

Resources

Everyday Resources

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

<https://www.help4tn.org/> or 1-844-HELP4TN 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 we do provide help for expunging qualifying criminal convictions since they can make it harder for people to get jobs and housing.

You can also 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/> provides 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: 615.313.4700
<https://www.tn.gov/content/tn/humanservices.html>

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://amerigrouplink.auntbertha.com/>

BlueCare

- BlueCareSM Members – 1-800-468-9698
- TennCare*Select* Members – 1-800-263-5479
- <https://bluecare.bcbst.com/members/member-info/local-help.html>

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Domestic Abuse

Domestic abuse happens to a lot of people. The statewide domestic violence helpline is **800-356-6767**. You can call for help 24 hours a day.

The City of Knoxville also provides domestic violence help call **865-521-6336**. More information is on-line at:

http://www.knoxvillekn.gov/government/city_departments_offices/police_department/criminal_investigations/special_crimes_unit/domestic_violence_help

In the Memphis area contact:

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

CAAP Domestic Violence Program: hotline 901-272-2221 or 901-360-0442

Family Safety Center of Memphis and Shelby County, Inc 901-274-7477 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/>

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>

Food

Second Harvest Food Bank Middle Tennessee call 615-329-3491 or visit the website at <http://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) as called food stamps call for 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>

Summer Food Service Program call (615) 313-4749 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

Murfreesboro Location
McFadden Community Center
211 Bridge Avenue
Murfreesboro, TN 37129
1.615.624.7297

Financial Challenges

Families First/TANF provides temporary cash benefits to families who have children, and are experiencing financial difficulties call for 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/>

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
- Newslines for the Blind and Visually Impaired
- Register for the Blind
- Tennessee Business Enterprises

Telephone: (615) 313-4914

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

TTY: (615) 313-6601 (Local)

TTY: 1-800-270-1349 (Long Distance)

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

Lions Club International – lionsclubs.org 800-741-4089

Veteran's Assistance

VA Nashville: benefits.va.gov/Nashville

Technology Access Program (TTAP), &Phone & Broadband

Technology Access Program 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 <https://www.lifelinesupport.org/ls/apply-for-lifeline/default.aspx>
Phone: (800) 234-9473 (press 1 for English or 2 for Spanish)
Hours: Monday-Saturday 9 a.m. to 9 p.m. ET

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

CaptionCall Phone. They would need audiologist to sign the paperwork first to prove that he or she is deaf or hard-of-hearing before anyone can qualify to get one. It's funded by the federal government. The website is: <https://captioncall.com>. Any questions to ask about it, their phone number is 1-877-557-2227 and their e-mail address is: support@captioncall.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>

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>

TENNOPT line at 1-866-836-6678

Public Guardianship: [James Holmes](#), State Public Guardian Coordinator, at 615-253-3967
<https://www.tn.gov/aging/our-programs/public-guardianship.html>

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

Access to Healthcare: <http://www.fcsnashville.org/programs/access-to-healthcare>

Life Planning Forms

The Declaration for Mental Health Treatment:

<https://www.tn.gov/behavioral-health/mental-health---substance-abuse-law/mental-health---substance-abuse-law/declaration-for-mental-health-treatment.html>

Advanced Directives/Living Wills:

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

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>

Health Assist Tennessee provides under and uninsured Tennesseans with access to low and no-cost community-based health care resources, including medical, dental, vision, prescription, mental health, and other resources.

ENGLISH: 615-313-9972 or 1-800-269-4038

SPANISH: 615-227-7568 or 1-800-254-7568

ARABIC & KURDISH: 615-313-9840 or 1-877-652-3046

BOSNIAN, CROATIAN, & SERBIAN: 615-313-9382 or 1-877-652-3069

<http://www.getcoveredtenn.org/health-assist1.html>

<p>Mercy Community Healthcare 1113 Murfreesboro Road Suite 319; Franklin, Tennessee 37064 615-790-0567 www.mercycommunityhealthcare.org</p>	<p>Siloam Family Health Center 820 Gale Lane Nashville, Tennessee 37204 615-298-5406 www.siloamhealth.org</p>
<p>Primary Care & Hope Clinic 1453 Hope Way Murfreesboro, Tennessee 37129 615-893-9390 www.hopeclinc.org</p>	<p>Madison Christian Medical Center 320 Hospital Drive Madison, Tennessee 37115 615-891-2105 www.mcmclinic.webs.com</p>
<p>Faith Family Medical Center – Woodbine Office 3016 Nolensville Road Nashville, Tennessee 37211 615-341-0808 www.faithmedical.org</p>	<p>Faith Family Medical Center 326 21st Ave North Nashville, Tennessee 37203 615-341-0808 www.faithmedical.org</p>
<p>Nashville CARES HIV/AIDS 633 Thompson Lane Nashville, TN 37204 615-259-4866 Office Hours: Monday - Friday (9:00 am - 5:00 pm) HEARTline: 1-800-845-4266 Monday - Friday (8:00 am - 6:00 pm) http://www.nashvillecares.org/</p>	<p>United Neighborhood Health Services (Downtown Clinic) 526 8th Ave. South Nashville, Tennessee 615-862-7900 http://neighborhoodhealthtn.org/</p>
<p>St. Thomas Family Health Center (South) 4928 Edmondson Pike; Suite 205 Nashville, Tennessee 37211 615-222-1400 www.sths.com</p>	<p>St. Thomas Family Health Center (West) 5201 Charlotte Pike Nashville, Tennessee 37209 615-222-1900 www.sths.com</p>
<p>First Response Clinic 1219 9th Ave. N. 37208 Nashville, TN http://metropolitanfrc.com/</p>	<p>Vanderbilt Comprehensive Care Clinic HIV/AIDS One Hundred Oaks Shopping Center 719 Thompson Lane, Suite 37189 Nashville, TN 37204 (615) 875-5111 Fax: (615) 875-5115 Clinic hours: 9 a.m.-4 p.m. Monday-Friday http://www.vanderbilthealth.com/comprehensivecare/</p>

Dialysis

Persons with end state renal failure may Medicare – and Medicare covers dialysis. For information on Medicare, visit the [website](https://www.hhs.gov/answers/medicare-and-medicaid/index.html) at or call toll free 1-800-MEDICARE (1-800-633-4227) and <https://www.hhs.gov/answers/medicare-and-medicaid/index.html>

Meharry Dialysis Clinic, Inc
935 21st Ave.
Nashville, TN 37208
615-327-3061 <https://www.dciinc.org/meharry/>

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	
<p>Tennessee REDLINE 800-889-9789, is a toll-free information and referral line open 24 hours per day, 7 days a week</p> <p>https://www.taadas.org/our-programs-and-services/redline</p>	<p>Crisis Resources Mobile Crisis line: 1-855-CRISIS-1 (1-855-274-7471) Statewide line: 1-855-CRISIS-1 (1-855-274-7471) National Suicide Prevention Lifeline: 800-273-TALK (8255) open 24 hours per day, 7 days a week</p> <p>For Youth: 855-274-7471</p> <p>https://www.tn.gov/behavioral-health/need-help/crisis-services/mental-health-crisis-services/tn-statewide-crisis-phone-line.html</p>
<p>Behavioral Health Access 311 23rd Ave. North; Room 211 Nashville, Tennessee 37203 615-340-2172 http://www.nashville.gov/Health-Department/Clinical-Health-Services/Behavioral-Health-Services.aspx</p>	<p>Centerstone Community Mental Health Services 888-291-4357 Mobile Crisis (through Centerstone) 1-800-681-7444 www.centerstone.org</p>
<p>Centennial Medical Center (Community Assistance Program) 2401 Parman Place; Parthenon Pavilion Nashville, Tennessee 37203 615-342-1450 www.tristarcentennial.com/parthenon-pavilion</p>	<p>Mental Health Cooperative 275 Cumberland Bend Nashville, Tennessee 37228 888-844-2005 www.mhc-tn.org</p>
<p>Park Center South 801 12th Avenue South Nashville, Tennessee 37203 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>Youth Villages (866) 791-9221 (North Middle TN) (866) 791-2222 (South Middle TN) (866) 791-9227 (Rural West TN) (866) 791-9226 (Memphis Region) (866) 791-9224 (East Region) (866) 791-9225 (South East Region)</p>	<p>Frontier Health Mobile Crisis: (877) 928-9062 (Upper East TN) Spanish: 423-467-3726 https://www.frontierhealth.org/</p>

Housing

Kingsport Housing & Redevelopment Authority Main Phone: 423-245-0135
TTY/TDD: 423-246-2273 or visit the website at <http://www.kingsporthousing.org/>

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

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) 251-7019
<http://www.roomintheinn.org/>

Nashville Rescue Mission
<http://www.nashvillerescuemission.org>
Men's Campus
639 Lafayette Street
Nashville, TN 37203-4226
Women's Campus
1716 Rosa L. Parks Blvd.
Nashville, TN 37208
General Inquiries
(615) 255-2475
rescue@nashvillerescuemission.org

Metro Nashville Homeless Services Program
<http://www.nashville.gov/Social-Services/Adult-and-Family-Support-Services/Homeless-Services.aspx>

Phone (615) 880-2526
Fax; (615) 880-2495

Appalachian Regional Coalition on Homelessness
<http://www.appalachianhomeless.org/>
Homeless? Need help?
Toll Free Numbers:
1-844-989-2273

Advocacy –Legal Services

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

Vanderbilt Medical-Legal Partnership Clinic
annemarie.farmer@vanderbilt.edu
(615) 322-2615 (voice)

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

Legal Aid of East Tennessee
865-637-0484
<http://www.laet.org/>

<p>West TN Legal Services, Inc 731-423-0616 https://www.wtls.org/ https://wtls.org/get-help</p>	<p>Justice For All http://www.justiceforalltn.org/</p>
<p>Memphis Area Legal Services, Inc 901-532-8822</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/ombuds.html (615) 532-1572 Gerald.Papica@tn.gov</p>	<p>TennCare Advocacy Program 1-800-758-1638</p>