

## Resources

### Everyday Resources

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

Some COVID-19 Resources available through the Legal Aid Society:  
<https://las.org/covid-19-tennessee-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 does 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/> 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: 615.313.4700  
<https://www.tn.gov/content/tn/humanservices.html>

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

<http://www.sctdd.org/>

If you have questions or are interested in learning more about any of the SCTDD programs, please 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

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://amerigroup.auntbertha.com/>

#### BlueCare

- BlueCare<sup>SM</sup> Members – 1-800-468-9698
- TennCare*Select* Members – 1-800-263-5479
- <https://bluecare.bcbst.com/get-care/one-on-one-help>

#### UnitedHealthcare Community Plan

- 1-844-812-5967
- <https://www.uhccommunityplan.com/tn/medicaid/community-plan>

## 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:

[https://www.knoxvilletn.gov/government/city\\_departments\\_offices/police\\_department/criminal\\_investigations/special\\_crimes\\_unit/domestic\\_violence\\_help](https://www.knoxvilletn.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 901-249-7611 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/>

Nashville Children's Alliance provides services at no cost to children in Davidson County who have experienced sexual or severe physical abuse. Help is available by phone, email, or website:

(615) 327-9958

dawn.harper@nashvillechildrensalliance.org

<https://nashvillechildrensalliance.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

<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) 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  
1809 Memorial Blvd.  
Murfreesboro, TN 37129  
1.615.203.3963

### **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/>

### **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 – <https://www.lionsclubs.org/en> 800-741-4089

### **Veteran's Assistance**

VA Nashville: <https://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](mailto: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/>

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

Website: <https://captioncall.com/>

Phone: 1-877-865-9228

Email: [support@captioncall.com](mailto:support@captioncall.com).

### **Internet Essentials from Comcast**

Comcast's Internet Essentials provides internet service to qualified households for only \$9.95 a month, plus the option of buying an internet-ready computer for less than \$150. For more information or to apply for the program in one of seven different languages, please visit <https://www.internetessentials.com> call 1-855-846-8376, or contact Dave Flessner at [dflessner@timesfreepress.com](mailto:dflessner@timesfreepress.com) or at 423-757-6340. Spanish-only speakers can also call 1-855-765-6995.

## 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>

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>

1800 McCallie Avenue  
Chattanooga, TN 37404  
Main Line: 423.755.2822  
Fax: 423.697.3812  
Video Phone: 423.208.9801  
Email: [info@partnershipfca.com](mailto: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

TNQuitLine at 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>

**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>

Mercy Community Healthcare  
1113 Murfreesboro Road  
Suite 319; Franklin, Tennessee 37064  
615-790-0567  
[www.mercycommunityhealthcare.org](http://www.mercycommunityhealthcare.org)

Siloam Family Health Center  
820 Gale Lane  
Nashville, Tennessee 37204  
615-298-5406  
[www.siloamhealth.org](http://www.siloamhealth.org)

Primary Care & Hope Clinic  
1453 Hope Way  
Murfreesboro, Tennessee 37129  
615-893-9390  
[www.hopeclnc.org](http://www.hopeclnc.org)

Madison Christian Medical Center  
320 Hospital Drive  
Madison, Tennessee 37115  
615-891-2105  
[www.mcmclinic.webs.com](http://www.mcmclinic.webs.com)

<p>Faith Family Medical Center 326 21st Ave North Nashville, Tennessee 37203 615-341-0808 <a href="http://www.faithmedical.org">www.faithmedical.org</a></p>	
<p>Nashville CARES HIV/AIDS 633 Thompson Lane   Nashville, TN 37204 615-259-4866 Office Hours: Monday - Friday (10:00am - 4:00pm) HEARTline: 1-800-845-4266 Monday - Friday <a href="http://www.nashvillecares.org/">http://www.nashvillecares.org/</a></p>	<p>Neighborhood Health Services (Admin Office) 2711 Foster Avenue Nashville, Tennessee 37210 615-227-3000 <a href="http://neighborhoodhealthtn.org/">http://neighborhoodhealthtn.org/</a></p>
<p>St. Thomas Medical Partners – The Holy Family Health Center 4928 Edmondson Pike; Suite 205 Nashville, Tennessee 37211 615-222-1400 <a href="https://healthcare.ascension.org/Locations/Tennessee/TNNAS/Nashville-Saint-Thomas-Medical-Partners-The-Holy-Family-Health-Center">https://healthcare.ascension.org/Locations/Tennessee/TNNAS/Nashville-Saint-Thomas-Medical-Partners-The-Holy-Family-Health-Center</a></p>	<p>St. Thomas Medical Partners - Family Health Center (West) 5201 Charlotte Pike Nashville, Tennessee 37209 615-222-1900 <a href="https://healthcare.ascension.org/Locations/Tennessee/TNNAS/Nashville-Saint-Thomas-Medical-Partners-Family-Health-Center-West">https://healthcare.ascension.org/Locations/Tennessee/TNNAS/Nashville-Saint-Thomas-Medical-Partners-Family-Health-Center-West</a></p>
<p>First Response Center 1219 9th Ave. N. 37208 Nashville, TN <a href="http://metropolitanfrc.com/">http://metropolitanfrc.com/</a></p>	<p>Vanderbilt Comprehensive Care Clinic HIV/AIDS One Hundred Oaks Shopping Center 719 Thompson Lane, Suite 37189 Nashville, TN 37204 (615) 875-5111 <a href="http://www.vanderbilthealth.com/comprehensivecare/">http://www.vanderbilthealth.com/comprehensivecare/</a></p>
<p>Find HIV Services Near You: <a href="https://locator.hiv.gov/">https://locator.hiv.gov/</a>  For more information about HIV see HIV.Gov</p>	<p>Connectus Health <a href="https://www.connectus.org/services">https://www.connectus.org/services</a> 615.292.9770</p>

<p><b>Dialysis</b></p>
<p>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) <a href="https://www.medicare.gov/forms-help-resources/contact-medicare">https://www.medicare.gov/forms-help-resources/contact-medicare</a></p>
<p>Meharry Dialysis Clinic, Inc 935 21st Ave. Nashville, TN 37208 615-327-3984 <a href="https://www.dciinc.org/meharry/">https://www.dciinc.org/meharry/</a></p>
<p>The National Kidney Foundation is a resource for finding help with the challenges of kidney disease <a href="https://www.kidney.org/">https://www.kidney.org/</a> 855-653-2273</p>

<p><b>Mental/Behavioral Health Care</b></p>
<p><b>Behavioral Health Safety Net</b> If you are 19 years of age or older, have a serious mental illness, and have no behavioral health insurance, you may qualify for the Behavioral Health Safety Net of TN program. Services provided by this program include assessment, evaluation, diagnostic, therapeutic intervention, case management, transportation, peer</p>

support services, psychosocial rehabilitation services, psychiatric medication management, labs related to medication management and pharmacy assistance, and coordination.

<https://www.tn.gov/behavioral-health.html>

**TDMHSAS Helpline**

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

Ph: (800) 560-5767

(615) 532-6700

Email: [oca.tdmhsas@tn.gov](mailto:oca.tdmhsas@tn.gov)

**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.taadas.org/our-programs-and-services/redline>

**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**

**For Youth: 855-274-7471**

<https://www.tn.gov/behavioral-health/need-help/crisis-services/mental-health-crisis-services/tn-statewide-crisis-phone-line.html>

**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>

**Centerstone Community Mental Health Services**

1-877-HOPE123 (877-467-3123)

Mobile Crisis (through Centerstone)

1-800-681-7444

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

**TriStar Centennial Parthenon Pavilion**

2401 Parman Place

Nashville, Tennessee 37203

615-342-1450

<https://tristarhealth.com/locations/tristar-centennial-parthenon-pavilion/>

**Mental Health Cooperative**

275 Cumberland Bend

Nashville, Tennessee 37228

General Info: 615-726-3340

Crisis: 615-726-0125 or Toll Free 855-274-7471

[www.mhc-tn.org](http://www.mhc-tn.org)

**Park Center**

186 N. 1<sup>st</sup> Street

Nashville, Tennessee 37213

615-242-3576

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

**Park Center East**

948 Woodland St.

Nashville, Tennessee 37206

615-242-3576

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

**Park Center North**

4501 Gallatin Pike

Nashville, Tennessee 37216

615-242-3576

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

**Youth Villages**

(866) 791-9221 (North Middle TN)

(866) 791-9222 (South Middle TN)

**Frontier Health**

Mobile Crisis: (877) 928-9062 (TN)

Spanish: 423-467-3726

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

(866) 791-9223 (Upper Cumberland) (866) 791-9227 (Rural West TN) (866) 791-9226 (Memphis Region) (866) 791-9224 (East Region) (866) 791-9225 (Southeast Region)	<a href="http://www.frontierhealth.org/crisis-response/">http://www.frontierhealth.org/crisis-response/</a>
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<b>Housing</b>	
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. Intake is through an on-line portal: <a href="http://home901.org/covid-resources/">http://home901.org/covid-resources/</a>	
Welcome Home Memphis provides trust-worthy resources to help Memphians achieve homeownership and build healthier homes for a better future. <a href="http://home901.org/about/">http://home901.org/about/</a>	
Kingsport Housing & Redevelopment Authority Main Phone: 423-245-0135 TTY/TDD: 423-246-2273 or visit the website at <a href="http://www.kingsporhousing.org/">http://www.kingsporhousing.org/</a>	
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 <a href="https://thda.org/">https://thda.org/</a>	

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

<b>Homeless Services</b>	
Safe Haven Family Shelter (Provides shelter program and services only for homeless families) 1234 3rd Avenue South Nashville, TN 37210 615.256.8195 <a href="http://safehaven.org/contact/">http://safehaven.org/contact/</a>	Room in the Inn 705 Drexel St. Nashville, TN 37203 (615) 251-9791 <a href="http://www.roomintheinn.org/">http://www.roomintheinn.org/</a>
Nashville Rescue Mission <a href="http://www.nashvillerescuemission.org">http://www.nashvillerescuemission.org</a> <b>Men's Campus</b> 639 Lafayette Street Nashville, TN 37203-4226 <b>Women's Campus</b> 1716 Rosa L. Parks Blvd. Nashville, TN 37208 <b>General Inquiries</b> (615) 255-2475 <a href="mailto:rescue@nashvillerescuemission.org">rescue@nashvillerescuemission.org</a>	Appalachian Regional Coalition on Homelessness <a href="http://www.appalachianhomeless.org/">http://www.appalachianhomeless.org/</a> Homeless? Need help? Toll Free Number: 1-844-989-2273

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<b>Advocacy – Legal Services</b>	
UT College of Law Legal Clinics Legal Clinic: (865) 974-2331 <a href="https://law.utk.edu/clinics/">https://law.utk.edu/clinics/</a>	Vanderbilt Legal Clinic (615) 322-4964
Legal Aid Society of Middle TN & the Cumberlandds 1-800-238-1443 <a href="https://las.org/">https://las.org/</a>	Legal Aid of East Tennessee 865-637-0484 (Knoxville) <a href="http://www.laet.org/">http://www.laet.org/</a>
West TN Legal Services, Inc 731-423-0616 or 800-372-8346 <a href="https://www.wtls.org/">https://www.wtls.org/</a> <a href="https://wtls.org/get-help">https://wtls.org/get-help</a>	Justice For All <a href="http://www.justiceforalltn.org/">http://www.justiceforalltn.org/</a>
Memphis Area Legal Services, Inc 901-523-8822 or Toll Free 866-361-9001 <a href="https://malsi.org/">https://malsi.org/</a>	Tennessee Justice Center Toll free: 1-877-608-1009 <a href="https://www.tnjustice.org/">https://www.tnjustice.org/</a>
Tennessee Commission on Children & Youth (TCCY) Ombudsman for Children and Families  <a href="https://www.tn.gov/tccy/ombuds.html">https://www.tn.gov/tccy/ombuds.html</a>  (615) 532-1572 Gerald.Papica@tn.gov	TennCare Advocacy Program 1-800-758-1638  <a href="https://www.tenncareadvocacy.com/">https://www.tenncareadvocacy.com/</a>
Long-Term Care Ombudsman Quiteka Moten State Long-Term Care Ombudsman Tennessee Commission on Aging and Disability 502 Deaderick Street, 9th Floor Nashville, TN 37243-0860 Tel: 615-253-5412 Fax: 615-741-3309 Toll Free: 877-236-0013 TDD: 615-532-3893 Email: <a href="mailto:quiteka.moten@tn.gov">quiteka.moten@tn.gov</a> <a href="https://www.tn.gov/aging/our-programs/long-term-care-ombudsman.html">https://www.tn.gov/aging/our-programs/long-term-care-ombudsman.html</a>	Greater Nashville Regional Council Ph: 615-862-8828 Fax: 615-862-8840 220 Athens Way, Suite 200 Nashville, TN 37228 <a href="https://www.gnrc.org/">https://www.gnrc.org/</a>  Susan Gilliam Community Living Supports Ombudsman Ph: 615-891-5866 Email: <a href="mailto:sgilliam@gnrc.org">sgilliam@gnrc.org</a>