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**COMMUNITY
RESOURCES
2020-2021**

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DEFINITION OF SERVICES

Definitions of Services

Abbreviations

Acute Inpatient Hospitalizations-temporary hospitalization typically lasting 24-48 hours and no longer than 14 days with an emphasis on mood stabilization.

Acute

Case Management-coordination of medical, mental and behavioral health services

CM

Comprehensive Child and Family Treatment-short term, intensive home-based therapeutic and case management services for at-risk children and youth. 3 sessions per week for an average of 90-120 days. ***TennCare only***

CCFT

Chemical Detoxification-a process of eliminating toxic substances from the system in a controlled and safe environment under 24 hour supervision.

Detox

Intensive Outpatient Therapy-traditionally in a group setting to address mental and behavioral health issues. 3 hour sessions held 3 times per week for about 9 weeks.

IOP

Outpatient Therapeutic Services-Sessions held on a weekly basis for about an hour per session. Traditionally services would last approximately 6 months but could last longer. These sessions can be held individually, with couples or in a group or family setting.

OP-Group, Family, Individual

Residential Treatment-long term stay in a facility where mood stabilization and skill building is the focus of treatment. Most programs last 2-3 months. Other programs can last from 6 months to a year.

Res

Psychiatric Services - Psychiatric evaluation and examination, pharmacy services and medication monitoring.

Psych

Substance Abuse Counseling-It may be referred to as Chemical Dependency. Some agencies will reference it a co-occurring disorders as well.

SA

Trauma Informed Care-an organization structure and treatment framework that involves understanding, recognizing, and responding to the effects of trauma.

TI

EMERGENCY NUMBERS

Emergency: 911

*Children's Mobile Crisis (866) 791-9226

*Adult Mobile Crisis 1-800-809-9957

Memphis Police Department: (901) 545-2677

Precinct: (901) 636-4099 for 38117 zip code

Precinct: (901) 636-4531 for 38115 zip code

Precinct: (901) 636-4199 for 38119 zip code

Department of Children's Services

Main Number: (901) 578-4001

Report Abuse: 1 877 237-0004

Emergency Assistance (901) 527-0226

Emergency Housing Hotline 260-4663

Poison Control 1-800-222-1222

LINK: <http://www.tnpoisoncenter.org>

Resources for Families in Need

Phone: 855-354-4211 or 901-415-2790

Suicide Prevention Lifeline: 1 800 273-8255

The Trevor Project: 1-866-488-7386

Road and Traffic Conditions 511

Shelby County Sherriff's Department:

(901) 545-5500

Youth Villages Safe Place: Runaway Shelter

1582 Poplar Avenue Memphis, TN 38104

Phone: 725-6911 Fax: (901) 725-4889

*Call in the event of a mental health emergency. If weapons are involved or there



SUBSTANCE ABUSE RESOURCES BY ZIP CODE

38104

Behavioral Health **Behavioral Health**

1734 Madison Ave Memphis, TN 38104

Phone: (901) 722-9420

Services: Medication assisted maintenance treatment, Counseling and CM for Opioid Use Disorder

Case Management INC. **Management Inc.**

14 North Bellevue Blvd. Memphis, TN 38104

Phone: (901)-821-5600

Services: Adult OP, Mental health counseling, SA
Mental Health Screening, TI; Alcohol/Drug treatment and referrals

First Step Recovery Centers **First Step Recovery Centers**

1950 Madison Avenue Memphis TN 38104

Phone: 901-522-1002; Fax: 901-522-1004

Services: IOP, OP Group, CM, Sober Living Centers

Innovative Counseling **Innovative Counseling**

1455 Poplar Avenue Memphis, TN 38104

Phone: (901) 276-0220

Services: SA, DUI Offender Program, OP

Memphis Recovery Center **Memphis Recovery Center**

219 N. Montgomery Street Memphis, TN 38104

Phone: (901) 272-7751 Toll-Free (866) 672-7378

Services: SA, TI

SUBSTANCE ABUSE RESOURCES BY ZIP CODE

38105

Grace House

329 N Bellevue Blvd Memphis, TN 38105

Phone: (901) 722-8460

Services: SA, TI

Serenity Recovery Center

1094 Poplar Avenue Memphis, TN 38105

Phone: (901) 521-1131 or 1 888 521-1131

Services: Acute, IOP, RES AS, TI

38111

Warriors Center

642 Semmes St Memphis, TN 38111

Phone: (901) 4051298

Services: OP SA and RES SA

38114

Harbor House

1979 Alcy Rd Memphis, TN 38114

Phone: (901) 743-1836 x2230

Services: Res SA, TI, Co-Occurring Disorders

The Oaks at La Paloma

2911 Brunswick Road Memphis, TN 38133

Phone: (901) 377-4733

SUBSTANCE ABUSE RESOURCES BY ZIP CODE

38118

Cocaine Alcohol Awareness Program CAAP

4041 Knight Arnold Rd Memphis, TN 38118

Phone: (901) 360-0442

Services: Res SA, OP SA, Domestic Violence Services, Drug Court/DUI Program, HIV/AIDS, Detox, Supportive Housing Services

38119

Foundations Recovery Memphis

1083 West Rex Rd. Memphis, TN 38119

Phone: 901.505.6519

Services: OP, Psychiatric assessment, Group Therapy-Ind. & Fam., Res (La Paloma)

UT Addition Medicine

6401 Poplar Ave #500, Memphis, TN 38119

Phone: (901)-866-8630

Services: OP, Co-Occurring, Disorders

38122

Southeast Mental Health Clinic

3628 Summer Ave. Memphis, TN 38122

Phone: (901)-452-6941

Services: IOP and OP alcohol and drug treatment, group and ind. Therapy

38131

Case Management

3173 Directors Row Memphis, TN 38131

Phone: (901) 271-5326 Services: Adult OP, Mental health counseling, SA, Mental Health Screening, TI, Alcohol/Drug Treatment and referrals

SUBSTANCE ABUSE RESOURCES BY ZIP CODE

38132

Synergy Foundaiton

2305 Airport Interchange Ave Memphis, TN 38132

Phone: (901) 332-2227

Services: RES SA

38134

Behavioral Health Group

2165 Spicer Cove Suite 5 Memphis, TN 38134

Phone: (901) 372-7878

Services: Medication assisted maintenance treatment, Counseling and CM for Opioid Use Disorder

38139

Bradford Behavioral Health Systems

8566 Cordes Cir Germantown, TN 38139

Phone: (901) 755-8111

Services: TI mental health

Salvation Army

Renewal Place (901) 260-9132

Adult Rehab Center (901) 531-1750

72301

Justice Networ

318 E Bond Ave West Memphis, AR 72301

Phone: (870) 735-2123

Services: DUI Offenders Program

BEHAVIORAL AND MENTAL HEALTH PROGRAMS BY ZIP CODE



BEHAVIORAL AND MENTAL HEALTH

PROGRAMS BY ZIP CODE

38012

Pathways Behavioral Health Services

1120 Tammell St. Brownsville, TN 38012

Phone: (731)-772-4685 Fax: (731)-772-3072

Services: SA, OP, CM, AIP

38016

Exceptional Development Family Tx Center

1181 Vickery Lane Suite 102 Cordova, TN 38016

Phone: (901) 729-7764

Services: Speech and language pathology

38017

Family Tree ABA

875 W. Poplar Ave. Suite 23, #152 Collierville, TN 38107

Phone: (901)-531-9201

Services: ABA, Lifecoaching, Assertiveness Training, School Services

38018

Behavior Services of the MidSouth LLC

150 Timber Creek Drive Suite 2

Cordova, TN 38018

Phone: 901-248-0595

Website: <https://www.behaviorservicesmidsouth.com/>

Services: ABA, Mental/ Behavioral Health Counseling, Assessment, Training, School Services, Trauma-based supports, Integrated Behavioral Health supports, consultation, supervision, and technology-based supports

BEHAVIORAL AND MENTAL HEALTH

PROGRAMS BY ZIP CODE

Hope Enrichment Center

52 Timber reek Dr. #203 Cordova, TN 38018

Phone: inf@hopeenrichmentcenter.com

Services: Services: SA, EMDR, Ind./Group Counseling, Marital Counseling, Differential Diagnosis

Transformation Center

1088 Rogers Road Cordova, TN 381018

Phone: (901) 755-1396

Services: IOP focusing on Eating Disorders, TI

38019

Professional Care Services of West TN

1997 Highway 51 S Covington, TN 38019

Phone: (901) 476-8967

Services: Mental/Behavioral Health Counseling, CM, TI

38053

Life Enhancement Services (LES-TN)

283 North Bellevue Blvd Memphis, TN 38105

Phone: (901) 726-5353

Services: Psych, OP, CM

Professional Care Services of West TN

5281 Navy Rd Millington, TN 38053

Phone: (901) 873-0305

Services: Mental/Behavioral Health Counseling, CM, TI

TBCH Boy's Ranch

9224 Quito Road Millington, TN 38053

Phone: (901) 872-0839 or (901) 386-3961 Services: Res

BEHAVIORAL AND MENTAL HEALTH

PROGRAMS BY ZIP CODE

38103

Memphis Mental Health Institute

951 Court Ave Memphis, TN 38103

Phone: (901) 577-1800 or 577-3408

Services: Acute, Adult Psychiatric Hospital, SA

UT Psychiatry

920 Madison Avenue Memphis, TN 38103

Phone: (901) 444-2400

Services: Psychiatric testing, TI

38104

Alliance Healthcare Services

2220 Union Ave Memphis, TN 38104

Phone: (901) 369-1420

Services: Psych, CM, OP, SA, Detox

Case Management Inc.

14 N. Bellevue Blvd. Memphis, TN 38104

Phone: (901) 821-5600

Services: Adult OP, Mental health counseling, SA, Mental Health Screening, TI

Comprehensive Professional Services

1331 Union Avenue Memphis, Tennessee 38104

Phone: (901) 654-1253

Services: OP, TI, PCT

Exchange Club Family Center

Kindred Place

2180 Union Ave Memphis, TN 38104

Phone: (901) 276-2200

BEHAVIORAL AND MENTAL HEALTH

PROGRAMS BY ZIP CODE

38105

Memphis Neurology

777 Washington Ave Memphis, TN 38105

(901) 202-4287

7645 Wolf River Cir Germantown, TN 38139

(901) 405-0275

Services: Neurological testing

UT Boling Center

711 Jefferson Avenue Memphis, TN 38105

Phone: (901) 448-6511 Toll-free: (888) 572-2249

Services: OP, PCIT, TI and assessments for children with developmental disabilities

38106

Southwest Mental Health (Case Mgmt Inc)

1087 Alice Avenue Memphis, TN 38106

Phone: (901) 774-7811

Services: Adult OP, Mental health counseling, SA, Mental Health Screening, TI

38112

Anaya Partnership

2714 Union Ave Memphis, TN 38112

Phone: (901) 320-6100

Services: Intensive in-home services for children and families, TI

38114

Alliance Healthcare Services

2579 Douglass Ave Memphis, TN 38114

Phone: (901) 369-1480

BEHAVIORAL AND MENTAL HEALTH

PROGRAMS BY ZIP CODE

38117

Health Connect America

5118 Park Avenue, Suite 500 Memphis, TN 38117

Phone: (901) 458-8638 Fax: (901) 458-9522

Services: CCFT, IOP, TI

38118

Alliance Healthcare Services

3810 Winchester Road Memphis, TN 38118

Phone: (901) 369-1410

Services: Psych, CM, OP, SA, Detox

Delta Medical Center

3000 Getwell Rd Memphis, TN 38118

Phone: (901) 369-6021

Services: Acute, IOP, OP, SA, TI

Southeast Mental Health Center

3810 Winchester Rd Memphis, TN 38118

Phone: (901) 369-1400

Services: Psych, OP, SA, CM

38119

Saint Francis Hospital

5959 Park Avenue Memphis, TN 38119

Phone: (901) 765-1400

Services: Acute, TI

Vogelfanger & Struble Clinic

6005 Park Ave Ste 630B Memphis, TN 38119

Phone: (901) 767-1136

BEHAVIORAL AND MENTAL HEALTH

PROGRAMS BY ZIP CODE

38120

Universal Parenting Place

6225 Humphreys Blvd Memphis, TN 38120

Phone: (901) 227-9558

Services: Parent counseling, support groups and educational services

38122

Alliance Healthcare Services

3628 Summer Ave Memphis, TN 38122

Phone: (901) 452-6941

Services: Psych, CM, OP, SA, Detox

38125

Compass Intervention

7900 Lowrance Rd Memphis, TN 38125

Phone: (901) 758-2002

Services: Res, TI

Crestwyn Behavioral Health

9485 Crestwyn Hills Dr. Memphis, TN 38125

Phone: (901) 248-1500

Services: Adolescent and Adult treatment programs, Co-Occurring Disorders, Detox, Acute, SA, TI

38127

Alliance Healthcare Service

2150 Whitney Avenue Memphis, TN 38127

Phone: (901) 353-5440

Services: Psych, CM, OP, SA, Detox

BEHAVIORAL AND MENTAL HEALTH

PROGRAMS BY ZIP CODE

38128

Youth Dimensions

3385 Austin Peay Highway Memphis, TN 38128

Phone: (901) 213-9000

Services: Res, OP, Drug Testing, TI

38131

Case Management Inc.

3173 Directors Row Memphis, TN 38131

Phone: (901) 271-5326

Services: Adult OP, Mental health counseling, SA, Mental Health Screening, TI

38132

Camelot

1910 Nonconnah Blvd, Ste. 100 Memphis, TN 38132

Phone: (901) 346-1270

Services: CCFT, TI

38133

ABA Development

7953 Stage Hill Blvd. Suite 101 Bartlett, TN 38133

Phone: (901)-643-8005

Services: ABA Therapy, Social Skills Group, Behavioral Services

Lakeside Behavioral Health

3015 Brunswick Rd Memphis, TN 38133

Phone: (901) 377-4700 Left Message

Services: Acute, Res, TI, IOP, SA

Tennessee Baptist Children's Homes

6896 Highway 70 Memphis TN, 38133

BEHAVIORAL AND MENTAL HEALTH

PROGRAMS BY ZIP CODE

Youth Villages

3320 Brother Blvd Memphis, TN 38133

Phone: (901) 251-5000

Services: Res, CCFT, TI, CM

38134

Transformations

6761 Stage Rd Memphis, TN 38134

Phone: (901)-379-8827

Services: Early intervention, Play Therapy

38138

Advanced Behavioral Consulting

7563 Neshoba Rd. Germantown TN 38138

Phone: (901)-405-5165/(651)-341-1858

Services: Early Intervention, ABA

Daybreak Treatment Center

2262 S. Germantown Rd. Germantown, TN

Phone: (901)-753-4300

Services: OP-Ind. and Group, DBT, Parent Skills Group

38152

Regional Intervention Program (RIP)

4111 SO. MSU B Street, Building 48 Memphis, TN 38152

Phone: (901) 678-5258 or (901) 678-4173

Services: Parenting Program, Behavioral Health for children under 6 years old

Phone: (901) 678-2147

Services: Individual Counseling, Family Counseling, TI

BEHAVIORAL AND MENTAL HEALTH

PROGRAMS BY ZIP CODE

University of Memphis Psychological Services

400 Innovation Dr Memphis, TN 38152

Phone: (901) 678-2147

Services: Individual Counseling, Family Counseling, TI

38632

Region Four Mental Health Services

2705 Highway 51 S Hernando, MS 38632

Phone: (662) 449-1971

Services: OP for children, youth and adults, ACUTE Day Care, Psych CM, SA

38635

Communicare

820 Highway 178 East Holly Springs, MS 38635

Phone: (662) 252-4140

Services: CM, Psych, SA, OP

38654

Parkwood Behavioral Health

8135 Goodman Rd Olive Branch, MS 38654

Phone: (662) 895-4900

Services: Child/Adolescent Psychiatry and Res, Res SA, Counseling Services, Mental Health Evaluation, Sex Offender Counseling, TI

38671

Hope Enrichment Center

7467 Swinnea Rd. Southaven, MS 38671

Phone: (662)-536-6210

Services: SA, EMDR, Ind./Group Counseling, Marital Counseling, Differential Diagnosis

SUBSTANCE USE PROGRAMS BY ZIP CODE



BEHAVIORAL AND MENTAL HEALTH

PROGRAMS BY ZIP CODE

Soulshine Counseling and Wellness, LLC.

970 Swinnea Rd. Southaven, MS 38671

Phone: (662)-470-5433

Services: Counseling, EMD

38672

In Focus Psychiatry

5699 Getwell Rd. Building H, Suite 1

Southaven, MS 38672

Phone: (662)-510-8696

Services: TI,

72301

Ascent Children's Health Services

413 West Tyler Cove West Memphis, AR

Phone: (901)-206-2222

Services: OP, Speech/Language, OT, School Based, TI, SCERTS (for ASD)

COMMUNITY CENTERS AND MENTORING PROGRAMS BY ZIP CODE



COMMUNITY CENTERS AND MENTORING PROGRAMS BY ZIP CODE

38018

Virtue Quest Mentoring

800 N. Houston Levee Rd. Cordova, TN 38018

Phone: (901)-286-8786

38104

Girls Inc.

2670 Union Ext., Ste 606 Memphis, TN 38104

Phone: (901) 523-0217

One Beat, Inc.

915 Chelsea Avenue Memphis, TN 38104

Phone: (901) 347-3842

38105

Bridges

477 North Fifth Street Memphis, TN 38105

Phone: (901) 452-5600

Greenlaw Community Center

190 Mill Avenue Memphis, TN 38105

Phone: (901) 527-8313

38107

Boys & Girls Club

1100 Vollintine Avenue Memphis, TN 38107

Phone: (901) 527-7994

The First Tee of Memphis-Golf Program

974 Firestone Ave Memphis, TN 38107

Phone: (901) 526-1480

Sexton Community Center

1235 Brown Avenue

Memphis, TN 38107

Phone: (901) 576-7070

COMMUNITY CENTERS AND MENTORING PROGRAMS BY ZIP CODE

38112

Big Brothers Big Sisters of the Mid-South

1005 Tillman Street Memphis, TN 38112

Phone: (901)-323-5440

38114

Memphis Athletic Ministries

2107 Ball Road Memphis, TN 38114

Phone: (901) 744-6261

38115

Hickory Hill Community Center

3910 Ridgeway Road Memphis, TN 38115

Phone: (901) 566-9685

Latino Memphis

Caminos Mentoring Program

6041 Mt. Moriah Ext, Suite 16

Memphis, TN 38115

Phone: (901)-366-5882

38117

REACH Memphis

4646 Poplar Ave, Suite 327; Memphis, TN 38117

Phone: (901)-682-0699

38126

Juvenile Intervention Faith-based Follow Up (JIFF)

254 South Lauderdale Street Memphis, TN 38126

Phone: (901) 522-8502

COMMUNITY CENTERS AND MENTORING PROGRAMS BY ZIP CODE

38141

Boys & Girls Club

4299 Ross Road Memphis, TN 38141

Phone: (901) 542-9604

Redbirds - RBI Summer Camp

Contact Erin O'Donnell at (901) 722-0295

EMPLOYMENT AND EDUCATION PROGRAMS BY ZIP CODE



EMPLOYMENT AND EDUCATION PROGRAMS BY ZIP CODE

38103

W.I.N.- Workforce Investment Network

480 Beale Street Memphis, TN 38103

Phone: (901) 636-7955

38105

Tennessee Career Center

480 Beale Street Memphis, TN 38105

Phone: (901) 636-7955

38108

United Cerebral Palsy Work Employment Training (UCP)

4189 Leroy Ave Memphis, TN 38108

(901) 761-4277 Ext 1011

38141

Tennessee Career Center

4240 Hickory Hill Memphis, TN 38141

Phone: (901) 365-3205

Food

38104

Mid-South Food Bank

239 South Dudley Memphis, TN 38104

Phone: (901) 527-0841

38107

UMNC Smith Center

602 Looney Street Memphis, TN 38107

EMPLOYMENT AND EDUCATION PROGRAMS BY ZIP CODE

Women Infant and Children (W.I.C.)

1064 Breedlove 38107 (901) 515-5400

477 N. Manassas 38107 (901) 522-8268

6590 Kirby Center Cv 38115 (901) 365-1045, 1077

38122

TN Dept of Human Services - Food Stamps

3230 Jackson Avenue Memphis, TN 38122

Phone: (901) 320-7200

Angel Food Ministries

Phone: (877) 366-3646

HEALTH CLINICS

BY ZIP CODE



HEALTH CLINICS

BY ZIP CODE

38104

Choices - Memphis Center for Health

1726 Poplar Avenue Memphis, TN 38104

Phone: (901) 274-3550

Church Health Center - no insurance accepted

1115 Union Avenue Memphis, TN 38104

Phone: (901) 701-2242

Christ Community University Health Center

1211 Union Avenue Memphis, TN 38104

Phone: (901) 271-0330

Friends For Life

43 N. Cleveland St. Memphis, TN 38104

Phone: (901) 272-0855, 1 855 855-3755

Services: Medical and supportive services for individuals living with AIDS/HIV

Memphis VA Medical Center

1030 Jefferson Avenue Memphis, TN 38104

Phone: (901) 523-8990

Services: Medical and Mental Health Services for Veterans, TI

HEALTH CLINICS

BY ZIP CODE

38105

Health Department ~~Department~~

814 Jefferson Avenue Memphis, TN 38105

Phone: (901) 222-9000

757 Galloway Avenue Memphis, TN 38105

Phone: (901) 222-9721

477 N. Manassas Street Memphis, TN 38105

Phone: (901) 222-9721

1064 Breedlove Memphis, TN 38107

Phone: (901) 515-5400

902 N 7th Street West Memphis, AR 72301

Phone: (870) 735-4334

Memphis Area Ryan White Part A Program

814 Jefferson Ave Memphis, TN 38105

Phone: (901) 222-9409

Services: Medical and supportive services for individuals living with AIDS/HIV

38108

Walgreens

2471 Jackson Avenue Memphis, TN 38108

(901) 454-1615

Phone: (901) 320-7837

Phone: (901) 725 -1717

HEALTH CLINICS

BY ZIP CODE

38112

A Step Ahead Foundation

3704 Walker Avenue Memphis, TN 38112

Phone: (901) 320-7837

Planned Parenthood

2430 Poplar Avenue, Ste 100 Memphis, TN 38112

Phone: (901) 725 -1717

38115

Christ Community Hickory Hill Health Center

5366 Winchester Rd Memphis, TN 38115

Phone: (901) 271-6100

Walgreens

3670 Riverdale Road Memphis, TN 38115

Phone: (901) 309-2621

38127

Resurrection Health Clinic

2150 Whitney Ave Memphis, TN 38127

Phone: (901) 271-9500

Services: Adult Medicine, Women's Health, Children, General Surgery, Behavioral Health

HOUSING RESOURCES

BY ZIP CODE



HOUSING RESOURCES

BY ZIP CODE

Housing Resources

38103

Hospitality Hub

82 N Second St Memphis, TN 38103

Phone: (901) 522-1808

Services: Housing and CM

38104

Genesis Homeless Services

1325 Jefferson Ave Memphis, TN 38104

Phone: (901) 722-4729

Services: Housing and CM services

38105

Memphis Housing Authority

700 Adams Avenue Memphis, TN 38105

Phone: (901) 544-1367

38108

Safe Harbor of Memphis

3630 Jackson Ave Memphis, TN 38108

Phone: (901) 382-0966

Services: Transitional housing and Res SA

38127

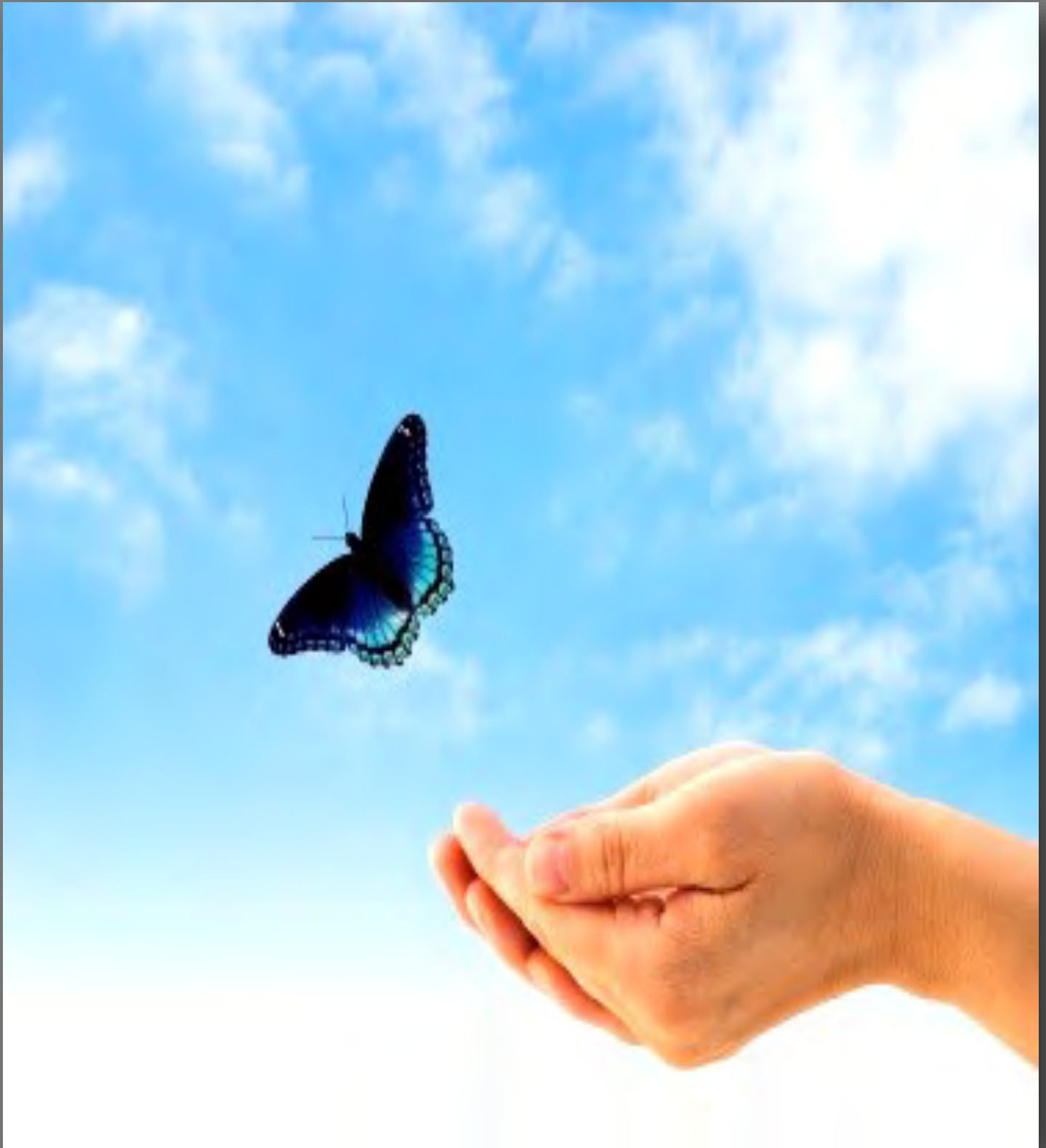
Memphis Union Mission

4535 Benjestown Rd Memphis, TN 38127

Phone: (901) 526-8434

Services: Housing and emergency shelter

VICTIM SERVICES BY ZIP CODE



VICTIM SERVICES

BY ZIP CODE

Victim Services

38104

Crime Victim's Center

1750 Madison Avenue Memphis, TN 38104

Phone: (901) 545-4337

Services: Crisis Counseling, Domestic Violence, TI, Legal Support

Family Safety Center (located in same bldg)

Phone: (901) 222-4400

Services: TI, Domestic Violence Services

Rape Crisis Center

1750 Madison Ave., Ste. 102 Memphis, TN 38104

Phone: (901) 222-4350

Services: TI, Sexual Violence Victim

38105

Child Advocacy Center

1085 Poplar Avenue Memphis, TN 38105

Phone: (901) 525-2377 (901) 888-4390

Services: TI, Abuse Prevention and Interventions

38152

Athena Project - University of Memphis

400 Innovation Dr Memphis, TN 38152

Phone: (901) 678-2147

Services: Domestic Violence/Trauma Counseling, TI

LEGAL SERVICES & SUPPLEMENTAL RESOURCES BY ZIP CODE



LEGAL SERVICES

RESOURCES BY ZIP CODE

Legal Services

Just City

Phone: (901) 206-2226

Memphis Area Legal Services

109 N. Main Street, Ste 200 Memphis, TN 38103

Phone: (901) 353-5440

SUPPLEMENTAL RESOURCES BY ZIP CODE

Supplemental Services

38105

Uptown Resource Center

314 A.W. Willis Avenue Memphis, TN 38105

Phone: (901) 636-6980

Neighborhood Redevelopment Program

Urban Child Institute

600 Jefferson Ave, Ste 200 Memphis, TN 38105

Phone: (901) 523-9199

38107

Neighborhood Christian Center

785 Jackson Avenue Memphis, TN 38107

Phone: (901) 881-6013

Services: Education, support and empowerment programs for youth, expecting mothers and families.

38126

Metropolitan Inter-Faith Association (M.I.F.A.)

910 Vance Avenue Memphis, TN 38126

Phone: (901) 527-0208

Community Services Agency

Phone: (901) 222-4200

Respite Programs

Phone: (901) 353-5440

FREE FAMILY FUN
RESOURCES BY ZIP CODE



FREE FAMILY FUN

RESOURCES BY ZIP CODE

Lichterman Nature Center (Admission free on Tuesdays from 1:00 until closing)

5992 Quince Road Memphis, TN 38119

<http://www.memphismuseums.org>

Art Museum, U of M

CFA Room 142

3750 Norriswood Memphis, TN 38152

Phone: (901) 678-2224

<http://www.wamum.org>

The Center for Southern Folklore & Cafe

(No charge for the entrance into the museum)

119 S. Main Memphis, TN 38103

Phone: (901) 525-3655

<http://www.southernfolklore.com>

The Dixon Gallery and Gardens (Free admission every Saturday from 10am to 12pm)

4339 Park Avenue Memphis, TN 38117

Phone: (901) 761-5250

<http://www.dixon.org>

Brooks Museum of Art

1934 Poplar Avenue Memphis, TN 38104

Phone: (901) 544-6200

<http://www.brooksmuseum.org>

FREE FAMILY FUN

RESOURCES BY ZIP CODE

Pink Palace Museum & Mansion (Museum exhibits are free on Tuesday after 1pm)

3050 Central Avenue Memphis, TN 38111

Phone: (901) 320-6320

Memphis Zoo (Free admission on Tuesday from 2pm-5pm)

2000 Prentiss Place Memphis, TN 38112

Phone (901) 276-9453

<http://www.memphiszoo.org>

National Civil Rights Museum (Free admission on Mondays from 3pm to 5pm)

450 Mulberry Street Memphis, TN 38103

Phone: (901) 521-9699

<http://www.civilrightsmuseum.org>

Peabody Hotel (The march of the famous ducks 11am-5pm daily)

149 Union Avenue Memphis, TN 38103

Phone: (901) 529-4000

<http://peabodymemphis.com>

Shelby Farms Park

7161 Mullins Station Memphis, TN 38134

Phone: (901) 382-0235)

<http://www.shelbyfarmspark.org>

Trolley Rides

The last Friday of every month, galleries on Main Street are open for this event from 6:00 p.m. 9:00 p. m.

MemFish (No admission fee)

5719 Quince Road Memphis, TN 38119

Phone: (901) 766-2992)

FREE FAMILY FUN

RESOURCES BY ZIP CODE

The Levitt Shell

Free concerts Thurs-Sun in spring and fall

Overton Park 1930 Avenue Memphis, TN 38104

<http://www.levittshell.org>

Meeman-Shelby Forest State Park

910 Riddick Rd Millington, TN 38053

Phone: (901) 876-5215

Playhouse on the Square (Pay what you can days)

51 South Cooper Memphis, TN 38104

Phone: (901) 320-6362

<http://playhouseonthesquare.org>

Stax Museum of American Soul Music (Free for children ages 8 and under)

926 E. McLemore Memphis, TN 38106

Phone: (901) 946-2535

<http://soulsvilleusa.com>

Farmers Market

545 S. Main Street Memphis, TN 38103

Contact by email: info@memphisfarmersmarket.org

FREE MENTAL HEALTH APPS



FREE MENTAL HEALTH APPS

Anxiety

SAM - Self Help for Anxiety Management

App designed to help people manage physical symptoms of anxiety and depression. (App Store, Google Play)

MindShift

App designed to help teen and young adults cope with anxiety. (App Store and Google Play)

Bullying

Bully Report Anonymous Reporting App

App that allows users to anonymously alert their school teacher or counselor when user knows someone is being bullied. (App Store)

Code Blue

Designed for providing support to teenagers dealing with bullying or depression. App alerts support group when user needs immediate help, also includes location sharing. (App Store and Google Play)

Depression

IntelliCare

Suite of apps that work together to target common causes of depression and anxiety like sleep problems, social isolation, lack of activity, and obsessive thinking. (Google Play)

FREE MENTAL HEALTH APPS

Positive Activity Jackpot

This app uses a behavioral health therapy called pleasant event scheduling (PES), which is used to overcome depression and build resilience by helping users creatively plan positive events.

(App Store and Google Play)

Mindfulness

BellyBio Interactive Breathing

Biofeedback device that monitors breathing and plays sounds reminiscent of ocean waves to relax and cope with anxiety and stress. (App Store)

Breathe2Relax

Developed for stress management, this app helps reduce stress, stabilize mood, control anger and manage anxiety through breathing exercises. (App Store and Google Play)

Headspace

A gym membership for your mind. This app provides a course of guided meditations, the first ten guided meditations are free.

(App Store and Google Play)

Insight Timer

As one of the highest rated free meditation apps, Insight Timer provides a community of meditation for users all over the world.

(App Store and Google Play)

FREE MENTAL HEALTH APPS

Stop, Breathe & Think

App designed to guide people through meditation for mindfulness and compassion. (App Store and Google Play)

PTSD

PTSD Coach

This app was developed by the Department of Veterans Affairs' National Center for PTSD. The app is intended for use of veterans, military personnel, and civilians experiencing symptoms of PTSD. This app has tools for contacting support people, treatment centers, and the National Suicide Prevention Hotline. (App Store Google Play)

Sleep

Nature Sounds Relax and Sleep

This app lets users choose from a variety of natural noises, ranging from city sounds to waves crashing on the beach. Users can listen as little or long as they want by using the start/stop timer. (App Store and Google Play)

Pzizz Sleep

This app helps fight insomnia by generating a new sound each time user uses the app, so the users mind won't get used to the same overplayed sounds. (App Store and Google Play)

ONLINE DIRECTORY FOR PERSONS OF COLOR



ONLINE DIRECTORY OF PROVIDERS

- | | | | |
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| 1 | Ayana Therapy | 9 | Trap Therapist Directory |
| 2 | Caribbeantherapists.com | 10 | Therapy for Black Girls |
| 3 | Christian Counselor Directory | | |
| 4 | Ethniccounselors.com | | |
| 5 | Institute of Muslim Mental Health | | |
| 6 | National Queer + Trans Therapist of Color Network | | |
| 7 | Open Counseling | | |
| 8 | Open Path Collective | | |

ADDITIONAL RESOURCES

- | | |
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| 11 | Black Men Heal |
| 12 | Global Health Psychiatry |
| 13 | The Loveland Foundation |



ONLINE DIRECTORY OF PROVIDERS

PROVIDERS ACCEPTING SAFETY NET ASSISTANCE

- 14 Alliance Healthcare Services
- 15 Behavioral Health Safety Net
- 16 Cherokee Health Systems
- 17 CMI Healthcare Services
- 18 Life Care Family Services
- 19 Professional Care Services of West TN, INC.

OTHER INTEGRATED BEHAVIORAL HEALTH CENTERS

- 20 Christ Community Health Services, INC.
- 21 Christian Community Health Fellowship
- 22 Memphis Health Center, INC.
- 23 Tri State Community Health Center

ONLINE DIRECTORY OF PROVIDERS



1 AYANA THERAPY Ayanatherapy.com

They strive to address the strong lack of engagement between minorities and the mental health care industry which arises as a result of cost, stigma, and lack of cultural competency. They achieve this by matching users with licensed professionals that share their unique traits, values, and sensibilities. It allows for flexible, convenient, and anonymous online communication (text, call, and video call) and address barriers to care such as transportation issues busy schedules and mobility challenges that people may face.

2 CARIBBEANTHERAPIST.COM

As Caribbean nationals, we know more than anyone about the stigma surrounding mental illness in the Caribbean culture. Just because we are no longer living in the Caribbean, doesn't mean that the stigma isn't still there. And just because traditionally we are not inclined to seek mental health assistance, doesn't mean we don't need it. So when we finally make that difficult decision to get help for our struggles knowing that the person we are talking with fully understands who we are and where we are coming from, can make the process less stressful.

ONLINE DIRECTORY OF PROVIDERS

3

Christian counselor directory

christiancounselordirectory.com

There is no distinction at this directory between the professional Christian therapist and the professional therapist who is a practicing Christian: Some of the therapists listed in this directory are well known in their community as professional Christian therapists. Others listed here are more recognized as professional therapist who are Christians. We have also permitted the listings of credentialed pastoral counselors. The therapy seeker is expected to review the credentials and specialties of all the highly qualified professionals in this directory and

4

Ethnic Counselors

Ethniccounselors.com

An online directory where you can find multilingual culturally & spiritually competent African, African American, Arab, Asian, Buddhist, Caribbean, Christian, European, Hindu, Jewish, Latino, Muslim, Native American, Sikh, spiritual, etc. mental health provider.



ONLINE DIRECTORY OF PROVIDERS



5

NATIONAL QUEER & TRANS THERAPIST OF COLOR NETWORK

NQTTCN.COM

National Queer and Trans Therapists of Color Network (NQTTCN) is a healing justice organization committed to transforming mental health for queer and trans people of color (QTPoC). They envision a world where all people have access to healing resources rooted in social justice and liberation to recover from trauma, violence, and systemic oppression. We specifically acknowledge the harm and violence perpetuated by the medical-industrial complex and actively work to both intervene directly on this system as well as create new systems of care for our communities.

6

INSTITUTE OF MUSLIM MENTAL HEALTH

muslimmentalhealth.com

Since 2006, the Institute for Muslim Mental Health (IMMH) has been mobilizing mental health professionals interested in caring for Muslims to exchange resources, disseminate original research on Muslim mental health, trained professionals and community leaders, mentored students and young professionals, and connected American Muslims to mental health services.

ONLINE DIRECTORY OF PROVIDERS

7

OpenCounseling

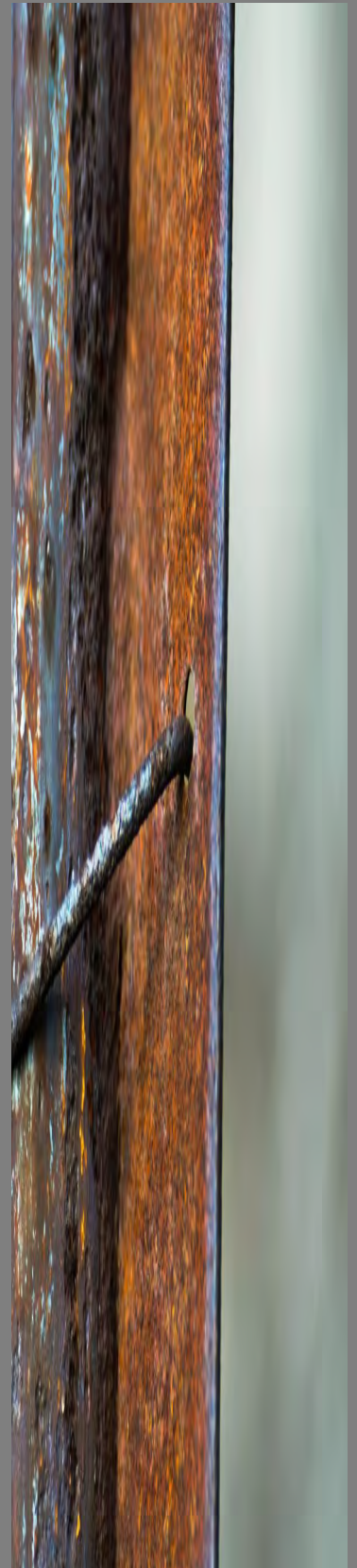
[OpenCounseling.com](https://www.opencounseling.com)

Fewer than half the people struggling with mental health receive the services they need. OpenCounseling is transforming mental health by giving people the information they need to find affordable treatment where they live. While we believe America needs to invest more in mental health care, we know many affordable options already exist that are unfortunately hidden from view. We believe information about these options should be more widely available and that it shouldn't be hard to find for the people who need it most. We want to make it easier for people to find and use local mental health resources.

8 OPEN PATH PSYCHOTHERAPY COLLECTIVE

[OPENCOLLECTIVE.COM](https://www.opencollective.com)

Open Path Psychotherapy Collective is a non-profit nationwide network of mental health professionals dedicated to providing in-office mental health care, at a steeply reduced rate, to individuals, couples, children, and families in need.



ONLINE DIRECTORY OF PROVIDERS

9

TRAP THERAPIST DIRECTORY

TRAPTHERAPIST.COM

Trap Therapists provides a platform for mental health therapists from urban, low-income backgrounds to share their stories, connect with other “trap therapists”, and market their services from potential clients also from marginalized communities. Trap Therapist confronts the reality that all minority therapists haven’t experienced life below the poverty level or lived in environments rich with violence and crime. Currently, Trap Therapist offers statement apparel, cultural competency trainings for mental health professionals, a radio show, and a directory featuring licensed private practice clinicians who also identify as trap therapists.

10

THERAPY FOR BLACK GIRLS

THERAPYFORBLACKGIRLS.COM

Therapy for Black Girls provides a directory of therapist as well as podcasts and blogs in order to create an online space dedicated to encouraging the mental wellness of Black women and girls by presenting mental health topics in a way that feels more accessible and relevant.



OTHER ONLINE RESOURCES

11

BLACK MEN HEAL

BLACKMENHEAL.ORG

Training/consultation provider for companies, non-profit, organizations, social service agencies, local systems, and government agencies with an interactive consulting/training process that assists with the needs assessment, planning, discussions, or implementing services workshops, events, or involvement specific to Black Men.

12

GLOBAL HEALTH PSYCHIATRY

GYPSYCHIATRY.ORG

GHP attempts to bridge the gap between the community and mental health professions and treatment. GHP hopes to strengthen the community through focusing on the individual as the center of their circle of life. It is important to understand that the other circles of family and surrounding community greatly impact the globe of mental health around the individual. Focusing on the globe with the individual as the center will lead to better, more informed, and compassionate care.

13

THE LOVELAND FOUNDATION

THELOVELANDFOUNDATION.ORG

With the barriers affecting access to treatment by member of diverse ethnic and racial groups. Loveland Therapy Fund provides financial assistance to Black women and girls nationally seeking therapy.



OTHER ONLINE RESOURCES

14

ALLIANCE HEALTHCARE

ALLIANCE-HS.ORG

The largest comprehensive behavioral health provider in Shelby County offering affordable outpatient, intensive outpatient, home-based, and community based programs, including a continuum of crisis services, alcohol and drug therapy, individual and group therapy, medically monitored chemical detox, parent-child interaction therapy, and trauma focused cognitive behavioral therapy. They are also a Safety Net Provider.

15.

BEHAVIORAL HEALTH SAFETY NET

[CLICK HERE TO SEE IF YOU QUALIFY](#)

Behavioral Health Safety Net of Tennessee provides essential mental health services to people who are uninsured, underinsured, or have no means to pay. 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.



OTHER ONLINE RESOURCES

16 CHEROKEE HEALTH SYSTEMS

CHEROKEEHEALTH.COM

Cherokee Health Systems is committed to ensuring every Tennessean has access to effective high-quality care and ensure services available to anyone who needs them. They offer comprehensive health services, 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 and those who have no insurance coverage. We proudly offer sliding-fee scales to those who meet certain household size and income guidelines as well as Safety Net Assistance.

17 CMI HEALTHCARE SERVICES

CMIOFMEMPHERS.ORG

Through merger and acquisition, the organization has experienced tremendous growth to become the largest community mental health center in West Tennessee. They provide a full array of behavioral health services to both adults and children, to include medication, management , counseling, and therapy, A&D services, house services, on-site pharmacy services, and always consumer advocacy. CMI Healthcare Services is licensed by the state of TN Dept of Mental health & Developmental Disabilities, and by the State Department of Health. They are also a Safety Net Provider



OTHER ONLINE RESOURCES

18

LIFECARE FAMILY SERVICES

LIFECAREFAMILY.ORG

Lifecare is a faith-based Community Mental health Center that works to strengthen and promote the mental, emotional, physical, and spiritual wellbeing of self and family by offering individual or family therapy, child and adult psychiatric care and counseling, mental health case management, and in Home Child and Family Services. They are also a safety Net Provider

19 PROFESSIONAL CARE SERVICES OF WEST TN, INC

PCSWTN.ORG

Professional Care Services of West Tennessee, Inc. is an agency composed of caring and involved professionals who are trained to respond to the mental health needs of their community through assessment, intervention, treatment, rehabilitation, and support. Since the beginning the primary purpose of the agency has been to provide services for the citizens of our communities. They are also a Safety Net Provider.



OTHER ONLINE RESOURCES

20 CHRIST COMMUNITY HEALTH SERVICES

CHRISTCOMMUNITYHEALTH.ORG

CCHIS provides high-quality healthcare to the underserved in the context of distinctively Christian service. They recognize Jesus Christ as the true healer of individuals and their communities and the source of their ability to service as they fulfill the physical spiritual, emotional needs of the underserved, the uninsured, and the homeless in Memphis. Services they provide include: adult and pediatric primary care, behavioral health, women's health, dentistry, HIV care and refugee services.

21 CHRISTIAN COMMUNITY HEALTH FELLOWSHIP

CCHF.ORG

CCHF is the joint effort of those in the movement to help others find their place in our common cause, preserve in our mutual calling, and grow in our understanding of what it means to be ambassadors of Christ in healthcare and in communities of need. They provide traditional primary care services as well as behavioral health and dental services.

22 MEMPHIS HEALTH CENTER, INC

MEMPHISHEALTHCENTER.ORG

Memphis Health center's mission is to improve community health and well-being for the citizens of Shelby and Fayette counties, Tennessee and to provide 100% Access and 0% Disparity. They provide women's health, oral health, adult medicine and podiatry services and offer a variety of financial programs.



OTHER ONLINE RESOURCES

23 TRI STATE COMMUNITY HEALTH CENTER

TRISTATEHC.COM

Tri State Community Health Center will provide quality and affordable comprehensive medical services and behavior health services to the residents in and around Shelby county. They offer various services including adult and pediatric primary care, acute care, behavior health, case management, dental care, women's health care, referrals as well as affordable health programs and services such as immunizations for children.

