Need help with mental health or substance use services?

Call the TDMHSAS Office of Consumer Affairs and Peer Recovery Services

**HELPLINE**

1-800-560-5767

We can help with:

- finding mental health and substance abuse resources in your area
- questions about insurance
- finding housing options
- communicating with mental health and substance abuse providers
- questions about the Certified Peer Recovery Specialist program
- filing a complaint

We are available

- Monday through Friday
- 8:00 a.m. – 4:30 p.m. CT
- Closed on state holidays

OCA.TDMHSAS@tn.gov | TN.gov/behavioral-health