Commission)**  
1-800-662-0027  
<https://kcc.ks.gov>

**Counseling**

**Alsana (Eating Disorders)**

1-866-932-1264  
<http://alsana.com>

**Kansas Problem Gambling Hotline**

1-800-522-4700 or 1-800-GAMBLER  
<http://www.ksgamblinghelp.com/>

**Catholic Charities**

1-888-887-9124 (Crisis Line)  
785-625-2644 (Hays office)  
<https://www.ccnks.org/>

**National Problem Gambling Hotline**

1-800-GAMBLER (426-3537)  
<https://www.ncpgambling.org/>

**Central Kansas Mental Health Center**

1-800-794-8281  
<http://www.ckmhc.org/>

**National Hopeline Network**

988  
<https://988lifeline.org/>

**Consumer Credit Counseling Services**

1-800-279-2227  
[www.kscgccs.org/](http://www.kscgccs.org/)

**Self-Help Network of Kansas**

1-800-445-0116  
<https://supportgroupsinkansas.org/>

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

1-800-860-5260  
<http://www.kdads.ks.gov/commissions/commission-on-aging/medicare-programs/shick>

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

485 N Franklin (Colby)  
785-460-7477

## **Disability Services**

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

800-840-8844

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

**American Council for the Blind**

800-424-8666

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

**Americans with Disabilities Act Information Hotline**

800-514-0301

833-610-1264 (TTY)

[www.ada.gov](http://www.ada.gov)

**Disability Advocates of Kansas, Incorporated**

855-747-6075

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

**Disability Group, Incorporated**

888-236-3348

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

Formerly Kansas Advocacy & Protective Services

877-776-1541

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

**Hearing Healthcare Associates**

316-710-8132

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

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

800-432-0698

<http://www.dcf.ks.gov/>

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

800-766-3777 (Voice or TTY)

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

**National Center for Learning Disabilities**

888-575-7373

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

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

800-424-8567

[www.loc.gov/nls/](http://www.loc.gov/nls/)

## **Environment**

### **Environmental Protection Agency**

1-800-223-0425

[www.epa.gov](http://www.epa.gov)

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

Salina 785-827-9639

Hays 785-625-5663

Topeka 785-296-1500

[www.kdhe.ks.gov](http://www.kdhe.ks.gov)

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

785-462-8636

350 S. Range, Suite 4, Colby

## **Food and Drug**

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

1-888-SAFEFOOD (723-3366)

<http://www.fda.gov/Food/>

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

1-888-INFO-FDA; 1-888-463-6332

[www.fda.gov](http://www.fda.gov)

### **US Consumer Product Safety Commission**

1-800-638-2772; 1-800-638-8270 (TDD)

[www.cpsc.gov](http://www.cpsc.gov)

### **Poison Hotline**

1-800-222-1222

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

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

1-888-674-6854 1-800-256-7072 (TTY)

[www.fsis.usda.gov/](http://www.fsis.usda.gov/)

## **Health Services**

### **American Cancer Society**

1-800-227-2345

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

### **American Diabetes Association**

1-800-DIABETES (342-2383)

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

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

1-800-CDC-INFO; 1-888-232-6348 (TTY)

1-800-342-AIDS

[www.cdc.gov/hiv/](http://www.cdc.gov/hiv/)

### **AIDS/STD National Hot Line**

1-800-HIV-0440; 1-800-227-8922 (STD line)

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



**Bright Focus Foundation**

1-800-437-2423

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

**American Heart Association**

1-800-242-8721

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

**American Lung Association**

1-800-586-4872

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

**American Stroke Association**

1-888-4-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/Breast-Cervical-Cancer-Screening--Early>

**Elder Care Helpline**

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

**Eye Care Council**

1-800-960-EYES

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

**Kansas Foundation for Medical Care**

1-800-432-0770

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

**National Health Information Center**

[www.health.gov/nhic](http://www.health.gov/nhic)

**National Cancer Information Center**

1-800-227-2345; 1-866-228-4327 (TTY)

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

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

1-800-241-1044; 1-800-241-1055 (TTY)

[www.nidcd.nih.gov](http://www.nidcd.nih.gov)

**Hospice**

**Hospice-Kansas Association**

800-315-5122 (NW Kansas)

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

**Kansas Hospice and Palliative  
Care Organization**

<https://khpco.wordpress.com>

## **Housing**

### **Kansas Housing Resources Corporation**

785-217-2001

1-800-766-3777 TTY

<https://kshousingcorp.org/>

Thomas County Chamber also has list on their website. [www.colbychamber.com](http://www.colbychamber.com)

### **US Department of Housing and Urban Development**

Kansas Regional Office

913-551-5462

800-225-5342 TTY 800-877-8339

(general questions)

[www.hud.gov](http://www.hud.gov)

## **Legal Services**

### **Kansas Attorney General**

1-800-432-2310 (Consumer Protection)

1-800-828-9745 (Crime Victims' Rights)

1-800-766-3777 (TTY)

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

### **Kansas Bar Association**

785-234-5696

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

### **Kansas Department on Aging**

785-296-4986

<https://kdads.ks.gov/kdads-commissions/long-term-services-supports/aging-services>

### **Kansas Legal Services**

1-800-723-6953

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

### **Northwest Kansas Area Agency on Aging**

510 W 29<sup>th</sup> Street, Suite B (Hays)

785-628-8204

800-432-7422

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

## **Medicaid/Medicare Services**

### **KanCare (Medicaid)**

900 SW Jackson, Suite 900 N (Topeka)

1-866-305-5147

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

### **Medicare Information**

1-800-MEDICARE

[www.medicare.gov](http://www.medicare.gov)

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

Centers for Medicare and Medicaid Services

1-800-MEDICARE (1-800-633-4227) or 1-877-486-2048 (TTY)

[www.cms.hhs.gov](http://www.cms.hhs.gov)

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

Northwest Kansas Department for Aging and Disability Services

510 West 29th, Suite B (Hays)

785-628-8204 800-432-7422 [www.kdads.ks.gov](http://www.kdads.ks.gov)

## **Mental Health Services**

### **Alzheimer's Association**

1-800-272-3900 or 1-866-403-3073 (TTY)

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

### **Developmental Services of Northwest Kansas**

1-800-637-2229

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

### **Kansas Alliance for Mentally Ill (Topeka, KS)**

785-233-0755 or 800-539-2660

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

### **Make a Difference (KDHE – Special Health Care Needs)**

1-800-332-6262

[www.kdheks.gov/shcn/index.htm](http://www.kdheks.gov/shcn/index.htm)

### **Mental Health America**

1-800-969-6MHA (969-6642)

[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

### **National Alliance for the Mentally Ill Helpline**

1-800-950-NAMI (950-6264) or 703-516-7227 (TTY)

1-800-539-2660 (Kansas NAMI office)

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

### **National Institute of Mental Health**

1-866-615-6464 or 1-866-415-8051 (TTY)

[www.nimh.nih.gov](http://www.nimh.nih.gov)

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

1-800-424-8567

[www.loc.gov/nls/music/index.html](http://www.loc.gov/nls/music/index.html)

### **State Mental Health Agency**

Kansas Department of Children and Families

915 SW Harrison Street (Topeka)

785-296-3959

[www.dcf.ks.gov](http://www.dcf.ks.gov)

## **Nutrition**

### **American Dietetic Association**

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

### **American Dietetic Association Consumer Nutrition Hotline**

1-800-366-1655

**Department of Human Nutrition**

Kansas State University  
119 Justin Hall (Manhattan)  
785-532-5508  
[www.he.k-state.edu/fndh/](http://www.he.k-state.edu/fndh/)

**Eating Disorders Awareness and Prevention**

1-800-931-2237  
[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)  
[www.eatingdisorderhope.com/](http://www.eatingdisorderhope.com/)

**Food Assistance (SNAP)**

Kansas Department of Children and Families  
1-888-369-4777 or Local SRS 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)  
785-296-1320  
<http://www.kansaswic.org/>

**Road and Weather Conditions****Kansas Road Conditions**

1-866-511-KDOT or 5-1-1 from mobile  
[www.ksdot.org](http://www.ksdot.org)

**Senior Services****Alzheimer's Association**

1-800-272-3900  
<http://www.alz.org/>

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

1-888-OUR-AARP (687-2277)  
[www.aarp.org](http://www.aarp.org)

**Americans with Disabilities Act Information Line**

1-800-514-0301  
1-800-514-0383 (TTY)  
<https://www.ada.gov/infoline.htm>

**Area Agency on Aging**

1-800-432-2703

**Eldercare Locator**

1-800-677-1116  
<https://eldercare.acl.gov/Public/Index.aspx>

**Home Buddy**

1-866-922-8339

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

**Home Health Complaints**

Kansas Home Care & Hospice Association

1-800-842-0078

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

**Kansas Advocates for Better Care Inc.**

1-800-525-1782

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

**Kansas Department for Aging & Disability Services**

1-800-432-3535 or 785-291-3167 (TTY)

[www.kdads.ks.gov](http://www.kdads.ks.gov)

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

Medicare Beneficiary Information

1-800-432-0770

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

**Kansas Tobacco Use Quitline**

1-800-QUIT-NOW (784-8669)

<https://www.kdhe.ks.gov/1800/Quitting-Tobacco>

**Older Kansans Employment Programs (OKEP)**

785-296-7842

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

**Older Kansans Information Reference Sources on Aging (OKIRSA)**

1-800-432-3535

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

1-800-860-5260

<https://kdads.ks.gov/kdads-commissions/long-term-services-supports/aging-services/medicare-programs/shick>

**Kansas Department for Aging & Disability Services**

785-296-3959 or 785-296-1491 (TTY)

[www.kdads.ks.gov](http://www.kdads.ks.gov)

**Suicide Prevention****Suicide Prevention Services**

988

<https://988lifeline.org/>

## **Veterans**

### **Federal Information Center**

1-800-333-4636

[www.usa.gov](http://www.usa.gov)

### **Kansas Commission on Veterans Affairs**

1-800-513-7731

[www.kcva.ks.gov](http://www.kcva.ks.gov)

## **Veterans Administration**

### **Veterans Administration Benefits**

1-800-669-8477

### **Debt Management**

1-800-827-0648

### **Benefits Information and Assistance**

1-800-827-1000

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

1-800-669-8477

## **Welfare Fraud Hotline**

### **Welfare Fraud Hotline**

1-800-432-3913