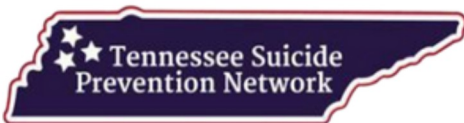


# Tennessee Mental Health and Suicide Prevention

## Statewide Directory and Resource Information Guide 2024-2025



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# Purpose

Over 1,200 people in Tennessee die by suicide each year.<sup>1</sup> For every suicide death, there are an estimated 25 suicide attempts, and even more Tennesseans thinking about suicide. The emotional impact a suicide death can have on family members, friends, and communities can last a lifetime. A 2018 research study estimates that for every suicide death, 135 people are affected. Those bereaved by suicide are also at increased risk of suicide themselves.<sup>2</sup>

The ultimate tragedy of suicide is that most of these deaths are preventable with ongoing treatment, yet the mental health conditions surrounding suicide are often un- or underdiagnosed and treated.

This resource guide represents the state of Tennessee's response to the problem. It is a joint production of the Tennessee Department of Health (TDH), and the Tennessee Suicide Prevention Network (TSPN), to increase knowledge of service availability across Tennessee. It provides basic information on what to look for, when to act, and who to contact for the various situations that may factor into a suicide or mental crisis. It also offers guidance on population groups who are at elevated risk for suicide, the programs and coalitions working to prevent suicide in our state, and the laws and policies governing Tennessee's suicide prevention efforts.

Please remember there are multiple options for help, and trained and caring professionals are available all over Tennessee to offer mental health support.

<sup>1</sup>“Suicide Prevention Annual Report 2023,” Tennessee Department of Health, Retrieved November 27, 2024, <https://www.tn.gov/content/dam/tn/health/program-areas/vipp/Suicide-Prevention-Annual-Report-2023.pdf>.

<sup>2</sup> Cerel, J., Brown, M., Maple, M., Singleton, M., van deVenne, J., Moore, M., & Flaherty, C., “How many people are exposed to suicide? Not six. Suicide and Life-Threatening Behavior,” Wiley Online Library, Retrieved November 27, 2024, <https://onlinelibrary.wiley.com/doi/pdf/10.1111/sltb.12450>.

# Overview of Suicide in Tennessee

In 2022, a total of 1,245 Tennesseans died by suicide. The suicide rate in Tennessee was 17.7 per 100,000 population in 2022, which was 19 percent higher than the national rate.

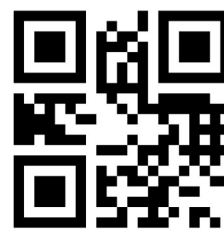
In 2021, there were 7,756 emergency department (ED) visits and 2,310 inpatient hospitalizations for nonfatal intentional self-harm injuries, which are injuries associated with suicide attempts and intentional self-harm. In addition, there were 28,287 ED visits and 12,148 inpatient hospitalizations with suicidal ideation but no accompanying self-harm injury.

For more suicide-related data in Tennessee, please visit the Tennessee Department of Health's Suicide Prevention Program webpage and view the 2023 Suicide Prevention Annual Report at [www.preventsuicidetn.com](http://www.preventsuicidetn.com). The report also includes 12 recommendations on how mental health and suicide prevention services can improve across Tennessee.

Scan the QR codes in this directory with your phone's camera to be taken directly to the organizations' websites for the most up-to-date resources.



**Tennessee Department of Health**  
[www.preventsuicidetn.com](http://www.preventsuicidetn.com)



**TSPN**  
[www.tspn.org](http://www.tspn.org)

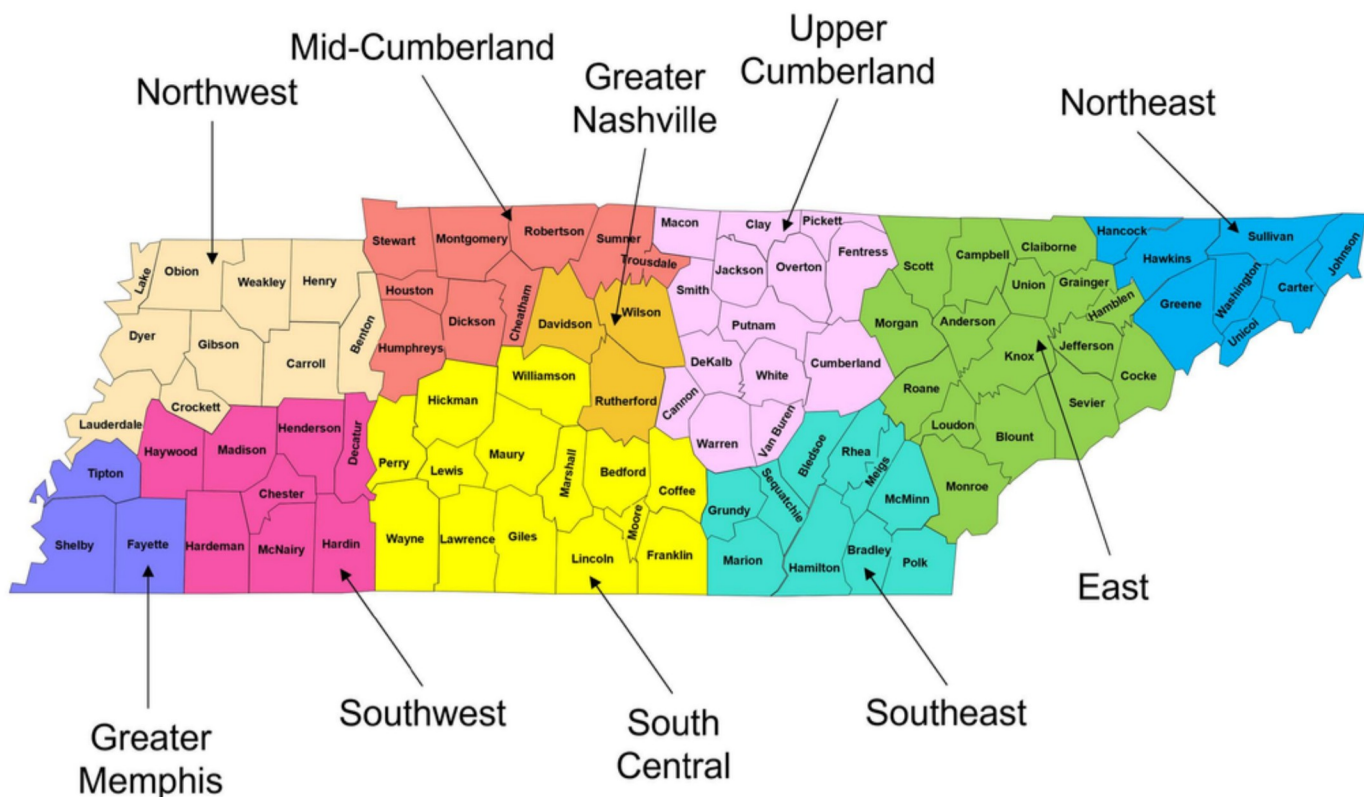
# Tennessee Suicide Prevention Network (TSPN) Regions

TSPN is a statewide organization serving all 95 counties across Tennessee. Their mission is to reduce the stigma of suicide and suicidal thoughts and behaviors by providing outreach, education, and awareness about suicide prevention best practices and resources.

TSPN's staff and volunteers provide local support in the communities in which they themselves also work, live, play, and worship. The following regions are referred to throughout the document.

Please visit <https://tspn.org/staff> to access TSPN regional staff and volunteer contact information.

Please note that the division of TSPN's 10 districts differs from the 13 Health Regions of the Tennessee Department of Health, which can be found in its annual report on page 12 (<https://www.tn.gov/content/dam/tn/health/program-areas/vipp/Suicide-Prevention-Annual-Report-2023.pdf>).



Death by suicide, suicide attempt, and suicidal ideation may affect anyone regardless of demographic characteristics. No age group, ethnicity, or background is immune. Fortunately, many individuals display behaviors that deliberately or inadvertently signal their suicidal intent. Recognizing the warning signs and learning what to do next may help someone gain access to support services rather than ending their lives.



# Risk and Protective Factors

## Warning signs for suicidal behavior include:

- Talking about suicide, death, and/or no reason to live
- Detailing a suicide plan
- Having access to means for suicide
- Preoccupation with death and dying
- Withdrawal from friends and/or social activities
- Experience of a recent severe loss (especially a relationship) or the threat of a significant loss
- Experience or fear of a situation of humiliation or failure
- Drastic changes in behavior
- Loss of interest in hobbies, work, school, etc.
- Preparation for death by making out a will (unexpectedly) and final arrangements
- Giving away prized possessions
- Previous history of suicide attempts, as well as violence and/or hostility
- Unnecessary risks; reckless and/or impulsive behavior
- Loss of interest in personal appearance
- Increased use of alcohol and/or drugs
- General hopelessness
- Unwillingness to connect with potential helpers

## People in a crisis often perceive their dilemma as inescapable and feel an utter loss of control.

### They may have difficulty:

- Stopping their emotional or physical pain
- Thinking clearly
- Seeing any way out
- Sleeping (too much or too little)
- Eating (too much or too little)
- Getting out of the depression
- Making the sadness go away
- Seeing the possibility of change
- Seeing their lives as worthwhile
- Getting anyone's attention for help

Most individuals with thoughts of suicide do not want to die. Rather, they want relief from the emotional pain from which they suffer, and they believe their death by suicide is worth more than their life.

If suicide risk is identified, the following resources are available for free, 24/7, short-term crisis counseling:

- The **988 Suicide & Crisis Lifeline**. When people call, text, or chat 988, they are connected to trained counselors that will listen, provide support, and connect to additional resources if necessary. Press 0 to speak with a crisis counselor, 1 if you are a veteran, or 2 to receive resources and support in Spanish.
- The **Tennessee Statewide Crisis Line 1-855-274-7471** provides access to trained telephone counselors 24 hours a day, seven days a week. One could also text "TN" to 741 741 and be immediately connected to a trained crisis counselor.

# Risk and Protective Factors

Risk factors are characteristics of a person or their environment that increase the likelihood that they will die by suicide. The greater the number of risk factors, the greater the likelihood of suicidal thoughts and behaviors.

## **Risk factors include:**

- History of depression and other mental illnesses
- Hopelessness
- Substance use
- Certain health conditions
- Previous suicide attempts
- Violence victimization and preparation
- Genetic and biological determinants
- High conflict or violent relationships
- Sense of isolation and lack of social support
- Family/loved one's history of suicide
- Financial and work stress
- Inadequate community connectedness
- Barriers to health care
- Availability to lethal means
- Unsafe media portrayals of suicide
- Stigma associated with help-seeking and mental illness

Protective factors are personal or environmental characteristics that help protect people from suicide. When you increase protective factors, you reduce risk.

## **Protective factors include:**

- Cultural, religious, or personal beliefs that discourage suicide
- Support through ongoing health and mental health care relationships
- Strong coping/problem-solving skills
- Personal qualities such as resilience, high self-esteem, a direction or mission in life, determination, perseverance, optimism, and empathy
- Reasons for living
- Sense of social support
- Connectedness to family, community, individuals, and social institutions
- Access to effective mental health care and encouragement in seeking help
- Being able to recognize and respond to signs of risk

# High-Risk Populations

Suicide is neither limited to nor unknown among any ethnic, religious, or socioeconomic group. People from all backgrounds can suffer incapacitating mental illness or severe emotional trauma that can contribute to feeling suicidal. However, based on current research and data trends, some population groups have heightened risk that should be considered during counseling or suicide prevention outreach.

The Tennessee Suicide Prevention Network maintains a library of brochures\* addressing suicide risk among these groups, including:

- Teens and young adults
- College students
- Middle-aged adults
- Older adults
- African Americans
- Victims of bullying
- Veterans and members of the armed forces
- People with substance abuse issues
- Farmers and people who work in agricultural professions

All these brochures are available on the TSPN website for free download and printing.

\*Updated and additional brochures anticipated beginning in Fall 2024.

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In addition to this, the Tennessee Department of Health highlights data on disproportionately affected populations within the [Suicide Prevention 2023 Annual Report](#) located on their suicide prevention website, under Data and Surveillance at [www.preventsuicidetn.com](http://www.preventsuicidetn.com).



# Means Safety and Safe Storage

Means safety is an important suicide prevention strategy that everyone can play a role in promoting. The goal is to put time and space between a suicidal person and items they might use to harm or kill themselves. Below are several resources that discuss means safety, including how to more safely store commonly used means for suicide.

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## The Means Matter Project at the Harvard School of Public Health

The Means Matter Project at the Harvard School of Public Health pioneered a means safety concept, grounded in the idea that easy access to lethal means (pills, ropes, guns, etc.) is a risk factor for suicide.

Research shows that access to firearms is a critical factor in suicide. About 90% of attempts involving a gun are fatal; this fatality rate is far higher than other methods.

When lethal means are made less available or less deadly, suicide rates by that method decline, and frequently, suicide rates overall decline. The installment of bridge barriers, the detoxification of domestic gas, and changes in pesticide formulas and medication packaging have all demonstrated the power of means reduction.

Detailed information on the means reduction concept is available at the Means Matter project website [www.hsph.harvard.edu/means-matter](http://www.hsph.harvard.edu/means-matter)

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## Tennessee Suicide Prevention Network (TSPN)

TSPN offers several online brochures at <https://tspn.org/brochures> on reducing lethal means within the home:

- **"Steps Towards a Safer Home"** details how to conduct a "safety sweep" during an active suicide crisis: checking rooms for dangerous items (razors, medications, sharp objects, and guns) and temporarily securing them within or outside the home.
- **"Suicide-Proofing Your Home"** is written with parents in mind, with recommendations on preemptive safety measures that can prevent self-harm by their children.
- **"Gun Safety Rules"** discusses responsible firearm ownership, including temporary offsite storage of guns when someone in the home is in an emotional crisis.

TSPN also educates owners of gun shops and firing range owners on how they can identify, address, and assist potentially suicidal customers.

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## Counseling on Access to Lethal Means (CALM) Training

Counseling on Access to Lethal Means Training helps mental health and healthcare providers implement counseling strategies to assist clients and their families improve safe storage of lethal means. Both health care professionals and the public may learn valuable tips from this two- hour free online program.

<https://zerosuicidetraining.edc.org/enrol/index.php?id=20>

# Mental Health/Suicide Prevention Groups and Coalitions

## **Behavioral Health Foundation**

The Behavioral Health Foundation provides industry news, research, data, policy analysis, model legislation, and other trusted information to policy makers, community leaders, advocates, and the public.

**Population Served:** All Tennessee residents

**Phone:** 615-669-2544

**[www.behavioralhealthfoundation.org](http://www.behavioralhealthfoundation.org)**

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## **Mental Health America (MHA)**

MHA is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all. MHA's programs and initiatives fulfill its mission of promoting mental health and preventing mental illness through advocacy, education, research, and services. MHA's national office and its 200+ affiliates and associates around the country work every day to protect the rights and dignity of individuals with lived experience and ensure that peers and their voices are integrated into all areas of the organization. MHA has two regional affiliates within Tennessee.

**Population Served:** All Tennessee Residents

**MHA of the MidSouth:** 615-269-5355

**<https://mhamidsouth.org/>**

**MHA of East Tennessee:** 865-584-9125

**[www.mhaet.com](http://www.mhaet.com)**

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## **NAMI Tennessee**

The state affiliate of the National Alliance on Mental Illness, NAMI Tennessee is a grassroots, non-profit, self-help organization made up of people with mental illness, their families, and community members. It offers online and in-person support groups and classes across the state, along with opportunities for public advocacy.

**Population Served:** All Tennessee residents

**Office:** 615-361-6608

**NAMI Tennessee Helpline:** 800-467-3589

**[www.namitn.org](http://www.namitn.org)**

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## **Suicide Prevention in the African American Faith Communities Coalition**

This task force creates and carries out action items to reduce suicide risk among African Americans.

**Population Served:** African American community

**<https://www.spaafcc.org/>**

# Mental Health/Suicide Prevention Groups and Coalitions

## **Tennessee Association of Alcohol, Drug, and Other Addiction Services (TAADAS)**

TAADAS educates and supports people with substance abuse and other behavioral health issues, their families, and service providers at low to no cost through a statewide grant from TDMHSAS. Sign up for the TAADAS training newsletter for announcements. TAADAS also engages in advocacy on legislative and policy issues to promote access to prevention, treatment, and recovery services in Tennessee.

**Population Served:** All Tennessee residents

**Phone:** 615-780-5901

**[www.taadas.org/](http://www.taadas.org/)**

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## **Tennessee Department of Health**

### **Suicide Prevention Advisory Group**

Led by the TDH, this is a quarterly convening of stakeholders representing all sectors involved in suicide prevention activities. Advisory Group objectives include the promotion of accountability and coordination amongst stakeholders, which is accomplished through reviewing data, programs, and services and identifying opportunities to improve statewide suicide prevention efforts.

**Population Served:** All Tennessee residents

**<https://www.tn.gov/health/health-program-areas/fhw/suicide-prevention/suicide-prevention-task-force.html>**

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## **Tennessee Suicide Prevention Network (TSPN)**

TSPN offers suicide prevention training, support, and resources within all 95 counties of Tennessee.

**Population Served:** All Tennessee residents

**[tspn.org](http://tspn.org)**

### **Advisory Council**

The TSPN Advisory Council is an independent, non-partisan, voluntary group of individuals, organizations, and agencies (public and private) who promote community awareness of the signs of suicide and intervention strategies to prevent suicide.

**<https://tspn.org/advisory-council>**

### **Intra-State Departmental Group**

These state representatives of their respective departments advise TSPN's Advisory Council on an ex officio basis.

**<https://tspn.org/committees>**

# Mental Health/Suicide Prevention Groups and Coalitions

## **Tennessee First Responders Task Force**

This task force develops strategies to reduce suicide risk among law enforcement, EMS, fire personnel, and other first responders.

**Population Served:** Law enforcement, emergency medical services (EMS), fire personnel, and other first responders

<https://tspn.org/projects>

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## **Tennessee Mental Health Consumers' Association Prevention Groups**

The Tennessee Mental Health Consumers' Association (TMHCA) is Tennessee's only statewide organization owned and operated by people in recovery from mental health issues or addiction. TMHCA has over three decades of experience helping people find hope in their life. TMHCA serves as a voice for people often unable to speak out on their own behalf.

**Population Served:** All Tennessee residents

**Phone:** 615-250-1176 or 888-539-0393

<https://tmhca-tn.org/>

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## **The Jason Foundation**

The Jason Foundation is dedicated to the prevention of the "Silent Epidemic" of youth suicide through educational and awareness programs that equip young people, educators/youth workers and parents with the tools and resources to help identify and assist at-risk youth.

**Population Served:** Youth, educators, parents

**Phone:** 615-264-2323

<https://jasonfoundation.com/>

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## **University of Tennessee Extension -- Farm and Ranch Stress Network (FRSAN)**

This network will coordinate six specific strategies designed to help rural citizens and communities. These include establishing a hotline for immediate accessibility, developing a comprehensive website with information and resources to address individual situations, and curating and creating resources for the website. The effort will also establish training for representatives working within rural communities to support individuals through direct services or support groups.

Research into how to alleviate farmer and rancher stress and the issues endemic to rural communities is also part of the effort.

**Population Served:** Farmers, ranchers, and agricultural workers

<https://www.nifa.usda.gov/grants/programs/farm-ranch-stress-assistance-network-frsan>



# Suicide Prevention Laws and Policies

## **Jared's Law of Tennessee: TCA § 49-6-1902**

Jared's Law requires all employees of Local Education Associations (LEA) to complete two hours of training annually in suicide prevention and awareness. It also requires LEAs to develop a policy on suicide prevention awareness.

**Populations served:** K-12 schools

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## **The Jason Flatt Act of Tennessee: TCA § 49-6-1901**

The Flatt Act mandates two hours of youth suicide awareness and prevention education each school year for all school personnel, including principals and teachers. This education is required for teachers to maintain their teaching licenses. Staff can pursue this training through self-review of suitable suicide prevention material.

**Populations served:** K-12 schools

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## **Kenneth and Madge Tullis Act: TCA § 63-1-125**

The Tullis Act requires licensed behavioral health and health professionals in Tennessee with direct patient or client contact to complete two hours of suicide prevention training every four years. This requirement includes social workers, marriage and family therapists, professional and pastoral counselors, alcohol and drug abuse counselors, occupational therapists, and other professionals working in mental health and substance abuse.

**Populations served:** Behavioral health and healthcare professionals

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## **Mental Health Parity: TCA § 56-7-2360**

This statute aligns definitions in the state's parity law with the federal Parity Act. It defines mental health and substance abuse conditions covered by Tennessee's parity law; requires that insurers use American Society of Addiction Medicine clinical review criteria or other evidence-based clinical guidelines; requires the Tennessee Department of Commerce and Insurance (TDCI) to implement and enforce provisions of the Federal Parity Act and report its parity enforcement activities to the General Assembly; and requires TDCI to request detailed analyses of plans' parity compliance.

**Populations served:** General population

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## **Suicide Prevention in Higher Education: TCA § 49-7-172**

This statute requires higher education institutions to develop and implement suicide prevention plans for students, faculty, and staff. It also requires them to provide their plan to students, faculty, and staff at least once each semester.

**Populations served:** Higher education institutions

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## **Suicide Prevention for Veterans: TCA § 58-3-114**

This act requires the Tennessee Department of Veterans Services to provide training in suicide prevention to their employees directly interacting with veterans.

**Populations served:** Veterans

# Community Programs and Resources

## Boys & Girls Club

Boys & Girls Clubs in Tennessee is part of a nationwide movement of community-based, autonomous organizations which are part of Boys & Girls Clubs of America (BGCA). Clubs work to help youth of all backgrounds develop the qualities needed to become responsible citizens and leaders. Boys & Girls Clubs in Tennessee offer daily access to a broad range of programs in five core areas that are:

- Character and Leadership Development
- Educations and Career Development
- Health and Life Skills
- The Arts
- Sports, Fitness, and Recreation

**Populations Served:** Youth ages 6–18

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

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## Juvenile Justice Diversion Program

This program focuses on youth referred to or adjudicated by a juvenile court for a delinquent/unruly charge at risk of being placed in TDCS custody. It emphasizes mental health treatment via community-based services rather than commitments to state custody.

**Populations served:** Children and youth involved in the juvenile justice system and those who work with this population

<https://www.tn.gov/behavioral-health/children-youth-young-adults-families/juvenile-justice-diversion.html>

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## Mental Health 101

Mental Health 101 is an in-school mental health awareness and suicide prevention program. Provided primarily in East Tennessee for students in 5th grade and higher, students learn about mental health conditions, stress reduction, self-harm and suicide prevention awareness and intervention. This free program is available for schools and other programs and organizations that serve youth.

**Populations served:** Middle school and high school youth

[www.mhaet.com/what-we-do/mental-health-101](http://www.mhaet.com/what-we-do/mental-health-101)

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## Mental Health Screening

Mental Health Associations of East Tennessee and of the Mid-South will coordinate the promotion of the Mental Health America online screening tools. Use of this screening statewide will result in increased use of mental health and suicide prevention services in Tennessee.

**Populations served:** General population

<https://mhamidsouth.org/>

[www.mhaet.com/](http://www.mhaet.com/)



# Community Programs and Resources

## **Pre-Arrest Diversion Infrastructure Community Program**

This program aims to reduce or eliminate the time people with mental health, substance abuse, or co-occurring disorders spend incarcerated by redirecting them from the criminal justice system to community-based treatment and supports.

**Populations served:** Adults involved in the criminal justice systems

**<https://www.tn.gov/behavioral-health/mental-health-services/adults/pre-arrest-diversion-infrastructure-program.html>**

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## **Project BASIC (Better Attitudes and Skills in Children)**

This award-winning school-based mental health prevention and early intervention program uses direct classroom interaction and work with teachers, coaching children on strategies to promote social-emotional development.

**Populations served:** Elementary school children

**[www.tn.gov/behavioral-health/children-youth-young-adults-families/basic.html](http://www.tn.gov/behavioral-health/children-youth-young-adults-families/basic.html)**

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## **Project AWARE**

Funded through the Substance Abuse and Mental Health Services Administration (SAMHSA) and managed through the Tennessee Department of Education, Project AWARE aims to build state and local collaborative infrastructure to plan and implement mental health within grant-awarded school districts. The grant program increases youth access to services and resources in schools by raising awareness about mental health issues, increases early identification and screening of youth to detect unmet behavioral health needs, and expands the continuum of services and supports available to schools and their communities. In addition, grant funding provides training for school personnel to detect and respond to mental health needs and provides students and their families with additional services and supports.

**Populations served:** School districts, students, families

**<https://www.tn.gov/education/districts/health-and-safety/school-based-mental-health-supports/project-aware.html>**

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## **School and Communities Youth Screen Program (Tennessee Voices)**

Youth Screen is a national mental health and suicide risk-screening program for youth. It is a scientifically based screening tool designed to identify at-risk youth and provide effective interventions to assist with their treatment.

**Populations served:** Youth

**<https://tnvoices.org/youth-screen/>**

# Community Programs and Resources

## **Students Together Advancing Resilience (STAR)**

A school-based behavioral health integration model provided by Ridgeview Behavioral Health Services, the STAR program provides therapeutic services to students and their families within the Anderson, Campbell, Morgan, Roane, and Scott County schools.

Therapists work collaboratively with school employees to serve the emotional and behavioral health needs of the students. All children and their families receive an extensive evaluation to ensure individualized treatment and to encourage family participation. STAR offers individual and family treatment designed to help children and their families learn healthier ways of interacting and promote overall well-being.

**Populations served:** Youth in selected counties

**<https://www.ridgeview.com/services/child-and-youth-services/school-based-therapy>**

## **Crisis Walk-In Centers**

Crisis Walk-In Centers offer face-to-face, 24/7/365 evaluation for those who are experiencing a mental health emergency. Services include mental health assessment and referral to community services with follow-up.

For the walk-in center nearest you, please call 855- CRISIS-1 (855-274-7471).

**Populations served:** General population

**[www.tn.gov/behavioral-health/need-help/crisis-services/walk-in-centers.html](http://www.tn.gov/behavioral-health/need-help/crisis-services/walk-in-centers.html)**

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## **Mobile Crisis Services**

Mobile Crisis Services is a 24/7/365 response team for those who are experiencing a mental health emergency. The service is available for both adults and children. Services include in- person or telehealth services provided by trained crisis specialists, stabilization of symptoms, and referrals to additional resources with follow-up.

Call 855-CRISIS-1 (855-274-7471) and you will be routed to a trained crisis specialist in your area. See the URL below for a list of participating mental health agencies and their service areas.

**[www.tn.gov/behavioral-health/need-help/crisis-services/mobile-crisis-services.html](http://www.tn.gov/behavioral-health/need-help/crisis-services/mobile-crisis-services.html)**

# Accessing and Paying for Mental Health Services

## Mental Health Parity and Addiction Equity Act of 2008

The federal Mental Health Parity and Addiction Equity Act of 2008 requires equitable coverage of substance use disorder and mental health benefits in public and private insurance. Plans covered by the Federal Parity Law cannot apply more restrictive financial requirements, including co-pays, deductibles, co-insurance, and other out-of-pocket costs, or treatment limitations, including quantitative (number or frequency of visits) and non-quantitative (medical management tools) limitations, to behavioral health benefits compared to other medical or surgical benefits covered by the plan.

If you have concerns about your health plan's compliance with the parity law, contact the Tennessee Department of Commerce and Insurance. You can also file a complaint online on the Department's website, click "Resources and Services" at the top, select "File a Complaint," and then select "Complaints for Insurance Companies or Insurance Agents."

**Phone:** 1-800-342-4029

**[www.tn.gov/commerce.html](http://www.tn.gov/commerce.html)**

The Parity Law applies to most insurers, including large group health plans, plans in the individual and small group markets, Medicaid managed care plans that offer coverage for mental health and/or substance use disorder benefits, coverage provided through the Children's Health Insurance Program, and Medicaid Alternative Benefit Plans, including those provided to the Medicaid expansion population.

While the concept of parity is simple, the Parity Law itself is complex, and there have been significant challenges to its full implementation and enforcement. State departments are now primarily responsible for enforcement. Tennessee recently passed model parity legislation that strengthens enforcement efforts by encouraging greater transparency and accountability from insurers and state regulators. Full implementation of the Parity Law would end discriminatory insurance coverage for those with mental health and substance use disorders. However, that will only happen through increased vigorous enforcement and prompt notification from consumers about possible violations.

Find more information about mental health parity:

**Tennessee Parity Project:** <https://tnparityproject.org/>

**Tennessee Suicide Prevention Network:** <https://www.tspn.org/mental-health-parity-awareness>



# Accessing and Paying for Mental Health Services

## Amerigroup

Amerigroup can help you find no- and low-cost services. The Community Resource Link online tool can connect you to many money-saving services and resources to help with food, jobs, housing, and rides.

<https://www.amerigroup.com/community-support>

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## Tennessee Department of Mental Health and Substance Abuse Services Behavioral Health Safety Net

If a Tennessean is 3 years of age or older, has a qualifying mental health diagnosis, and has no behavioral health insurance, they may qualify for the Behavioral Health Safety Net (BHSN) of Tennessee 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.

[www.tn.gov/behavioral-health/bhsn.html](http://www.tn.gov/behavioral-health/bhsn.html)

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## TennCare

TennCare is the state of Tennessee's managed Medicaid program. It serves more than 1.6 million Tennesseans including low-income individuals such as pregnant women, children, caretaker relatives of young children and older adults, and adults with disabilities. TennCare's continuing mission is to improve lives through high-quality, cost-effective care to support our vision of a healthier Tennessee. Accomplishing this mission and vision requires a partnership between the provider community, stakeholders, advocates, families, and TennCare employees.

<https://www.tn.gov/tenncare/members-applicants.html>

# National Resources

The following resources are available nationwide, no matter where you may venture outside of Tennessee.

## 988 Suicide & Crisis Lifeline

988 is available 24/7. Online chat is available on 988's website. TTY users may use their preferred relay service or dial 711, then the Lifeline number. Call 988 then Press 0.

<https://988lifeline.org/>

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## The Crisis Text Line

The Crisis Text Line offers free and confidential mental health/crisis intervention services via text message 24/7. You can be connected to a trained volunteer counselor in less than five minutes, with referrals to other services as needed.

Text "TN" to 741741

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## LGBTQI+ National Help Center

The LGBTQI+ National Help Center offers specialized youth and senior resources.

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

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## National Maternal Mental Health Helpline

The National Maternal Mental Health Hotline provides free, confidential mental health support. Pregnant people, moms, and new parents can call or text any time, every day.

**Call or text:** 1-833-TLC-MAMA (1-833- 852-6262).

TTY users can use a preferred relay service or dial 711 and then 1-833-852-6262.

<https://mchb.hrsa.gov/national-maternal-mental-health-hotline>

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## The Substance Abuse and Mental Health Services Administration (SAMHSA)

SAMHSA maintains the National Helpline, a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for people and families facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

Callers can also order free publications and other information.

**Phone:** 1-800-662-HELP, or 1-800- 662-4357 **TTY:** 800-487-4889

[www.samhsa.gov/](http://www.samhsa.gov/)

SAMHSA also offers an online Behavior Health Treatment Services Locator

<https://findtreatment.gov>. Enter your address to find mental health and substance treatment facilities within your area.



# National Resources

## Suicide Prevention Resource Center (SPRC)

Suicide prevention is a nationwide movement, with volunteers, advocates, and statewide coalitions active in every state. Visit the state information page at the SPRC to learn about suicide prevention networks and coalitions in other states, training opportunities, assessment tools, and research.

<https://sprc.org/states/>

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## Trans Lifeline

Trans Lifeline is a grassroots hotline and microgrants 501(c)(3) non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.

**Phone:** 877-565-8860

<https://translifeline.org/>

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## The Trevor Project

The Trevor Project specializes in crisis and other educational resources for LGBTQI+ youth.

**Phone:** 1-866-488-7386

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

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## United Way

United Way envisions a world where every individual has an opportunity to succeed, and entire communities thrive as a result. This work is fueled by thousands of passionate volunteers and donors who give their time, their money, and their voice to improve the lives of others. Every day, volunteers, donors, and advocates are making a lasting difference in so many ways. That can mean helping a child learn to read, donating money to make sure people have access to quality medical care, speaking out in support of policies that provide training for in-demand jobs and so much more. United Way focuses on education, financial stability, and health – the building blocks for a good life and a strong community.

Find your local United Way at <https://www.unitedway.org/find-your-united-way>

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## Veterans Crisis Line

Veterans calling the 988 Suicide & Crisis Lifeline may press "1" for connection to the Veterans Crisis Line. The Veterans Crisis Line website also offers online chat and military- specific resources.

The Veterans Crisis Line is also accessible by text at **838255**.

[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

# Statewide Resources

## Statewide Crisis Telephone Line

1-855-CRISIS-1 (1-855-274-7471)

## Suicide & Crisis Lifeline

988 Then Press 0 (call, text, or chat)

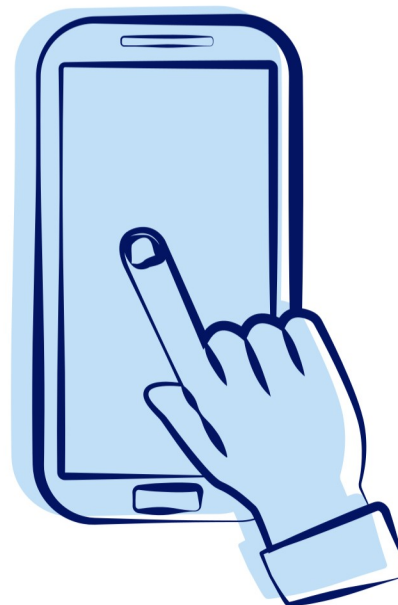
## Crisis Text Line

Text "TN" to 741 741

## Tennessee REDLINE

*Substance abuse and other addictions*

1-800-889-9789



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## Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS)

TDMHSAS operates four Regional Mental Health Institutes (RMHIs) located in Bolivar, Chattanooga, Memphis, and Nashville. All four RMHIs are accredited by The Joint Commission and have deemed status with the Centers for Medicare and Medicaid Services (CMS). Additionally, the Department contracts with three privately-run psychiatric hospitals in East Tennessee for involuntary admissions to inpatient psychiatric treatment. For more information, see TDMHSAS's Hospital Services page at

[www.tn.gov/behavioral-health/hospitals.html](http://www.tn.gov/behavioral-health/hospitals.html)

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## Tennessee Voices for Children

Tennessee Voices for Children offers a variety of programs and trainings designed for parents, caregivers, educators, and mental health professionals. Each program or training is specifically designed to incorporate knowledge and skills to help serve children and families in our communities.

Trainings and programs are offered in various locations across the state. To find a list of current trainings/programs in your area, please see the sidebar on their website and upcoming dates on their events calendar.

**Phone:** 615-269-7751 or 800-670-9882

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

# Statewide Resources

## Youth Villages

Youth Villages provides specialized crisis services for children and young people (ages 5-17) within Tennessee. However, Youth Villages is not the crisis services provider for all areas of Tennessee. The crisis services provider for each region of Tennessee is listed by region in the following guide sections.

We encourage you to call the Tennessee Statewide Crisis Hotline, 1-855-CRISIS-1 or 1-855 (274-7471).

If it is an emergency, call 911.

Local numbers for Youth Villages are listed below.

- **Chattanooga:** 423-954-8890
- **Clarksville:** 931-503-0777
- **Columbia:** 931-560-4220
- **Cookeville:** 931-525-6900
- **Dickson:** 615-740-5330
- **Dyersburg:** 731-288-4600
- **Jackson:** 731-660-6760
- **Johnson City:** 423-283-6500
- **Knoxville:** 865-560-2550
- **Memphis:** 901-252-7600
- **Morristown:** 423-522-2200
- **Nashville:** 615-250-7200
- **Paris:** 731-641-4141

[www.youthvillages.org/about-us/locations/tennessee/](http://www.youthvillages.org/about-us/locations/tennessee/)

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## East Region

### Adult Mobile Crisis by county:

- **Anderson, Campbell, Morgan, Roane, Scott:** 865-482-1076 or 800-870-5481 (administered by Ridgeview Psychiatric Hospital and Center)
- **Blount, Knox, Loudon, Monroe, Sevier, Claiborne, Cocke, Grainger, Hamblen, Jefferson, Union:** 865-539-2409 (East), 423-586-5074 (Upper East), or 800-826-6881 (administered by Helen Ross McNabb Center)

### Youth Mobile Crisis by region:

- 865-539-2409 or 800-826-6881 (administered by Helen Ross McNabb Center)
- 866-791-9224 East
- 866-791-9225 Southeast (administered by Youth Villages)

# Statewide Resources

## Mid-Cumberland Region

### Adult Mobile Crisis by county:

- **Bedford, Cheatham, Coffee, Dickson, Franklin, Giles, Hickman, Houston, Humphreys, Lawrence, Lewis, Lincoln, Marshall, Maury, Montgomery, Moore, Perry, Robertson, Stewart, Wayne:** 615-463-6600 or 800-681-7444 (administered by Centerstone)
- **Davidson:** 615-726-3340 or 615-726-0125 (administered by Mental Health Cooperative)
- **Bledsoe, Bradley, Cannon, Clay, Cumberland, DeKalb, Fentress, Grundy, Hamilton, Jackson, Macon, Marion, McMinn, Meigs, Overton, Putnam, Pickett, Polk, Rhea, Rutherford, Sequatchie, Smith, Sumner, Trousdale, Van Buren, Warren, White, Williamson, Wilson:** 800-704-2651 (administered by Volunteer Behavioral Health Care System)

### Youth Mobile Crisis by region:

- **Davidson County:** 615-726-0125 (administered by Mental Health Cooperative)
  - **North Middle Tennessee:** 866-791-9221 (administered by Youth Villages)
  - **South Middle Tennessee:** 866-791-9222 (administered by Youth Villages)
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## South Central Region

### Adult Mobile Crisis by county:

- **Bedford, Cheatham, Coffee, Dickson, Franklin, Giles, Hickman, Houston, Humphreys, Lawrence, Lewis, Lincoln, Marshall, Maury, Montgomery, Moore, Perry, Robertson, Stewart, Wayne:** 615-463-6600 or 800-681-7444 (administered by Centerstone)

### Youth Mobile Crisis by region:

- 866-791-9222 (administered by Youth Villages)
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## Southeast Region

### Volunteer Behavioral Health Care Center Mobile Crisis

- 800-704-2651 - Entire Southeast Tennessee region for adults

### Youth Villages - Mobile Crisis

- 866-791-9225 - Entire Southeast Tennessee region for ages 5-17



# Statewide Resources

## Upper Cumberland Region

### Adult Mobile Crisis by county:

- **Bledsoe, Bradley, Cannon, Clay, Cumberland, DeKalb, Fentress, Grundy, Hamilton, Jackson, Macon, Marion, McMinn, Meigs, Overton, Putnam, Pickett, Polk, Rhea, Rutherford, Sequatchie, Smith, Sumner, Trousdale, Van Buren, Warren, White, Williamson, Wilson:** 800-704-2651 (administered by Volunteer Behavioral Health Care System)

### Youth Mobile Crisis by region:

- 877-928-9062 (administered by Frontier Health)
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## West Region

### Adult Mobile Crisis by county:

- **Benton, Carroll, Gibson, Henry:** 731-642-0521 or 800-353-9918 (administered by Carey Counseling Center)
- **Crockett, Dyer, Haywood, Henderson, Lake, Madison, Obion, Weakley:** 800-587-3854 or 800-372-0693 (administered by Pathways of Tennessee)
- **Fayette, Lauderdale, Tipton:** 901-476-8967 or 800-353-9918 (administered by Professional Care Services)
- **Chester, Decatur, Hardin, Hardeman, McNairy:** 731-658-6113 or 800-467-2515 (administered by Quinco Community Mental Health Center)
- **Shelby:** 901-577-9400 (administered by Alliance Health Services)

### Youth Mobile Crisis by region:

- **Memphis Region:** 866-791-9226
- **Rural West Tennessee:** 866-791-9227

# Mental Health Resources

## Clarvida of Tennessee

Clarvida provides counseling and support services in-home and in community-based settings throughout Tennessee. Its family counseling and foster care services are offered by trained therapists and counselors under the direct supervision of licensed clinicians.

<https://www.clarvida.com/find-a-location/>

## East Tennessee

- **Jacksboro:** 423-566-2451
- **Knoxville:** 865-481-3972

## Mid-North Tennessee

- **Clarksville:** 931-304-2555
- **Cookeville:** 931-372-1308
- **Gallatin:** 615-448-6799
- **Smyrna:** 615-678-6283

## Mid-South Tennessee

- **Columbia:** 615-462-6673
- **Lawrenceburg/Shelbyville:** 615-462-6673

## Northeast Tennessee

- **Greeneville/Kingsport:** 423-392-2975

## Northwest Tennessee

- **Covington:** 731-683-9383

## Smoky Tennessee

- **Maryville:** 865-685-5270
- **Morristown:** 423-318-7373

## Southeast Tennessee

- **Chattanooga:** 423-541-4187
- **Cleveland:** 423-476-3799
- **Jasper:** 423-942-1146

## West Tennessee

- **Memphis:** 901-346-1270
- **Milan:** 731-686-9383



# Mental Health Resources

## Health Connect America

Health Connect America supports the preservation of families, adults, and children at risk across Tennessee, helping them develop long-term stability and improved lives. Its offerings include intensive outpatient services, comprehensive child and family treatment, medication management, Tennessee Healthlink services, and ABA. Health Connect America accepts BCBS Tennessee Medicaid (TennCare).

**Phone:** 615-567-6726

**[www.healthconnectamerica.com](http://www.healthconnectamerica.com)**

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## Unity Psychiatric Services

Unity specializes in psychiatric care for older adults. Patients receive comprehensive health and psychiatric evaluations upon entry, followed by medication, nutrition, and pain assessments as part of their treatment plans. Therapeutic activities and emotional support services are available to calm patients and prevent future mental health crises.

Note: the Clarksville facility treats adults of all ages.

**Clarksville:** 931-538-6420

**Columbia:** 931-388-6573

**Martin:** 731-588-2830

**Memphis:** 901-791-0600

**[www.unitypsych.com](http://www.unitypsych.com)**

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## Mental Health Cooperative

Mental Health Cooperative is an outpatient behavioral health facility that serves adults and youth in Middle and East Tennessee. Services include individual, group, and family therapy, with intensive services for those needing higher levels of care. It also offers mobile and walk-in crisis services, a crisis stabilization unit, substance abuse services for co-occurring mental health issues, psychiatric medication management, and crisis diversion/resolution services. It accepts clients with Tennessee Medicaid (TennCare) and people without insurance.

**Intake:** 615-743-1555 or 866-816-0433

**Emergency Psychiatric Services: [www.mhc-tn.org](http://www.mhc-tn.org)**

# Mental Health Resources

## East Region

### Cherokee Health Systems

**Counties served:** Claiborne, Cocke, Grainger, Hamblen, Jefferson, and Union

Cherokee Health Systems is committed to ensuring every Tennessean has access to effective, high-quality care. Cherokee Health Systems believes that nothing should stop someone from getting the care they need, and that's why services are made available to anyone who needs them. A wide array of comprehensive health services is available, including primary care, behavioral health, dental, and pharmacy. All services are available to children, adults, and seniors who have coverage through private insurance plans, coverage through state programs like TennCare or CoverKids, and those who have no insurance coverage. Cherokee Health Systems proudly offers sliding-fee scales to those who meet certain household size and income guidelines.

**Appointments:** 866-231-4477

[www.cherokeehealth.com/](http://www.cherokeehealth.com/)

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### CONTACT Care Line

**Counties served:** Anderson, Blount, Grainger, Jefferson, Knox, Loudon, Roane, Sevier, and Union

CONTACT Care Line is East Tennessee's oldest crisis hotline, answering crisis and other calls for help 365 days a year since 1973. Founded to address the need for immediate telephone crisis services, the goal is to provide round-the-clock access for people in need. Through services that emphasize confidential, non-judgmental, and compassionate listening, CONTACT's staff and trained volunteers alleviate despair, isolation, distress, and suicidal feelings in callers from East Tennessee and beyond.

<https://contactlistens.org>

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### McNabb Center

**Counties served:** Blount, Knox, Loudon, Monroe, and Sevier

The McNabb Center is the region's leading nonprofit provider of mental health, substance use, and social and victim services. By focusing on an individual's "Well Mind, Well Being," the McNabb Center provides a quality and compassionate approach to care from infancy through adulthood.

Since 1948, the Center has proudly served individuals with the most needs and fewest resources. Today, the McNabb Center delivers support to more than 30,000 people throughout East Tennessee each year.

**Mobile Crisis Hotline:** 865-539-2409

<https://mcnabbcenter.org/>

# Mental Health Resources

## Peer Recovery Call Center

**Counties served:** Serves entire East Tennessee Region

The Peer Recovery Call Center helps those who struggle with mental illness or substance abuse. It is a service provided by the Mental Health Association of East Tennessee. All calls are answered by peers, people who have firsthand experience with mental illness and/or substance abuse. Peers provide callers with important resources and information about mental health and substance abuse. More importantly, peers can offer support and understanding as they have firsthand experience with mental illness and/or substance abuse. The peers will follow up with support calls if given a caller's permission.

**Phone:** 865-584-9125

**[www.tn.gov/behavioral-health/mental-health-services/peers/call-center.html](http://www.tn.gov/behavioral-health/mental-health-services/peers/call-center.html)**

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## Peninsula Behavioral Health

**Counties served:** Blount, Knox, Loudon, and Sevier

A division of Parkwest Medical Center, Peninsula is a non-profit, community mental health agency serving East Tennessee. It provides inpatient and intensive outpatient treatment, medication and case management, and therapy in individual and group settings and case management. Services include specialty programs for women and people struggling with opiate addiction. Its Recovery Education Center teaches patients how to manage the symptoms of their mental illness by applying lessons from evidence-based practices. Peer Support Academies provide classes in recovery as well as activities for socialization and leisure. Peninsula accepts most private insurances, all TennCare, Behavioral Health Safety Net, and all Medicare plans.

**Phone:** (865) 970-9800

**<http://www.peninsulabehavioralhealth.org/>**

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## Ridgeview Behavioral Health Services

**Counties served:** Anderson, Campbell, Morgan, Roane, and Scott

Ridgeview is a private, not-for-profit community mental health center based in Oak Ridge, Tennessee. Since its inception in 1957, Ridgeview has expanded services to over 23 sites in a five-county geographic area. Ridgeview's range of programs and services provides individualized care for adults, children, and youth. Services are provided by highly trained and caring professionals that include psychiatrists, psychologists, registered nurses, social workers, licensed therapists, substance abuse counselors, and care coordinators. Multidisciplinary teams plan and provide comprehensive treatment to improve the quality of life of people that they serve.

**Appointments:** 800-834-4178

**Crisis Hotline:** 800-870-5481

**[www.ridgeview.com/](http://www.ridgeview.com/)**

# Mental Health Resources

## **Volunteer Behavioral Health Care Center Mobile Crisis**

**Counties served:** Middle Tennessee and Upper Cumberland areas

Volunteer Behavioral Health Care System was established to bring together behavioral health professionals dedicated to caring for the communities VBHCS serves. Covering over 11,000 square miles in Tennessee, VBHCS provides a continuum of services to meet the needs of over one million Tennesseans.

**Mobile Crisis Hotline:** 800-704-2651

**[www.vbhcs.org/](http://www.vbhcs.org/)**

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## **WestCare Tennessee**

**Counties served:** Cocke, Jefferson, Roane, Hancock, and Morgan

WestCare Tennessee is a grant-funded provider, offering a wide variety of services including education on prevention, emergency support, veterans' services, domestic violence services, criminal justice support, housing opportunities, and mental health services.

**WestCare Foundation East Regional Office:** 865-221-8150

**[www.westcare.com](http://www.westcare.com)**

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## **Mid-Cumberland Region**

### **Family and Children's Service**

Family and Children's Service (FCS) serves all people in crisis and transition by meeting them where they are, understanding their needs, and connecting them to the resources they need. FCS often 'fills in the gaps' in social services, creating a safety net to ensure that all children and families can be safe and healthy. Each year FCS provides services to more than 50,000 Tennesseans.

**Main Line:** 615-320-0591

**<http://www.fcsnashville.org>**



# Mental Health Resources

## **Volunteer Behavioral Health Care Center Mobile Crisis**

**Counties served:** Rutherford, Sumner, Williamson, and Wilson

Volunteer Behavioral Health Care System was established to bring together behavioral health professionals dedicated to caring for individuals in the communities VBHCS serves. Covering over 11,000 square miles in Tennessee, VBHCS provides a continuum of services to meet the needs of over one million Tennesseans.

**Appointments:** 877-567-6051

**Mobile Crisis Hotline:** 800-704-2651

**[www.vbhcs.org](http://www.vbhcs.org)**

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## **Northeast Region**

### **Creekside Behavioral Health Hospital**

**Counties served:** Sullivan and surrounding counties

Creekside Behavioral Care Hospital is an acute inpatient psychiatric hospital, Creekside's trauma-informed care and evidence-based practices address a wide variety of mental health conditions allowing for better outcomes. Creekside takes an interdisciplinary team approach to treatment, employing the expertise of psychologists, psychiatrists, MDs, nurse practitioners, therapists, nurses, and mental health technicians. We also include our community partners in our treatment approach and realize that their inclusion in treatment planning is vital to the success of the individuals we serve.

**Phone:** 888-252-2154

**[Creeksidebh.com](http://Creeksidebh.com)**

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### **Frontier Health**

**Counties served:** Locations throughout Northeast Tennessee and Southwest Virginia

Founded in 1957, Frontier Health is the region's leading provider of behavioral health services, offering inpatient and outpatient treatment for mental health, co-occurring, and substance abuse problems, recovery and vocational rehabilitation, and developmental and intellectual disabilities services. Frontier Health-Turning Point location is a 24/7 Walk-In Crisis Center for Mental Health Emergencies and Crisis Stabilization Unit. Turning Point accepts walk-ins who are age 7 and older. CSU services are available for individuals aged 18 or older. Frontier Health also offers individual and group community counseling and case management services throughout the Northeast Region.

**Phone:** 423-926-0940

**Crisis Hotline:** 877-928-9062

**[frontierhealth.org](http://frontierhealth.org)**

# Mental Health Resources

## Woodridge Hospital—Ballad Health

**Counties served:** Washington and surrounding counties

Woodridge Hospital is an 84-bed inpatient psychiatric hospital in Johnson City, Tenn. First built in 1985, Woodridge provides mental health and co-occurring substance use disorder services for adults, adolescents, and children ages 6 and older. Woodridge psychiatrists and advanced practice providers lead a team of professionals that includes behavioral health therapists and expressive therapists, a psychiatric nursing team and discharge planners, who will help coordinate follow up care post discharge. Woodridge also houses a 24/7 walk-in crisis center, located at the hospital's main entrance. The goal of the walk-in crisis center is to promptly treat patients experiencing a behavioral health crisis and efficiently disposition them to the level of care most appropriate for their needs.

**Phone:** 423-431-7111

[balladhealth.org/locations/hospitals/woodridge-psychiatric](https://balladhealth.org/locations/hospitals/woodridge-psychiatric)

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## South Central Region

### Centerstone

**Counties served:** Bedford, Cheatham, Coffee, Dickson, Franklin, Giles, Hickman, Houston, Humphreys, Lawrence, Lewis, Lincoln, Marshall, Maury, Montgomery, Moore, Perry, Robertson, Stewart, and Wayne

Centerstone offers a full range of mental health and substance use disorder services to help you get through the tough times and live your best life. Services include outpatient therapy, medication management, school-based therapy, intensive in-home services, and many other treatment modalities.

**Appointments:** 877-467-3123

**Crisis Line:** 800-681-7444

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

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## Southeast Region

### Erlanger Behavioral Health Hospital - Adults and Youth

**Counties served:** Hamilton and surrounding counties

855-612-3494 (Adults, Youth)

### Moccasin Bend Mental Health Institute - Adults

**Counties served:** Hamilton and surrounding counties

423-265-2271

### Parkridge Valley Adult and Senior

**Counties served:** Hamilton and surrounding counties

423-499-2300

# Mental Health Resources

## **Parkridge Valley Child and Adolescent**

**Counties served:** Hamilton and surrounding counties

423-499-2300

## **Parkridge Valley West - Adults**

**Counties served:** Marion and surrounding counties

423-837-9500

## **Tennova Behavioral Health Services - Adults**

**Counties served:** Hamilton and surrounding counties

423-339-4100

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## **Upper Cumberland Region**

### **Centerstone**

**Counties served:** Bedford, Cheatham, Coffee, Dickson, Franklin, Giles, Hickman, Houston, Humphreys, Lawrence, Lewis, Lincoln, Marshall, Maury, Montgomery, Moore, Perry, Robertson, Stewart, and Wayne

Centerstone offers a full range of mental health and substance use disorder services to help you get through the tough times and live your best life. Services include outpatient therapy, medication management, school-based therapy, intensive in-home services, and many other treatment modalities.

**Appointments:** 877-467-3123

**Crisis Line:** 800-681-7444

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

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## **West Region**

### **Carey Counseling**

**Counties served:** Benton, Carroll, Gibson, Henry, Lake, Obion, and Weakley.

Dedicated to serving Northwest Tennessee by offering a full range of community-based, behavioral health services including individual, marital, family, group therapy, alcohol and drug evaluation and treatment, respite care, adult peer support, and adult residential services. Our staff is made up of highly trained, caring professionals who are dedicated to helping individuals and families in our communities cope with mental illness, while contributing to the overall health of our communities.

**Appointments:** 800-611-7757

**Crisis Services:** 800-353-9918

**[www.careycounselingcenter.org](http://www.careycounselingcenter.org)**

# Mental Health Resources

## Connections Counseling

Based out of the Memphis area, Connections Counseling provides treatment for individual, couples, and group therapy for all ages about depression, anxiety, trauma, eating disorders, attachment issues, and perinatal mood and anxiety disorders.

Specialties include eye movement desensitization and reprocessing (EMDR), trauma conscious yoga, and trauma-focused equine assisted psychotherapy. (TF-EAP).

**Phone:** 901-440-8622

**[www.connectionsounselingtherapy.com](http://www.connectionsounselingtherapy.com)**

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## Memphis Crisis Center (MCC)

This 24/7/365-day-a-year crisis line provides emotional support services, crisis de-escalation, suicide intervention, and links to community resources and trained volunteers. Along with the main crisis line, the MCC administers the Call4Kids Line, the Elder Lifeline, the HIV Care Line, and serves as the local affiliate of the National Suicide Prevention Lifeline. All services are free, safe, and confidential.

**Phone:** 901-274-7477 or 901-CRISIS-7

**[www.memphiscrisiscenter.org](http://www.memphiscrisiscenter.org)**

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## Pathways Behavioral Health

**Counties served:** Crockett, Dyer, Haywood, Henderson, Lake, Madison, Obion, and Weakley

Pathways offers trauma informed care, substance use/abuse care, inpatient and CSU, outpatient therapy, medication management, mental health and substance abuse intensive outpatient programs, and trauma treatment.

**Appointments:** 800-587-3854

**Mobile Crisis Hotline:** 800-372-0693

**[www.wth.org/services/pathways-behavioral-health-services](http://www.wth.org/services/pathways-behavioral-health-services)**

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## Professional Care Services of West Tennessee, Inc.

**Counties served:** Fayette, Lauderdale, and Tipton

- **Covington:** 901-476-8967
- **Dyersburg:** 731-287-1794
- **Millington:** 901-873-0305
- **Brownsville:** 731-772-9002
- **Somerville:** 901-465-9831
- **Ripley:** 731-635-3968
- **Mobile Crisis Hotline:** 800-353-9918

**[www.pcswn.org](http://www.pcswn.org)**

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# Mental Health Resources

## **Quinco Mental Health Center**

**Counties served: Chester, Decatur, Hardeman, Hardin, Henderson, Madison, and McNairy**

Quinco Community Mental Health Centers provides mental health, crisis, and substance abuse counseling and more in West Tennessee. Services include assisted living centers, case management, and therapy for children, individual adults, families, and groups.

**Appointments:** 731-658-6113

**Mobile Crisis Hotline:** 800-467-2515

**[www.quincochmc.com](http://www.quincochmc.com)**

# Substance Use and Recovery Services

## **FindHelpNowTN.org**

FindHelpNowTN.org features a near real-time treatment opening locator for substance misuse that guides individuals to available treatment openings based on factors such as the type of treatment needed, insurance programs and payment methods, gender identity, in- or out-patient treatment options, and location. Facilities on the site are asked to update the availability of their residential, in-patient, and out-patient services regularly to ensure the most current information is available.

**Phone:** 800-889-9789

**<https://findhelpnow.org/tn>**

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## **The Tennessee REDLINE**

The Tennessee REDLINE is a 24/7 toll-free information and referral line coordinated by TAADAS and funded by the Tennessee Department of Mental Health and Substance Abuse Services. The purpose of the REDLINE is to provide accurate, up-to-date alcohol, drug, problem gambling, and other addiction information and referrals to all citizens of Tennessee at their request. The REDLINE provides referrals for co-occurring alcohol and drug disorders that arise along with mental health disorders.

The Tennessee REDLINE is promoted, and calls are received, from all over Tennessee. Treatment and other program referrals are made on the REDLINE. Callers are provided with at least three referral sources when possible. REDLINE staff does not do therapy or counseling with the caller or individuals with substance use disorder, but they give callers the information to put them in touch with someone who will provide a diagnosis, prognosis, or assessment of the mental or physical health of the individuals with substance use disorder. The REDLINE strives to provide the caller with specific referrals based on their stated needs.

**Phone:** 800-889-9789

**<https://www.tn.gov/behavioral-health/substance-abuse-services/prevention/tennessee-redline.html>**

# Education and Training

## **Applied Suicide Intervention Skills (ASIST) Training**

This two-day in-person training provides intensive suicide first-aid training, teaching participants how to identify persons with thoughts of suicide, seek a shared understanding of reasons for dying and living, develop a safety plan, and prepare for follow-up.

**Populations served:** General audience

<https://tspn.org/events-training>

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## **Counseling on Access to Lethal Means (CALM) Training**

This two-hour online training helps providers implement counseling strategies within their care practices to assist clients at risk for suicide and their families reduce access to lethal means, particularly (but not exclusively) firearms.

**Populations served:** Mental health and healthcare providers, but also available for the general population

<https://zerosuicidetraining.edc.org/enrol/index.php?id=20>

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## **Gun Safety Project**

The project features a 30-minute training component that helps gun shop and firing range owners and employees identify, address, and assist potentially suicidal customers.

**Populations served:** Gun shop and firing range owners

<https://tspn.org/projects>

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## **The Jason Foundation's Professional Development Series**

This series of online staff development training modules covers the scope and magnitude of the problem of youth suicide, the signs of concern, risk factors, how to recognize and approach young people who may be struggling and connect them with resources.

**Populations served:** Teachers, support staff, and students (required training in Tennessee as part of the Jason Flatt Act)

<https://jasonfoundation.com/get-involved/educator-youth-worker-coach/professional-development-series/tennessee/>

# Education and Training

## **Mental Health First Aid (MHFA) Training**

This one-day in-person training teaches participants to identify, understand, and respond to signs of mental illnesses and substance use disorders. The course introduces participants to risk factors and warning signs of mental health concerns, builds understanding of their impact, and provides an overview of standard treatments.

**Populations served:** General audience

<https://www.mentalhealthfirstaid.org/take-a-course/>

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## **Question, Persuade, Refer (QPR) Training**

This 60-120 minute in-person training teaches people to recognize the warning signs of suicide, engage troubled individuals about their suicide risk, offer hope to someone experiencing a suicidal crisis, and connect them with community resources.

**Populations served:** General audience

<https://tspn.org/events-training>

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## **QPR Lesbian, Gay, Bisexual, Transgender, Queer or Questioning, and Intersex (LGBTQI+) Gatekeeper Training**

This 60-120 minute in-person customized version of QPR focuses on suicide risk within the LGBTQI+ population.

**Populations served:** General audience

<https://tspn.org/events-training>

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## **QPR Training Targeting Alcohol, Drugs, and Suicide**

This one to two-hour in-person customized version of QPR focuses on the role substance abuse plays in suicide.

**Populations served:** General audience

<https://tspn.org/events-training>



# Education and Training

## Shield of Care

This eight-hour in-person curriculum is designed specifically for staff of juvenile justice facilities. The training provides knowledge of suicide prevention strategies, including risk and protective factors, self-efficacy to prevent suicide, and specific suicide prevention skills.

**Populations served:** Staff working in juvenile justice facilities

<https://www.tn.gov/behavioral-health/need-help/training/shield-curriculum.html>

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## TIP 50: Addressing Suicidal Thoughts and Behaviors in Substance Abuse Treatment

This 90-minute in-person training presents guidelines for substance abuse treatment professionals working with clients who demonstrate suicidal ideation and behavior.

**Populations served:** Mental health professionals

<https://store.samhsa.gov/product/tip-50-addressing-suicidal-thoughts-and-behaviors-substance-abuse-treatment/sma15-4381>

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## Youth Mental Health First Aid (YMHFA)

This one-day in-person training teaches participants the unique risk factors and warning signs of mental health problems in adolescents (ages 12-18). It builds understanding of the importance of early intervention and teaches individuals how to help teens experiencing mental health challenges.

**Populations served:** General audience with a focus on those work directly with children and youth.

<https://www.mentalhealthfirstaid.org/population-focused-modules/youth/>

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## Zero Suicide Initiative

The Zero Suicide Initiative aims to reduce suicide attempts/deaths through cross-system suicide prevention strategies, including rapid and enhanced follow-up services. It focuses on training sessions in best-practice suicide prevention protocols following the Suicide Care in Systems Framework for all personnel, from executives to support staff.

Training sessions incorporate suicide prevention, risk assessment, and crisis intervention for new and current staff members, annual refresher courses provided, customized action plans outlining responsibilities for counseling and/or referral, and aftercare plans including regular follow-up and connection to suicide attempt survivor support groups.

**Populations served:** Professionals who work in healthcare and behavioral health agencies

<https://zerosuicidetraining.edc.org/>

# State Agencies and Programs

## African American Faith Communities Suicide Prevention Education

The Tennessee Department of Mental Health and Substance Abuse Services promotes ongoing suicide prevention, education, and training for African American and other faith communities, healthcare providers, service recipients, and family members. In collaboration with faith leaders, other state departments, and community mental health agencies, the Department plans and coordinates suicide prevention educational programs that help people:

- Identify signs and symptoms of mental health diagnoses and suicidal behaviors
- Learn about effective treatment modalities and interventions
- Understand what people with mental illness and their families can do to help themselves
- Know how to help a person who may be exhibiting suicidal behaviors
- Learn about the mental health resources in their community

For more information, contact Gwen Hamer, Director, Education and Development Director at 615-532-6510 or [gwen.hamer@tn.gov](mailto:gwen.hamer@tn.gov)

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## Peer Support Centers and Services

Peer Support Centers help people with mental illness and substance use disorders learn about recovery, find peer support, and socialize with other people making the same journey. They are managed by trained people in recovery from mental illness and/or substance use disorders. If you live in a county that a Peer Support Center serves, the peer staff can give you a free ride to the center at least once a week. You do not need a referral and you do not need to receive services from the host agency to attend.

<https://www.tn.gov/behavioral-health/mental-health-services/peers/peer-support-centers.html>

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## Tennessee Department of Children's Services

The Department of Children's Services is Tennessee's public child welfare agency and establishes statewide standards for performance that reflect best practices for child welfare. The Department investigates allegations of child abuse and neglect. We also administer the state's foster-care system, and we work especially hard to find permanency for the children and youth who come into our care, whether that is through reunification or adoption. Our Juvenile Justice division serves the youth who have been adjudicated delinquent and we work closely with scores of private providers and community partners across the state of Tennessee.

<https://www.tn.gov/dcs/program-areas.html>

# State Agencies and Programs

## **TDCS Relative Caregiver Program**

The Tennessee Department of Children's Services (DCS) Relative Caregiver Program (RCP) supports children who are not able to be raised by their parents. The RCP assists and supports informal placements where the child is cared for by grandparents, aunts, uncles, and/or other extended family members.

TDCS contracts with private community-based agencies to provide services in each of its 12 regions.

<https://www.kidcentraltn.com/support/full-family-support/relative-caregiver-program.html>

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## **Tennessee Department of Education Coordinated School Health**

Tennessee Coordinated School Health connects physical, emotional, and social health with education through eight inter-related components. This coordinated approach improves students' health and their capacity to learn through the support of families, communities and schools working together. Coordinated School Health works with many partners to address school health priorities.

<https://www.tn.gov/education/districts/health-and-safety/coordinated-school-health.html>

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## **Tennessee Department of Veterans Services**

The Tennessee Department of Veterans Services (TDVS) operates 14 field offices, four Tennessee State Veterans Cemeteries, serves as liaison for three Tennessee State Veterans Homes, assists with active-duty casualties and hosts outreach events across the state to raise awareness and assist Veterans as well as their families. Veterans Resource Coordinators at the 14 TDVS field offices help Veterans and their families to file claims for federal benefits and connect customers with federal, state, and local resources. TDVS also trains County Service Officers to effectively and efficiently file claims for Veterans across the state. TDVS also monitors and assists with state legislation focused on Veterans and their families. Legislation resulting in state benefits can be found on the State Benefits page.

TDVS is not the United States Department of Veterans Affairs (VA). This federal agency manages VA Hospitals, Medical Centers, National Veterans Cemeteries, approves or denies claims for federal benefits and makes decisions regarding service-connected disabilities.

<https://www.tn.gov/veteran/mental-health-resources.html>



# State Agencies and Programs

## **Tennessee Healthy Transitions Initiative**

This federally funded initiative seeks to raise awareness and increase access to mental health services among youth and young adults aged 16-25. Resources offered include Young Adult Leadership Councils, a safe space for youth and young adults to develop leadership and advocacy skills, explore and create plans to address community issues, and create change within their communities.

<https://tnhealthytransitions.org/>

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## **Tennessee Lives Count-Connect2**

This comprehensive youth suicide prevention program engages gatekeepers (schools, law enforcement, foster care, etc.) and primary/behavioral health professionals in statewide strategies in early prevention, suicide risk screening/assessment, prevention/postvention training, and enhanced follow-up. Program goals include strengthening public/private collaborations and supporting training within higher learning institutions. The evidence-based Applied Suicide Intervention Skills Training (ASIST) and Columbia Suicide Severity Rating Scale (C-SSRS) models are critical components.

**Populations served:** Children/youth aged 10-24 and those that work with this population

<https://www.tn.gov/behavioral-health/need-help/suicide-prevention/federal-suicide-prevention.html>

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## **Violence and Bullying Prevention Program**

This program focuses on children ages 4-14 and/or grades 4-8 build skills in empathy, resilience, impulse control, decision-making, and anger management.

**Populations served:** Children aged 4-14

[www.kidcentraltn.com/program/violence---bullying-prevention.html](http://www.kidcentraltn.com/program/violence---bullying-prevention.html)

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## **Youth and Young Adult Suicide Prevention and Mental Health Awareness Program**

This program promotes better mental health and suicide prevention among Tennesseans up to 25 years of age. Its focus on outcomes-based activities includes suicide prevention training for colleges/universities institutions. It also helps Middle Tennessee pediatric offices establish processes for suicide risk screening and referrals.

**Populations served:** Children and young adults aged 10-25

[www.tn.gov/behavioral-health/need-help/suicide-prevention/youth-young-adult.html](http://www.tn.gov/behavioral-health/need-help/suicide-prevention/youth-young-adult.html)



# Support Groups

Resources are available for people affected by the unique brand of grief associated with losing a loved one to suicide. Please contact the support group leader in advance of attending a session for updates or changes in scheduling.

Remember:

- Even if you feel that you cannot survive, know that you can.
  - Feelings of shock, guilt, blame, anger, relief, depression, and isolation are common responses to grief. These emotions can be overwhelming but know that they are normal.
  - Each survivor grieves in their own way and at their own pace.
  - Seek out people who are willing to listen without judging.
  - Many people are affected by suicide.
  - Seek professional help if needed.
  - Take care of yourself—physically, mentally, emotionally, and spiritually.
- 

## **National Alliance on Mental Illness (NAMI) Tennessee Support Groups**

Local NAMI Tennessee affiliates maintain peer support groups for people with mental health conditions, family groups for their loved ones, and combined sessions for both mental health consumers and their support systems.

See the link for the full list: <https://www.namitn.org/affiliates/>

# Survivors of Suicide (SOS) Support Groups

These groups are available across the state for anyone who has lost a loved one through suicide or is helping someone affected by suicide grief. They offer safe places for people to explore their feelings of grief and anger, and to raise questions and doubts. Survivors can attend an SOS meeting the day of the funeral, a few months after, or even years later. Survivors are free to talk or just listen. At the time of this publication, all support groups are active.

## **Cookeville (Putnam County)**

### **GriefShare**

Mondays at 5:30 PM, Tuesdays at 9:30 AM, and Wednesdays at 1 PM

**Contact:** Marlene Bassetts and John Schaefer at 931-644-9600 or [mr.john2889@gmail.com](mailto:mr.john2889@gmail.com)

### **“Journey” grief support group**

Held periodically.

**Contact:** 931-525-2600 or email [info@heartofthecumberland.org](mailto:info@heartofthecumberland.org) for next course date.

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## **Chattanooga (Hamilton County)**

### **Suicide Loss Support Group**

1st Tuesdays of the month at 6:30 PM

**Contact:** [bbarks@tspn.org](mailto:bbarks@tspn.org) [ief@alleohealth.org](mailto:ief@alleohealth.org)

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## **Franklin (Williamson County)**

**Survivors of Suicide Loss (Adult):** Every Monday at 7:00 PM

**Survivors of Suicide Loss (Youth):** Every Thursday at 5:30 PM

**Contact:** 615-244-7444 or 615-320-0591 (Family and Children’s Services)

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## **Huntingdon (Carroll County)**

### **Survivor of Suicide Loss Support Group**

1st Saturday of the month at 8:30 AM

**Contact:** Christy Blount at [cblount2@utm.edu](mailto:cblount2@utm.edu)

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## **Jackson (Madison County)**

### **Survivors of Suicide**

2nd Thursday of the month at 6:30 PM

**Contact:** Paula Terry at 731-609-8897 [pcterry64@yahoo.com](mailto:pcterry64@yahoo.com)

# Survivors of Suicide (SOS) Support Groups

## Jefferson City (Jefferson County)

### ComPaSS (Communicating the Pain as Suicide Survivors)

1st Thursday of the month at 6 PM

**Contact:** Cynthia Lynn at 865-680-3256 [clynn3118@gmail.com](mailto:clynn3118@gmail.com)

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## Johnson City (Washington, Carter, and Sullivan Counties)

### Survivors of Suicide

2nd Tuesday of the month at 6 PM

**Contact:** Dr. Barbara Sims at [barb@bsims.net](mailto:barb@bsims.net)

Some northeast Tennessee residents may find it more convenient to participate in the Survivors of Suicide group currently operating out of Bristol, Virginia. This group meets on the 1st Friday of the month at 7 PM. Call 276-466-2218, 276-828-7731, or 877-928-8522 for details.

Additionally, the Lee County Survivors of Suicide Support Group meets the 4th Thursday of each month at Lee Behavioral Health in Jonesville, Virginia. For more information, contact Bill and Phyllis Russell at 276-346-1641 or Lee Behavioral Health at 276-346-3590.

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## Knoxville (Knox County)

### ComPASS (Communicating the Pain as Suicide Survivors)

2nd Monday of the month at 6 PM

**Contact:** Mark Potts at 865-374-7106 [mpotts@covhlth.com](mailto:mpotts@covhlth.com)

### Suicide Grievors Support Group

2nd Thursday of the month at 7 PM

**Contact:** Paula J. Alexander at [pj4031@tds.net](mailto:pj4031@tds.net)

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## Memphis (Shelby County)

### Healing Hearts Suicide Grief Support Group

3rd Thursday of the month at 6:30 PM

**Contact:** Kerry Mitchell at 901-208-6814 or [momofjamaje@yahoo.com](mailto:momofjamaje@yahoo.com) for information on this group or satellite locations in Oxford and Southaven, Mississippi.

# Survivors of Suicide (SOS) Support Groups

## **Murfreesboro (Rutherford County)**

### **Survivors of Suicide Loss**

Every Thursday at 7:00 PM

**Contact:** 615-244-7444

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## **Nashville (Davidson County)**

### **Survivors of Suicide Loss**

Every Tuesday at 7:00 PM

**Contact:** 615-244-7444

### **Survivors of Suicide (SOS) Support Group Meeting**

4th Monday of the month at 6 PM

**Contact:** Dr. Kelly Young at 731-212-2482 or 731-215-0733

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## **Sevierville (Sevier County)**

### **ComPASS (Communicating the Pain as Suicide Survivors)**

3rd Thursday of the month at 6 PM

**Contact:** Dr. Cynthia Lynn or Jack and Robin Maples; 865-654-8247; 865-680-3256 or [clynn3118@gmail.com](mailto:clynn3118@gmail.com)

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## **Spring Hill (Maury and Williamson County)**

### **Grieving Loss by Suicide**

First Monday of the month at 5:30 PM

**Contact:** Karyl Chastain Beal at 931-674-2314 or [karylofcolumbia@cs.com](mailto:karylofcolumbia@cs.com)  
[www.grief-after-suicide.com/](http://www.grief-after-suicide.com/)

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## **Winchester (Franklin County)**

### **GriefShare**

**Contact:** Pastor Jerry Jochem at 931-636-1120 or [jochem131@abundantlifewin.org](mailto:jochem131@abundantlifewin.org)



# Additional Bereavement Resources

## **American Association of Suicidology**

The American Association of Suicidology offers a variety of resources for survivors of suicide loss and suicide attempt survivors.

<https://suicidology.org/resources/suicide-loss-survivors/>

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## **Compassionate Friends**

This is a self-help organization offering friendship, understanding, and hope to bereaved families that have experienced the death of a child, grandchild, or sibling

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

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## **Online Suicide Loss Support Groups**

The Suicide Grief Support Forum is a public message board, an outreach project of the Parents of Suicides (POS) and Friends and Families of Suicides (FFOS) Internet Communities. Our mission is to provide information, support, and comfort to anyone whose life has been touched by the suicide of another person. Connecting with others who have walked the same road can sometimes make a difference in how we survive a tragedy that may be incomprehensible.

[www.pos-ffos.com](http://www.pos-ffos.com)

# Domestic and Sexual Violence

## Tennessee's Statewide Domestic Violence Helpline

Tennessee's Statewide Domestic Violence Helpline has counselors available 24/7 to offer referrals and supportive listening, help with safety planning, and connect callers with shelter and other information.

**Phone:** 1-800-356-6767

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## Tennessee Coalition to End Domestic and Sexual Violence

The Tennessee Coalition to End Domestic and Sexual Violence offers projects and services to serve survivors of domestic violence and sexual assault, domestic violence and sexual assault programs, community groups and organizations, criminal justice agencies, allied professionals (medical, legal, mental health, etc.) and individuals seeking information and resources across the state. The mission of the Coalition is to end domestic and sexual violence in the lives of Tennesseans and to change societal attitudes and institutions that promote and condone violence, through public policy advocacy, education and activities that increase the capacity of programs and communities to address such violence.

Reach staff from 8 AM-5 PM every Monday through Thursday

**Phone:** 615-386-9406

**<https://tncoalition.org/>**

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## National Domestic Violence Hotline

The National Domestic Violence Hotline offers nationwide resources for survivors of domestic violence. Chat is available on the hotline's website.

You may also text “**START**” to **88788**.

**Phone:** 1-800-799-SAFE, or 1-800-799-7233

**The TTY number is:** 1-800-787-3224

**[www.thehotline.org/](http://www.thehotline.org/)**

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## The National Sexual Assault Hotline

The National Sexual Assault Hotline also has live chat available on the website of the Rape, Abuse, and Incest National Network (RAINN)

**Phone:** 1-800-656-HOOPE or 1-800-656-4673

**[Rainn.org](http://Rainn.org)**

# Domestic and Sexual Violence

## **The Sexual Assault Center of Middle Tennessee**

The Sexual Assault Center of Middle Tennessee operates a statewide 24-hour Crisis & Support Line. This hotline can provide support, referrals, and information for people dealing with sexual assault either immediately after the attack or years later.

**Phone:** 1-866-811-RISE or 1-866-811-7473

Online chat available [www.sacenter.org/](http://www.sacenter.org/)

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## **You Have the Power**

You Have the Power is a statewide crime victims' rights support network, which offers regularly updated resource guides on both domestic and sexual violence issues with comprehensive county-specific phone directories. Both the When Violence Hits Home domestic violence guide and the You Too sexual assault guide are available for free on their website.

<https://yhtp.org/resource-guides/>

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## **Regional Point of Contact System for Human Trafficking Survivors**

The state of Tennessee maintains a regional point-of-contact system to ensure that quality services are provided to human trafficking survivors in the most effective and efficient way possible. The state has designated three non-governmental organizations (NGOs) as the official regional point of contact for each Grand Region of Tennessee. They are the primary intake points for all human trafficking referrals in their designated region of Tennessee, collaborating with other nonprofits, direct service providers, and law enforcement agencies to accomplish this coordination of comprehensive services. They provide or connect survivors with case management, therapy, job training, and long-term and short-term housing.

### **West Tennessee: Restore Corps**

**Phone:** 901-410-3590

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

### **Middle Tennessee: AncoraTN**

**Phone:** 615-806-6899

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

### **East Tennessee: Community Coalition Against Human Trafficking Grow Free Program**

**Office:** 865-236-1046

**Referrals:** 865-292-0285

<https://growfreetn.org/>

# Domestic and Sexual Violence

## Frontier Health—Safe House

**Northeast Tennessee counties served:** Carter, Hawkins, Johnson, Sullivan, Unicoi, and Washington

Safe House provides 28 beds in two distinct domestic violence shelters, located in undisclosed locations in Kingsport and Johnson City. Safe House provides safe confidential shelter to any victim of domestic violence as well as their dependent children. Safe House staff are also collocated at the Family Justice Centers in Johnson City and Blountville.

Services to victims include:

- A 24/7 Hotline & Advocacy to Victims of Domestic Violence or Sexual Assault 24/7 Coordination with Sexual Assault Nurse Examiners (SANE Nurses).
- 24/7 Sexual Assault Advocate on call to Accompany Victims to Area Hospitals Transitional Housing Support
- Case Management
- Assistance with Safety Planning and Orders of Protection Transportation

**Phone:** 423-926-7233

**Kingsport--Hotline:** 844-578-7233

**[frontierhealth.org/directory/frontier-health-safe-house/](https://frontierhealth.org/directory/frontier-health-safe-house/)**



# Advocacy and Legal Services

## Legal Aid Society

The mission of Legal Aid Society of Middle Tennessee and the Cumberland (LAS) is to advance, defend, and enforce the legal rights of low-income and vulnerable people to secure for them the necessities of life. The Legal Aid Society is Tennessee's largest nonprofit law firm that takes a comprehensive approach to providing high quality, free, civil legal services, and community education for people to protect their livelihoods, their health, and their families.

**Phone:** 1-800-238-1443

**<https://las.org/>**

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## Legal Aid Society of East Tennessee

For over 50 years, Legal Aid of East Tennessee has worked to build stronger communities and improve lives by providing high-quality legal services free of charge to qualifying individuals.

**Chattanooga:** 423-756-4013

**Cleveland:** 423-303-2266

**Johnson City:** 423-928-8311

**Knoxville:** 865-637-0484

**Maryville:** 865-981-1818

**Morristown:** 423-587-4850

**[www.laet.org/](http://www.laet.org/)**

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## TennCare Advocacy

TennCare Advocacy Program helps you apply, use, and keep TennCare. It is a free service for all Tennesseans, and all calls are confidential. The program helps provide information about, assistance with, and referrals to TennCare. Contact TennCare Advocacy Program to check eligibility for TennCare coverage, find out how to apply or reverify coverage, understand benefits, understand what services are available and how to get them, and find out how to file an appeal.

**Phone:** 1-800-758-1638

**[www.tenncareadvocacy.com/](http://www.tenncareadvocacy.com/)**

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## Upper Cumberland Family Justice Center

The Upper Cumberland Family Justice Center is a coalition of agency and governmental partners who offer services and assistance to victims of domestic violence, sexual assault, child abuse, and elder abuse. Onsite partners are from the fields of social services, victim advocacy, civil legal aid, counseling, law enforcement, and prosecution.

**Clay, Overton, and Pickett counties:** 931-644-3963

**Putnam County:** 931-528-1512

**<https://ucfamilyjusticecenter.org/>**

# Advocacy and Legal Services

## West Tennessee Legal Services (WTLS)

WTLS is a non-profit organization that provides aid in civil cases to individuals, families, and communities. WTLS' goal is to make this service available to the underserved populations of Benton, Carroll, Chester, Crockett, Dyer, Decatur, Gibson, Hardeman, Hardin, Haywood, Henry, Henderson, Lake, McNairy, Madison, Obion, and Weakley counties.

**Phone:** 731-423-0616 or 800-372-8346

**[www.wtls.org/](http://www.wtls.org/)**

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## Bridges for the Deaf and Hard of Hearing

Bridges for the Deaf and Hard of Hearing offers after-hours interpreting services for emergencies, including mental health situations.

If you need an interpreter for a medical or mental health emergency and you live in Middle Tennessee, you can contact Bridges TN at these numbers Monday through Friday between 8:30 AM and 5 PM:

- **Voice/TTY:** 615-248-8828
- **Video Phone:** 615-290-5147 (local); 866-385-6524 (toll-free)
- **After hours or on weekends, you may call:** 615-244-0979.

If you live in Shelby, Fayette, Tipton, Lauderdale, or Haywood Counties, you may reach BridgesWEST at these numbers Monday through Friday between 8:30 AM and 5 PM:

- **Voice/TTY:** 901-701-6800
- **Videophone:** 901-612-3416
- **After hours or on weekends:** 901-701-8911

**<https://www.bridgesfordeafandhh.org/>**

# Volunteer Opportunities

TSPN is always seeking volunteers for its awareness and educational projects across Tennessee. Anyone can help TSPN with its life-changing, life-saving work, regardless of age, education, skill set, or background.

Some of the ways TSPN's volunteers support suicide prevention:

- Attend suicide prevention training sessions, or learn how to independently lead training sessions
- Distribute suicide prevention materials
- Assist with special regional and statewide events and projects
- Raise funds for TSPN projects or general outreach
- Set up and operate booths at community events
- Connect TSPN with local and state legislators
- Facilitate support groups for survivors

You can fill out TSPN's online volunteer application and a Regional Director will respond with information about how you can help. You can learn about upcoming TSPN projects and volunteer opportunities by sending an email to [tspn@tspn.org](mailto:tspn@tspn.org) and asking to sign up for the TSPN mailing list. Please specify which regional newsletter you would like to receive.

To find out the TSPN region serving your area, see <https://tspn.org/staff>.

Volunteers have always been the life force of our state's suicide prevention efforts. Your involvement, no matter how small or what it looks like, can help save a life.



<https://tspn.org/volunteer>



<https://tspn.org/staff>



Dept. of Health Authorization #MY9JZ1-1,  
Electronic only, August 1, 2025.  
This public document was promulgated at zero cost.



Tennessee Mental Health and Suicide Prevention  
Services Statewide Directory and Resource  
Information Guide

**Agency/Organization Form**

This directory contains basic information on what to look for, when to act, and who to contact for the various situations that may factor into a suicide crisis. It also offers guidance on population groups who are at high risk for suicide, the programs and coalitions working to prevent suicide in our state, and the laws and policies governing Tennessee's suicide prevention efforts. Please use the form below to submit updates or to add your agency or organization information to the *Tennessee Mental Health and Suicide Prevention Services Statewide Directory and Resource Information Guide*.

Questions? Call the Tennessee Suicide Prevention Network at (615) 297-1077

Please submit this form to [tspn@tspn.org](mailto:tspn@tspn.org)

**Section 1. Agency/Organization Point of Contact (not for use in Directory)**

Date Completed

Contact Name (First/Last)

Title

Street Address

Street Address Line 2

City

State

Zip Code

Phone Number

Email Address

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**Section 2. Agency/Organization Information**

Agency/Organization Name

Agency/Organization Website



Agency/Organization Description (300 character count max)

Street Address

Street Address Line 2

City

State

Zip Code

Agency/Organization Phone Number

Toll-Free Number

TTY Number

TTD Number

Email

Please add any additional information that your agency/organization would like to share within the directory (500 character count max):

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Thank you!

Please submit completed form to [tspn@tspn.org](mailto:tspn@tspn.org)