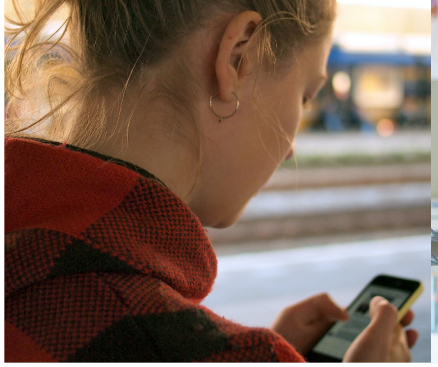
Support Lines to Help You



TN Hope Line: (844) 600-8262

For individuals age 60 and up. Connect with compassionate, trained, and loving listeners for help, hope and encouragement.

Monday - Friday | 9 a.m. - 3 p.m. (CT)

TN HOPE LINE

COVID-19 Emotional Support Line: (888) 642-7886

For Tennessee healthcare workers and first responders. Call to speak with a licensed mental health professional.

6 a.m. - 10 p.m. (CT)

MHART
MENTAL HEALTH
ACTIVE RESPONSE TEAM

COVID-19 Helpline: (888) 416-1992

Available to anyone struggling with emotional stressors and/or in need of community resources due to the pandemic. Provides **free** resource connection and emotional support.

Mon, Wed, Fri: 3 - 9 p.m., Sat & Sun: 10 a.m - 4 p.m. (CT)

Serving the Following Counties: Benton, Carroll, Gibson, Henry

TENNESSEE RECOVERY PROJECT

SAMHSA
Substance Abuse and Mental Health Services Administration

FEMA

TN Department of Mental Health & Substance Abuse Services