

Resources

Everyday Resources

United Way: <https://www.unitedway.org/>

For Free help with food, housing, health care, employment, counseling, and other needs call 2-1-1 or visit <http://tn211.mycommunitypt.com/> your local United Way

Some COVID-19 Resources available through the Legal Aid Society:

<https://las.org/covid-19-tennessee-resources/>

HELP4TN provides legal information and referrals to Tennesseans in all 95 counties. The service is open to anyone who cannot afford to hire an attorney and is facing a civil legal issue such as divorce, child custody, landlord/tenant problems or evictions, debts or bankruptcy, social security, wills and more. HELP4TN does not handle criminal law issues but does provide help for expunging qualifying criminal convictions since they can make it harder for people to get jobs and housing.

<https://www.help4tn.org/> or Call: 1-844-HELP4TN

[MyTN](#) is a mobile application providing personalized service delivery to Tennesseans through technology solutions. MyTN provides a single point of access to a growing list of services through a secure account - 24/7 access in the palm of your hand! <https://www.tn.gov/mytn.html>

Visit the website <http://www.benefits.gov/> to search for different types of help.

Where to Turn in Nashville has an on-line resource guide and a printed resource guide. Visit the website at <http://www.wttin.org/> to find help for your needs.

Visit <http://www.kidcentraltn.com/> for information on health, education, development and support to Tennessee families, as well as a searchable State Services Directory

The Tennessee Department of Human Services offers many services to low income families:

<https://www.tn.gov/content/tn/humanservices.html>

South Central Tennessee Development District (SCTDD) offers aging and disability programs, community development programs, economic development programs, and public transportation

<http://www.sctdd.org/> For more information about any of the SCTDD programs, call: 1-931-379-2929

East Tennessee Human Resource Agency offers assistance for advocacy, education, employment support, housing & utilities, independent living, judicial support, nutrition, and transportation

<https://www.ethra.org/> (865) 691-2551, (800) 848-0298 TTY

Office of Community Services offers a wide variety of services to individuals and families in need.

<https://www.acf.hhs.gov/ocs/help>

Tennessee Disability Pathfinder is a statewide multilingual information and referral service for disability resources operated by Vanderbilt Kennedy Center.

<https://vkc.vumc.org/vkc/pathfinder> HELPLINE [1-800-640-4636](tel:1-800-640-4636)

Camino Seguro's mission is to remove the barriers that many culturally diverse communities find when trying to access disability resources. They also aim to provide cultural awareness, education and training, and case management. They can help find Spanish speaking providers. HELPLINE 1-800-640-4636

<https://vkc.vumc.org/vkc/CaminoSeguro/>

Conexión Américas assists more than 9,000 Latino families each year through programs that focus on social, economic and civic integration – all created to give Latinos in Tennessee the opportunity to achieve their own American Dream. <https://www.conexionamericas.org/>
Casa Azafrán Community Center
2195 Nolensville Pike, Nashville, TN 37211
Ph: (615) 270-9252, Email: info@conexionamericas.org

Your **TennCare Health Plan/MCO** has a list of resources to help you with your everyday needs:

Amerigroup

- 1-800-600-4441 (TRS 711)
- <https://www.amerigroup.com/community-support>

BlueCare

- BlueCareSM Members – 1-800-468-9698
- TennCare*Se/ect* Members – 1-800-263-5479
- <https://bluecare.bcbst.com/get-care/one-on-one-help>

UnitedHealthcare Community Plan

- 1-833-902-3133
- <https://www.uhccommunityplan.com/tn/medicaid/community-plan>

Abuse

The statewide domestic violence helpline is 800-356-6767. You can call for help 24 hours a day.

The City of Knoxville provides domestic violence help. Call 865-521-6336. More information is on-line at: https://www.knoxvilletn.gov/government/city_departments_offices/police_department/criminal_investigations/special_crimes_unit/domestic_violence_help

In the Memphis area contact:

YWCA Memphis: hotline 901-725-4277 or 901-323-2211

CAAP Domestic Violence Program: hotline 901-272-2221

Family Safety Center of Memphis and Shelby County, Inc 901-249-7611 or 901-222-4400

In Middle Tennessee contact:

YWCA's 24-hour Crisis & Support Helpline at 1-800-334-4628

<https://www.ywcanashville.com/what-we-do/dv-services/>

Tennessee Coalition to End Domestic and Sexual Violence 800-289-9018 <https://www.tncoalition.org/>

Collaborative Response to Elder and Vulnerable Adult Abuse (CREVAA) Program

<https://www.tn.gov/aging/our-programs/crevaa.html> or call the AAAD/HR in your area

Caregiver Resources

National Family Caregiver Support Program (NFCSP) call 1-866-836-6678

<https://www.tn.gov/aging/our-programs/caregiving.html>

AARP has several Family Caregiving resources located on-line at:
<https://www.aarp.org/caregiving/?cmp=KNC-BRD-MC-REALPOSS-TODAY-BING-SEARCH-CAREGIVING>

Energy & Utility Assistance

State: Low-Income Home Energy Assistance Program Website:
<https://thda.org/help-for-homeowners/energy-assistance-programs/low-income-home-energy-assistance-program-liheap>

Federal: National Energy Assistance Referral (NEAR) toll-free number at 1-866-674-6327.

Low Income Home Energy Assistance Program Website:
<https://www.acf.hhs.gov/ocs/low-income-home-energy-assistance-program-liheap>

Food

Second Harvest Food Bank Middle Tennessee. Call 615-329-3491 or visit the website at
<https://www.secondharvestmidtn.org/get-help/>

Child and Adult Care Food Program (CACFP) call (615) 313-4749 or visit the website at
<https://www.tn.gov/humanservices/children/dhs-nutrition-programs/child-and-adult-care-food-program.html>

For a list of Food Pantries in Tennessee visit the website <http://www.foodpantries.org/st/tennessee>

The Supplemental Nutrition Assistance Program (SNAP), also called food stamps, call Free: 1-866-311-4287, contact your local Department of Human Services office:
<https://www.tn.gov/humanservices/for-families/supplemental-nutrition-assistance-program-snap.html>

Tennessee Summer Food Service Program call 1-866-348-6479 or visit the website at
<https://www.tn.gov/humanservices/children/dhs-nutrition-programs/learn-about-the-summer-food-service-program.html>

Nourish Food Bank <http://www.nourishfoodbanks.org/getting-help.html>

Smyrna Location 1.615.355.0697
130 Richardson Street
Smyrna, TN 37167

Glenclyff Location 1.615.482.4483
416 E Thompson Lane
Nashville, TN 37211

Murfreesboro Location 1.615.203.3963
1809 Memorial Blvd.
Murfreesboro, TN 37129

Saint Rose of Lima Food Pantry: <https://www.saintrose.org/food-pantry>
open every Tuesday and Thursday (except major holidays) from 10:00am to 12:00pm. It is located behind the main sanctuary at: 1601 N. Tennessee Blvd., Murfreesboro 37130. Phone: 615-893-1843

Financial Challenges

Families First/TANF provides temporary cash benefits to families who have children and are experiencing financial difficulties. Call Toll-Free 1-866-311-4287 or visit the website for more information and to live chat <https://www.tn.gov/humanservices/for-families/families-first-tanf.html>

Injured Workers

Worker's Compensation Ombudsman 800-332-2667

Find out more about injuries at work: <https://www.tn.gov/workforce/injuries-at-work/injured-workers/injured-workers/i-need-help--ombudsman-program-.html>

Childcare

TN Human Services: <https://www.tn.gov/humanservices/for-families/child-care-services.html>

Dental care

Interfaith Dental Clinic: <https://interfaithdentalclinic.com/>

Meharry Medical College Dental Clinic: <https://home.mmc.edu/school-of-dentistry/dental-care/>
615-327-6669, option #1; or 615-327-6900

Hearing and Vision Care

The Department of Human Services' Division of Rehabilitation Services offers several programs to assist individuals who are blind or visually impaired. These services include:

- Vocational Rehabilitation
- Independent Living Services
- Deaf-Blind Services
- Newsline for the Blind and Visually Impaired
- Tennessee Business Enterprises

Telephone: (615) 313-4914

Toll Free: 1-800-628-7818 (In-State Only)

<https://www.tn.gov/humanservices/ds/blind-visually-impaired-services.html>

Lions Club International – <https://www.lionsclubs.org/en> 630-571-5466

Veteran's Assistance

VA Nashville: <https://benefits.va.gov/Nashville/>

Technology Access Program (TTAP), & Phone & Broadband

The Tennessee Technology Access Program is a statewide program designed to increase access to, and acquisition of, assistive technology devices and services. Through its four core programs: Funding Assistance, Device Demonstration, Device Loan and Device Reutilization, TTAP and a network of five assistive technology centers help people with disabilities and their families find and get the tools that they need to live independent, productive lives where and how they choose.

<https://www.tn.gov/humanservices/ds/ttap.html>

Phone: 615-313-5183; Toll Free: 1-800-732-5059

TTY: 615-313-5695, Email: TN.TTAP@tn.gov

Lifeline, a federal program that lowers the monthly cost of phone or internet service:

<https://www.lifelinesupport.org/ls/apply-for-lifeline/default.aspx>

Universal Service Administrative Co: <https://www.usac.org/>

CaptionCall Phone. This service helps many people with hearing loss understand conversations more easily and effectively. Eligibility confirmation is required.

Phone: 1-833-691-1600 Website: <https://captioncall.com/>

Internet Essentials from Comcast provides internet service to qualified households for only \$9.95 a month.

Ph: 1-855-846-8376, Website: <https://www.internetessentials.com>

Free Screen Readers

10 listed in this article: <https://usabilitygeek.com/?s=free+screen+readers>

<https://www.nvaccess.org/download/>

<http://www.freedomscientific.com/Downloads/JAWS>

Aging Information & Assistance

Commission on Aging & Disability: <https://www.tn.gov/aging/our-programs.html>

Information and Assistance Program:

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

Public Guardianship: Call 1-866-836-6678

<https://www.tn.gov/aging/our-programs/public-guardianship.html>

Family and Children Services Resources: <https://www.fcsnashville.org/>

Access to Healthcare: <https://www.fcsnashville.org/health-care-access-services/>

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Program:

1-800-DIAL-WIC (1-800-342-5942)

<https://www.tn.gov/health/health-program-areas/fhw/wic.html>

Partnership for Families, Children, and Adults is a non-profit organization serving the Tennessee Valley community for 140 years through counseling, crisis intervention and prevention services.

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

Main Line: 423.755.2822

Video Phone: 423.208.9801

Email: info@partnershipfca.com

Life Planning Forms

The Declaration for Mental Health Treatment:

[https://www.tn.gov/content/dam/tn/mentalhealth/documents/Declaration_for_Mental_Health_Treatment-Guide_for_Providers.pdf#:~:text=A%20Declaration%20for%20Mental%20Health%20Treatment%20\(DMHT\)%20is%20a%20legal,about%20their%20mental%20health%20treatment.](https://www.tn.gov/content/dam/tn/mentalhealth/documents/Declaration_for_Mental_Health_Treatment-Guide_for_Providers.pdf#:~:text=A%20Declaration%20for%20Mental%20Health%20Treatment%20(DMHT)%20is%20a%20legal,about%20their%20mental%20health%20treatment.)

Advanced Directives/Living Wills:

<https://www.tn.gov/content/dam/tn/tenncare/documents/AdvanceDirectivesLivingWill.pdf>

Help to Quit Smoking

Tennessee Tobacco Quit Line: 1 -800-QUIT-NOW (1-800-784-8669) or <https://www.tnquitline.org/>

Transportation

MidCumberland Public Transit: <https://www.mchratransit.org/> Call Center 1-800-945-4125

Cheatham: 615.792.7242

Dickson: 615.446.4943

Houston: 931.289.4118

Humphreys: 931.296.2871

Montgomery: 931.647.4602

Robertson: 615.384.9335

Rutherford: 615.890.2677

Stewart: 931.232.6416

Sumner: 615.452.5868

Trousdale: 615.374.3311

Williamson: 615.790.5791

Wilson: 615.444.7433

HealthCare

To find a Federal Health Center: <https://bphc.hrsa.gov/about/index.html>

National Diabetes Prevention Program:

- <https://www.cdc.gov/diabetes/prevention/index.html>
- <https://www.tn.gov/health/health-program-areas/mch-diabetes/diabetes-programming/national-diabetes-prevention-program-dpp.html>

Diabetes Self-Management and Education Programs:

<https://www.cdc.gov/learnmorefeelbetter/programs/diabetes.htm>

Chronic Disease Self-Management Program or Living Well with Chronic Conditions	
<p>Mercy Community Healthcare www.mercycommunityhealthcare.org</p> <ul style="list-style-type: none"> Franklin: 1113 Murfreesboro Rd, Suite 319 Ph: 615-790-0567 Lewisburg: 122 East Commerce Street Ph: 615-814-3400 	<p>Siloam Family Health Center www.siloamhealth.org</p> <ul style="list-style-type: none"> Melrose: 820 Gale Lane 615-298-5406 Antioch: 2717 Murfreesboro Pike 615-747-6035
<p>Primary Care & Hope Clinic www.hopeclnc.org</p> <ul style="list-style-type: none"> Murfreesboro: 615-893-9390 Smyrna: 615-625-9390 Shelbyville: 931-685-9000 	<p>Faith Family Medical Center www.faithmedical.org</p> <ul style="list-style-type: none"> Nashville: 326 21st Ave North 615-341-0808
<p>Nashville CARES HIV/AIDS http://www.nashvillecares.org/ 633 Thompson Lane Nashville, TN 37204 615-259-4866 Email: info@nashvillecares.org HEARTline: 1-800-845-4266</p>	<p>Neighborhood Health Services (Admin Office) http://neighborhoodhealthtn.org/ 2711 Foster Avenue Nashville, Tennessee 37210 615-227-3000</p>
<p>Ascension Medical Group Saint Thomas The Holy Family Health Center https://healthcare.ascension.org/locations/tennessee/tnnas/nashville-ascension-medical-group-saint-thomas-the-holy-family-health-center 4928 Edmondson Pike; Suite 205 Nashville, Tennessee 37211 615-222-1400</p>	<p>Ascension Medical Group Saint Thomas Family Health Center West https://healthcare.ascension.org/locations/tennessee/tnnas/nashville-ascension-medical-group-saint-thomas-family-health-center-west 5201 Charlotte Pike Nashville, Tennessee 37209 615-222-1900</p>
<p>Metro First Response Center http://metropolitanfrc.com/ Agency: 1219 9th Ave. North, Nashville, TN 37208 Clinic: 1223 9th Ave. North, Nashville, TN 37208</p>	<p>Connectus Health https://www.connectus.org/services 615.292.9770</p>
<p>Find HIV Services Near You: https://locator.hiv.gov/</p> <p>For more information about HIV see https://www.hiv.gov/</p> <p>Can't afford your HIV medication? ViiV Connect Savings Programs: https://www.viivconnect.com/providers/viivconnect-programs/</p>	<p>Vanderbilt Comprehensive Care Clinic HIV/AIDS https://www.vanderbilthealth.com/service-line/comprehensive-care-clinic 719 Thompson Lane, Suite 37189 Nashville, TN 37204 (615) 875-5111</p>
<p>Matthew Walker Comprehensive Health Center, Inc https://mwchc.org/ 615-327-9400</p> <p>¡Nosotros Hablamos Español!</p>	

Para asistencia por favor llame a una de nuestras clínicas: Nashville – 615.327.9400 Clarksville – 931.920.5000 Smyrna – 615.984.4290 Fuera del horario de atención telefónica: 615.327.9400	
---	--

Dialysis
Persons with end state renal failure may qualify for Medicare – and Medicare covers dialysis. For information on Medicare, visit the website or call toll free 1-800-MEDICARE (1-800-633-4227) https://www.medicare.gov/forms-help-resources/contact-medicare
Meharry Dialysis Clinic, Inc https://www.dciinc.org/location/meharry 935 21st Ave. Nashville, TN 37203. 615-327-3984
The National Kidney Foundation is a resource for finding help with the challenges of kidney disease https://www.kidney.org/ 855-653-2273

Mental/Behavioral Health Care	
Behavioral Health Safety Net If you are 3 years of age or older, have a qualifying mental health diagnosis, and have no behavioral health insurance, you may qualify for the Behavioral Health Safety Net (BHSN) of TN program. Services provided by this program include assessment, evaluation, diagnostic, therapeutic intervention, case management, transportation, peer support services, psychosocial rehabilitation services, psychiatric medication management, labs related to medication management and pharmacy assistance, and coordination. https://www.tn.gov/behavioral-health/bhsn.html	
Tennessee Department of Mental Health & Substance Abuse Services (TDMHSAS) https://www.tn.gov/behavioral-health.html TDMHSAS Helpline: Ph: (800) 560-5767 or Email: oca.tdmhsas@tn.gov When you're having trouble getting mental health or substance use services, calling the Helpline offers you and your family access to an advocate who will listen to your concerns and provide information about available resources in your area. The Helpline is available Monday - Friday, 8 a.m. to 4:30 p.m. CST	
Tennessee REDLINE for Addiction Help 800-889-9789, is a toll-free information and referral line open 24 hours per day, 7 days a week https://www.tn.gov/behavioral-health/substance-abuse-services/prevention/tennessee-redline.html	
Youth Villages https://youthvillages.org/about-us/locations/tennessee/ East TN <ul style="list-style-type: none"> • Chattanooga 423-954-8890 • Knoxville 865-560-2550 • Johnson City 423-283-6500 • Morristown 423-522-2200 	Crisis Resources: Mobile Crisis line: 1-855-CRISIS-1 (1-855-274-7471) Statewide line: 1-855-CRISIS-1 (1-855-274-7471) https://www.tn.gov/behavioral-health/need-help/crisis-services/mental-health-crisis-services/tn-statewide-crisis-phone-line.html

<p>Middle TN</p> <ul style="list-style-type: none"> • Clarksville 931-503-0777 • Columbia 931-560-4220 • Cookeville 931-525-6900 • Dickson 615-740-5330 • Nashville 615-250-7200 <p>West TN</p> <ul style="list-style-type: none"> • Memphis/National Headquarters 901-251-5000 • Memphis/Shelby Oaks 901-252-7600 • Jackson 731-660-6760 • Dyersburg 731-288-4600 • Paris 731-641-4141 	<p>National Suicide Prevention Lifeline: 800-273-TALK (8255) open 24 hours per day, 7 days a week https://suicidepreventionlifeline.org/</p> <p>Emotional Support Line for Pandemic Stress 888-642-7886 from 6 a.m. to 10 p.m CST. (For Healthcare Workers, First Responders, and Education Professionals) https://www.tn.gov/behavioral-health/emotional-support.html</p>
<p>Behavioral Health and Wellness Services (Health Department) http://www.nashville.gov/Health-Department/Clinical-Health-Services/Behavioral-Health-Services.aspx</p>	<p>TriStar Centennial Parthenon Pavilion 2401 Parman Place Nashville, Tennessee 37203 615-342-1450 https://tristarhealth.com/locations/tristar-centennial-parthenon-pavilion/</p>
<p>Park Center Main 186 N. 1st Street Nashville, Tennessee 37213 615-242-3576 www.parkcenternashville.org</p>	<p>Park Center East 948 Woodland St. Nashville, Tennessee 37206 615-242-3576 www.parkcenternashville.org</p>
<p>Park Center North 4501 Gallatin Pike Nashville, Tennessee 37216 615-242-3576 www.parkcenternashville.org</p>	<p>Mental Health Cooperative 275 Cumberland Bend Nashville, Tennessee 37228 Office: 615-726-3340 www.mhc-tn.org</p>
<p>Centerstone Community Mental Health Services 1-877-HOPE123 (877-467-3123)</p> <p>Crisis: 1-800-681-7444 www.centerstone.org</p>	<p>Frontier Health Ph: 423-467-3600 https://www.frontierhealth.org/</p> <p>Crisis Hotline: (877) 928-9062 (TN) http://www.frontierhealth.org/crisis-response/</p>

<p>Housing</p>
<p>Eviction Settlement Program: connects Shelby County tenants in danger of being evicted with attorneys who work with their landlords to negotiate a financial agreement and prevent eviction. https://malsi.org/eviction-settlement-program/</p>
<p>Welcome Home Memphis provides trust-worthy resources to help Memphians achieve homeownership and build healthier homes for a better future. http://home901.org/about/</p>
<p>Kingsport Housing & Redevelopment Authority Main Phone: 423-245-0135 TTY/TDD: 423-246-2273 or visit the website at http://www.kingsporthousing.org/</p>

TN Housing Development Agency: <https://thda.org/>
 Andrew Jackson Building Third Floor
 502 Deaderick St., Nashville, TN 37243
 General Information: 615-815-2200; Toll Free: 800-228-THDA

Low Income Home Energy Assistance Program
<https://www.acf.hhs.gov/ocs/low-income-home-energy-assistance-program-liheap>

Home Repairs

Need Home Repairs? Contact the Tennessee Housing Development Agency at 615-815-2030 or <https://thda.org/help-for-homeowners/need-home-repairs>

THDA provides funding for home repairs for low- and very-low income, elderly, disabled and special needs Tennesseans through the Tennessee Housing Trust Fund, Weatherization Assistance Program, Low-Income Home Energy Assistance Program, and the HOME Program.

Homeless Services

Safe Haven Family Shelter (Provides shelter program and services only for homeless families)
 1234 3rd Avenue South
 Nashville, TN 37210
 615.256.8195
<http://safehaven.org/contact/>

Room in the Inn
 705 Drexel St.
 Nashville, TN 37203
 (615) 251-9791
<http://www.roomintheinn.org/>

Nashville Rescue Mission
<http://www.nashvillerescuemission.org>
 Main Campus
 639 Lafayette Street
 Nashville, TN 37203
 General Inquiries: Ph: (615) 255-2475
 Email: rescue@nashvillerescuemission.org

Appalachian Regional Coalition on Homelessness
<http://www.appalachianhomeless.org/>
 Homeless? Need help?
 Toll Free Number:
 423-928-2724

Advocacy – Legal Services

UT College of Law Legal Clinics
 Legal Clinic: (865) 974-2331
<https://law.utk.edu/clinics/>

Vanderbilt Legal Clinic
 (615) 322-4964
<https://law.vanderbilt.edu/academics/clinical-legal-education/legal-clinic-fact-sheet.php>

Legal Aid Society of Middle TN & the Cumberland
 1-800-238-1443
<https://las.org/>

Legal Aid of East Tennessee <http://www.laet.org/>

- Knoxville: 865-637-0484
- Chattanooga: 800-572-7457
- Johnson City: 800-821-1312
- Cleveland: 800-572-7457
- Maryville: 865-981-1818
- Morristown: 800-821-1309

<p>West TN Legal Services, Inc 731-423-0616 or 800-372-8346 https://www.wtls.org/</p>	<p>Justice For All http://www.justiceforalltn.org/</p>
<p>Memphis Area Legal Services, Inc 901-523-8822 or Toll Free 866-361-9001 https://malsi.org/</p>	<p>Tennessee Justice Center Toll free: 1-877-608-1009 https://www.tnjustice.org/</p>
<p>Tennessee Commission on Children & Youth (TCCY) Ombudsman for Children and Families https://www.tn.gov/tccy/programs0/ombuds.html (615) 532-1572 Email: russette.marcum-embry@tn.gov</p>	<p>TennCare Advocacy Program 1-800-758-1638 https://www.tenncareadvocacy.com/</p>
<p>Long-Term Care Ombudsman State Long-Term Care Ombudsman Tennessee Commission on Aging and Disability 502 Deaderick Street, 9th Floor Nashville, TN 37243-0860 Tel: 615-925-1552 Fax: 615-741-3309 Toll Free: 877-236-0013 TDD: 615-532-3893 Email: teresa.teeple@tn.gov https://www.tn.gov/aging/our-programs/long-term-care-ombudsman.html</p>	<p>Greater Nashville Regional Council Ph: 615-862-8828 Fax: 615-862-8840 220 Athens Way, Suite 200 Nashville, TN 37228 https://www.gnrc.org/</p>