

The Memphis Survival Guide is sponsored by:



### Mid-South Peace and Justice Center

"We can change the face of homelessness, but we can't do it alone. We are all one body, one team, one voice. No one is better than the other, no effort is too small. Together we can make a difference, one person at a time."

**Tamara Hendrix,**  
Organizing Coordinator  
Homeless Organizing for Power & Equality

3573 Southern Ave  
Memphis, TN 38111  
901.725.4990  
Fax: 901.725.7858

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www.midsouthpeace.org  
www.twitter.com/midsouthpeace



**HOMELESS ORGANIZING FOR POWER & EQUALITY**



# SURVIVAL GUIDE 2017-18



## Memphis/Shelby County Emergency Housing Partnership

Hotline for Families

**901.529.4545**

(operated 24 hours a day, 7 days a week)



If your family is currently homeless or facing imminent homelessness, the Memphis/Shelby County Emergency Housing Partnership can help you find immediate assistance, as well as connect you with an EarnBenefits counselor that will help pursue benefits for which you may be eligible.

Only those with children who are either currently homeless or facing immediate and imminent homelessness qualify for the program. Those callers will be assessed for eligibility for the Homelessness Prevention and Rapid Rehousing Program, or referred to Metropolitan Inter-Faith Association's Emergency Services program. Others will be referred to programs more adequately suited to their situation.

### Dial 2-1-1 for Help

If you are looking for help, or want to provide someone with help, just dial **2-1-1** to reach the community information and referral resources of **LINC**, the Library Information Center at the Memphis Public Library. LINC, in conjunction with United Way of the Mid-South, maintains a large, comprehensive database of human services organizations, government agencies, and volunteer groups.

#### Free and Immediate Information for help when:

- You are homeless and do not qualify for rapid rehousing programs
- You need affordable, reliable childcare
- You need help with clothing or meals
- You have questions about eligibility for Food Stamps or other state and federal benefits
- You need information about available transportation for the disabled
- You are seeking help with substance abuse or mental health problems
- You are a runaway teen and seeking help

#### 2-1-1 Hours

Mon-Thu 10 am. to 8 p.m.

Fri-Sat 10 a.m. to 5 p.m.

Sunday 1 p.m. to 5 p.m.

or (901) 415-2790,

(885) 354-4211



**MEMPHIS  
PUBLIC  
LIBRARY**  
INFORMATION CENTER



United Way  
of the Mid-South



**HOMELESS ORGANIZING FOR POWER & EQUALITY**

HOPE is a grassroots organization made up exclusively of women and men who have formerly or are currently experiencing homelessness.

**HOPE Meets EVERY WEDNESDAY from 2:30-4:30 PM**  
**@ Memphis Center for Independent Living**  
**(1633 Madison Ave, Memphis TN 38104)**

For more information, contact Tamara Hendrix,  
tamara@midsouthpeace.org or (901)725.4990  
facebook.com/homelessorganizing

## Bring Back The 31



**for RIDERSHIP** -OVER 2,500 PASSENGERS DAILY  
**for ECONOMY** -CONNECT WORKERS to JOBS  
**for FREQUENCY** -EVERY 15 mins, 5AM to 12AM  
**for EQUITY** -ACCESS for NORTH & SOUTH MEMPHIS

## for justice!

**MEMPHIS BUS RIDERS UNION**  
**is WORKING TO BRING IT BACK!**



**our 31.org**

**FOR MORE INFO: 901.205.9737**

## Fishes and Loaves

Closet open Tues and Thurs 11:30 am to 1 pm  
Food pantry/distribution is MWF 11:30-1

Fishes and Loaves is a clothes closet and food pantry offering assistance to those in need.

Fishes and Loaves is located at First Congregational Church, 1000 S Cooper (just south of the intersection of Cooper and Young).



### Memphis Center for Independent Living

1633 Madison Ave, Memphis TN 38104  
Mon-Fri 9am - 5pm except major holidays

(901) 726-6404

#### A place for individuals with disabilities and family members

We provide informations and referral, advocacy, peer mentoring, nursing, home transition, and independent living skills. Helping persons navigate with the various resources in the community for individuals with disabilities.

**MCIL** is a non-profit community-based organization; we utilize donations of individuals wanting to volunteer their time and financial support that is very critical to the success of our continuing efforts to motivate individuals and family members with knowledge of disabilities and rights.



**This guide contains information about public and private agencies and organizations offering services to people experiencing homelessness in Memphis.**

#### PLEASE NOTE THE FOLLOWING:

1. All the information in the Guide was collected from the agencies themselves and every effort possible was made to ensure the accuracy. If there has been an error, please contact the Mid-South Peace and Justice Center and we will update them on our next edition of the HOPE Memphis Survival Guide
2. Inclusion of a particular program or service in this directory does not constitute endorsement, nor omission disapproval, of a program or service
3. Please be aware that many of the agencies and organizations listed in this Guide have limited resources. The fact that they are included does not guarantee that they are able to help everyone who is referred to them.

#### Mid-South Peace and Justice Center

3573 Southern Ave. Memphis, TN 38111

901.275.4990

Fax 901.725.7858

center@midsouthpeace.org

www.midsouthpeace.org





**Mid-South Peace and Justice Center**  
3573 Southern Ave, Memphis, TN 38111  
[www.midsouthpeace.org](http://www.midsouthpeace.org)

We are a multi-issue, cross-constituency, and membership-based organization working to fulfill our mission to engage, organize, and mobilize communities to realize social justice through nonviolent action.

The homeless community has faced many injustices, and we are dedicated to improving services and empowering the homeless. Instead of taking a top-down approach to confronting homelessness, we want to see that their voices are added to the conversation and ensure they have a seat at the table. Collaboration between service organizations and people who are homeless will allow us to have a better understanding of the problem, leading us to a better solution.

Our current efforts to improving the living conditions of Memphis's homeless include facilitation Homeless Organizing for Power and Equality (HOPE) and the Memphis Bus Riders Union.

Homelessness is nothing less than a human rights issue. In addressing this challenge, we intend to do everything we can to ensure a higher quality of life for all Memphians.



## Free Monthly Legal Clinic

Felony disenfranchisement is a serious issue with far reaching consequences for our communities. This is why Mid-South Peace and Justice Center partnered with Memphis Area Legal Services, the Memphis Bar Association, and the Shelby County Public Defender's Office to help felons restore their rights.

**WHERE:** Benjamin L Hooks Central Library, 3030 Poplar Ave, (901) 415-2700

**WHEN:** The second Saturday of every month from 10am-12pm (we recommend you get there 20-30 minutes early)

Individuals with a legal question can talk to face to face with an attorney in order to get quick advice. Make sure to bring any documents you have pertaining to your legal situation.

Questions? Call Memphis Area Legal Services at (901) 523-8822



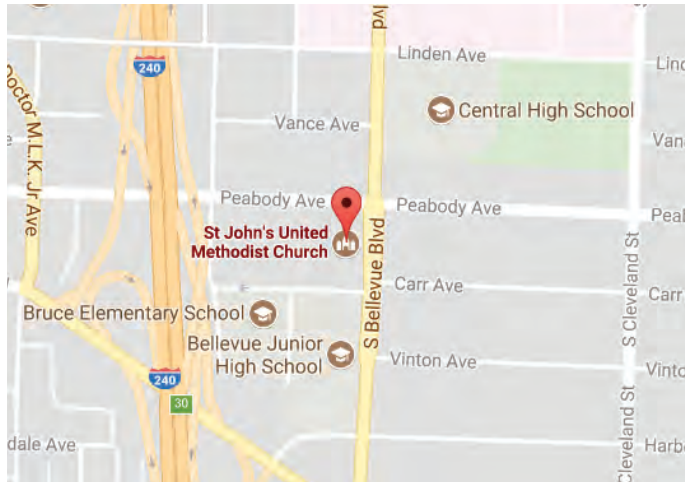
Eligibility for housing is determined based on a two-step process:

1. An initial screening known as the V.I.
2. A second assessment, known as the VAT for those found vulnerable through the V.I.

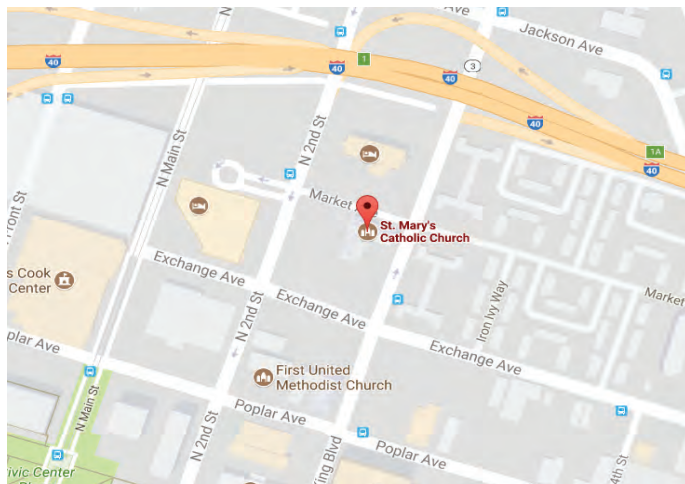
Vulnerability Index screenings are completed on Tuesdays from 9:30-11:30 @ the Hospitality Hub (82 N Second St)

Status can be checked at the Hub on Tuesdays; individuals in need of a VAT can also come to the Hub on Tuesdays 9:30-11:30





**ST. JOHN'S UNITED METHODIST CHURCH,  
1207 PEABODY AVE**



**ST. MARY'S CATHOLIC CHURCH, 115 MARKET AVE**



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**THANK YOU** to Madeline Estes for all of her hard work, updating and reformatting this latest edition of the HOPE: Memphis Survival Guide! for a printable version of the guide, visit [midsouthpeace.org](http://midsouthpeace.org)





*A place of Hospitality for Homeless and Poor Persons*

1268 Jefferson, Memphis, TN 38104

Monday, Tuesday, Thursday: 8 am to 11:30 am

In the spirit of hospitality in each of the world's great religions, Manna House provides a place of welcome where persons are treated with respect and dignity.

Each day that we are open we offer coffee, water, use of restrooms, a place to relax, read, or play board games. On Mondays and Thursdays there are showers for men (limited to 20, with signup the previous day that Manna House is open), and on Tuesdays there are showers for women (limited to 15, with signup on Monday).

Also on Mondays and Thursdays "Socks and Hygiene" are offered to 51 persons. On Tuesdays "Socks and Soap" are offered to 51 persons. There is no requirements for ID or social security number to access any of these services. To ensure that a person gets on the "Socks and Hygiene" List it is necessary to arrive before 8:30 am. The list fills up fast, especially toward the end of the month. We begin to sign persons up for both "Socks and Hygiene" and the shower list at 7:45 am. Manna House does not have a phone.

Manna House is funded completely by donations and neither seeks nor accepts government funding. There is no paid staff at Manna House; all are volunteers.

Sincerely, Kathleen Kruczek, Co-Director  
and Peter R. Gathje, Co-Director



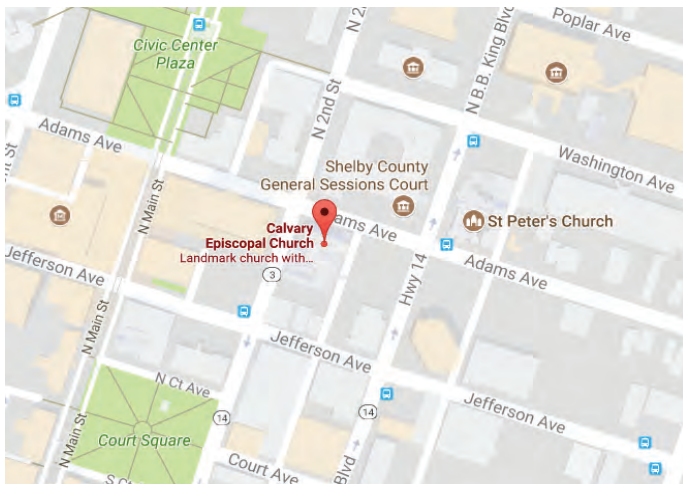
**FIRST PRESBYTERIAN CHURCH, 116 POPLAR AVE**



**MANNA HOUSE**



**ST. VINCENT DE PAUL FOOD MISSION, 1306  
MONROE AVE**



**CALVARY EPISCOPAL CHURCH, 102 N 2ND ST.**



- You have a right to **remain silent**. If you wish to exercise that right, say so out loud.
- You have a right to **refuse to consent to a search** of yourself, your car, or your home. Police may “pat down” your clothing if they suspect a weapon. Do not physically resist, but you have the right to refuse any further search.
- **If you are not under arrest**, you have the right to calmly leave. If you are arrested, you have a right to know why.
- You have a right to a **lawyer** if arrested. Ask for one immediately, do not give any explanations or excuses. If you cannot pay for a lawyer, **you have a right to a free one**. Do not say anything, sign anything, or make any decisions without one.
- **Regardless of your immigration or citizenship status, you have constitutional rights.**
- If you are arrested, you have the right to a local phone call. Police cannot listen if you are calling your lawyer.
- Prepare yourself and your family in case you are arrested.  
**Memorize your family and lawyers phone numbers.**



#### IF YOU FEEL THAT YOUR RIGHTS HAVE BEEN VIOLATED

- Remember: **Police misconduct cannot be handled on the street.**
- Write down everything you remember, including the officer's badge and patrol car numbers. Get contact info from witnesses, take photos of any damage or injuries.
- File a written complaint with the agency's internal affairs division, civilian law enforcement review board, or local ACLU.

**Internal Affairs Department**  
2714 Union Ave Ext, Suite 600  
Memphis, TN 38112  
CONFIDENTIAL HOTLINE  
901-636-4979  
Office Number  
901-636-4955

**Civilian Law Enforcement  
Review Board**  
901-576-6840

**ACLU Tennessee**  
615-320-7142





	Monday	Tuesday	Wednesday
<b>Calvary Episcopal Church</b> 102 N. Second Street			
<b>St. Vincent de Paul Church Food Mission</b> 1306 Monroe	9:30-11am	9:30-11am	9:30-11am
<b>Memphis Union Mission</b> 282 Poplar Ave	10:45 AM	10:45 AM	10:45 AM
<b>Grace St. Luke's Episcopal Church</b> 1720 Peabody Ave			
<b>First Congregational Church Loaves and Fishes</b> 1000 South Cooper St	(Food pantry) 11:30am-1:00pm	11:30am-1:00pm	(Food pantry) 11:30am-1:00pm
<b>First Presbyterian Church</b> 166 Poplar Ave			
<b>Burrito Ministries at Iona Community of Faith</b> 212 N Second St		5:00 PM	
<b>St. John's Methodist Church</b> 1207 Peabody	Morning food pantry and diapers	4:30-5:30 Soup Kitchen	Morning food pantry and diapers
<b>St. Luke's United Methodist Church</b> 480 Highland St.			
<b>St. Mary's Catholic Church</b> 155 Market St.	Soup Kitchen 7am-10am	Soup Kitchen 7am-10am	Soup Kitchen 7am-10am
<b>St. Mary's Episcopal Cathedral</b> 700 Poplar Ave			Breakfast 8:30am-1pm
<b>Highland Heights United Methodist Church</b> 3476 Summer Ave	Food Pantry 9:30-11:00am Lunch 12pm		
<b>St. Andrew's AME Church</b> 1369 Mississippi Blvd			Pantry and clothes closet 5-7pm

**HOSPITALITY HUB, 82 N SECOND ST****MEMPHIS UNION MISSION**





Want to let your elected officials know your feelings about an issue in Memphis or Shelby County? You can always contact elected representatives--this is your **right!**

**City of Memphis:** memphistn.gov

**Mayors Office:** Mayor Jim Strickland, 125 N Main St. Room 700, (901) 576-6000, mayor@memphistn.gov

**Districts:** <http://www.memphistn.gov/Government/CityCouncil.aspx>

**Memphis City Council:** 125 N Main St, Room 514, (901) 636-6786

**Shelby County:** shelbycountyn.gov

**Mayor's Office:** Mayor Mark H Luttrell, Jr. 160 N Main St, Suite 850 (901) 222-2000 markluttrell@shelbycountyn.gov

**Shelby County Board of Commissioners:** 160 N Main St Suite 450, (901) 222-1000

**Sherif's Office:** Bill Oldham 201 Poplar, Suite 902, (901) 222-5500

**Other useful resources:**

**Websites:**

- Memphis Homeless Options: memphishomlessoptions.org (online database of potential resources that might help you or someone you are assisting leave homelessness)
- Tennessee Justice Center: tnjustice.org

**Hotlines:**

- Memphis Crisis Center (901) 274-7477
- Housing Crisis Hotline (901) 260-4663 (Available 24 hrs a day, screen callers to determine if you meet federal guidelines for homelessness, will then refer to MIFA for an assessment and intake to connect families to the most appropriate housing resources.)



Thursday	Friday	Saturday	Sunday
			7:30am-8:30am 2:30pm-3:30pm
9:30-11am	9:30-11am	9:30-11am	9:30-11am
10:45 AM	10:45 AM	10:45 AM	10:45 AM
			4:00 PM
11:30am-1:00pm	(Food pantry) 11:30am-1:00pm	11:30am-1:00pm	11:30am-1:00pm
		(must go to Hospitality Hub to get on list)	Soup Kitchen 2:30-3:30pm
	Morning food pantry and diapers	4:30-5:30 Soup Kitchen	
Food Pantry: 10am-12pm		Saturday Supper: 4:30pm	Breakfast: 7:45am
Soup Kitchen 7am-10am	Soup Kitchen 7am-10am	Soup Kitchen 7am-10am	
		Sack Lunches 9am	



**Calvary Episcopal Church**  
102 N. Second Street



**St. Mary's Catholic Church**  
155 Market St.

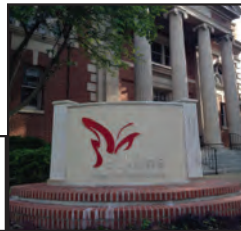


**First Congregational Church**  
1000 S. Cooper

**Memphis Union Mission**  
282 Poplar



**St. John's Methodist**  
1278 Peabody



### United Methodist Neighborhood Centers

Scott Center: 3000 Walnut Grove (see website for more locations: umnc.org)

(901) 323-4993, (901) 523-1036

All Centers: Tues&Thurs 9am-12pm

Food pantries located at Scott Center, Smith Center, Grace UMC, Asbury UMC, Jackson UMC Help Center, Faith UMC, Warren UMC; different centers serve different zip codes, additional services may vary; Scott Center may also provide Clothing Closet, counseling, or networking to available resources.



### Brinkley Heights Ministries: Emergency Services

3277 Rosamond (901) 324-3022

[brinkleyheights.com](http://brinkleyheights.com)

Emergency services provides clothes closet, food pantry, and spiritual & referral counseling program.

### Caritas Village

2509 Harvard Ave (901) 327-5246

Mon-Sat 9am-8pm

Free soup and sandwiches and a place to relax. Free medical clinic 2nd, 3rd, and 4th Tuesday (ID required). Serves those in the Binghampton area.

### Community Service Agency (CSA)

**Free**

2670 union exd suite 500 (901) 222-4200, (901) 222-4315

8:30am-4:30pm M-F [www.shelbycountyTn.gov](http://www.shelbycountyTn.gov)

Emergency rent and mortgage assistance, supplemental and emergency assistance, family support, weatherization, homeless programs, case management, out of school youth job program, and utility program. Call (901) 535-2200 Wednesdays at 8am to set up an appointment.

### Hospitality Hub (Calvary Episcopal Church)

**Free**

82 N Second St (901) 522-1808

MWF 9:30-1 Tu-Th 9:30-12:30 <http://www.hospitalityhub.org/>

Counseling, hospitality services, computer, phone, and locker access, Legal Clinic on 2nd Tues of every month at 1pm

### Latino Memphis

6041 Mt Moriah Rd Extd, Suite 16 (901) 366-5882

M-F 9am-4pm <https://www.latinomemphis.org/>

Education, Justice, Health services, advocacy for the betterment of the Hispanic Community

### Manna House (see page 6)

1268 Jefferson Ave

M&Th 8-11:30am, Tu 8-10:30am

### Memphis Center for Independent Living

1633 Madison Ave (901) 726-6404 M-F 9am-5pm

Action and advocacy for people with disabilities





continued...

**St. John's United Methodist Church**

1207 Peabody Ave (901) 726-4104

MWF 930-11, soup kitchen 430-530 Tues. and Sat.

[stjohnsmidtown.org/foodpantry](http://stjohnsmidtown.org/foodpantry)

Food pantry distributes in Midtown/downtown on M, W, F from 8:30am-11am,

Soup Kitchen open from 4:30-5:30pm on Tues and Sat. MIFA-certified Food

Pantry distributes pre-sacked non-perishable food to those referred by MIFA.

**St. Luke's United Methodist Church**

480 S Highland (901) 452-6262

Pantry 9am-12pm, Sat. supper 4:30pm, Sunday breakfast 8am

Food pantry Thurs 10-12pm, Saturday Supper at 4:30pm, Sunday Breakfast

at 7:45 am. Sunshine Service community breakfast and worship.

**St. Mary's Catholic Church**

155 Market St (901) 522-9420 M-Sat 7-10am

[stmary-memphis.com/soup-kitchen](http://stmary-memphis.com/soup-kitchen)

(Soup Kitchen by parking lot at 2nd and Exchange). Serve coffee, water,  
other beverages, sandwiches, soup and other food to residents of the 38111,  
38114, and 38117 areas.

**St. Mary's Episcopal Cathedral**

700 Poplar Ave (901) 527-3361

M-F 830-430, Sat 10am-1pm, breakfast Wed. 830-1,

sack lunches Sat. at 9

Breakfast is Wed 8:30-1pm and sack lunches are provided on Sat starting at  
9am (first come first serve, the line usually starts earlier than 9am)

**St. Michael Catholic Church**

3848 Forrest Ave (901) 323-0896, (901) 324-6411

Saturday 9-11am [saintmichaelmemphis.org](http://saintmichaelmemphis.org)

Food pantry saturday mornings (except holiday weekends) 9-10:45. Photo ID  
and proof of residency required for first visit only.

**Midsouth Food Bank**

239 S Dudley (901) 527-0841

M-Th 8am-5pm, F 8am-12pm

[midsouthfoodbank.org](http://midsouthfoodbank.org)

Partners with charitable feeding programs at various agencies and churches  
to provide food and other grocery items for distribution to qualified recipients,  
feeding hungry people free of charge

**Refuge Memphis**

3683 Austin peay Hwy (901) 410-8724

Food, clothing, counseling provided once a month (every 4th Saturday of  
each month) at the Raleigh location. Must bring ID and proof of income or  
food stamp letter/card. Pantry is open for emergencies on most Wednesdays  
from 6-7pm

**Team Laeth**

(901) 252-7565 Thursdays 6pm

Free meals on thursdays at 6 pm downtown area

**Mission Possible**

2400 Poplar Ave, Suite 428 (901) 458-4357

MWF by apointment only, Tu&amp;Th 10:30am-3:00pm

Clothing, non perishable foods

**Neighborhood Christian Centers, Inc**

785 Jackson Ave, 223 Scott Street (901) 881-6013

Tu-Th 9am-5pm

<http://ncclife.org/>

Food pantry and clothes closet, emergency assistance, Christmas outreach  
(food and toys), referrals and other services

**Victims to Victory, Inc**

1548 Poplar (901) 274-6828

M-F 9am-5pm

<http://www.victimstovictory.org>

Our mission is to help victims of crime and their families move from crisis to  
comfort through Christ. Provides individual and group counseling, assistance  
with victim compenstation claims, goes to court with victims, assisant with  
victim statments, trama focus training.

**Urban Bicycle Food Ministry**

(901) 486-0176, (901) 763-7542 Wednesday 6:30pm-12am

Missional group that meets weekly for fellowship, then goes out into the com-  
munity (on bicycles) for outreach, supplying food and basic needs to people  
who have been affected by homelessness. Groups travel Poplar and Madi-  
son from Downtown to Cleveland and another group travels Main and Beale  
Street.

**Women****Agape Child and Family Services****FREE**

3160 Directors Rd (901) 323-3600, (901) 324-5436, (901) 345-6403  
[agapemeanslove.org](http://agapemeanslove.org)

Serves homeless, pregnant women and mothers with up to 3 children with transitional housing and support systems

**Families in Transition (FIT)****FREE**

111 Racine St (901) 323-3600

A collaborative effort to serve homeless women and mothers fleeing domestic violence in transitional housing and support services.

**Memphis Family Center****(MIFA referral required)**

766 S Highland St (901) 278-2728, Intake: (901) 260-4663  
 M-F 8am-4:30pm

Transitional housing for homeless mothers and their children.

**Missionaries of Charity Homeless Shelters****FREE**

700 N 7th St (901) 526-5456

Women may stay overnight from 3pm-8am. Overnight shelter for women and children, may stay up to three weeks, dinner and breakfast are also provided.

**Salvation Army: Purdue Center of Hope****FREE**

696 Jackson Ave (901) 543-8586 (CALL FIRST)

For homeless women with up to 3 children. Provides long term (2-year) transitional housing.

**Seek for the Old Path****Sliding scale based on income**

1169 Linden Ave (901) 244-7812  
 30-day shelter

**YWCA Abused Women's Services****FREE**

766 S Highland St [memphisywca.org/](http://memphisywca.org/)  
 Hotline: (901) 725-4277, Job Training: (901) 948-8899, or  
 Office: (901) 725-5861

Emergency shelter for female victims of domestic abuse and their children

**First Congregational Church**

1000 S. Cooper (901) 278-6786 9:30am-2:30pm M-F  
 Community meal M-F 11am (free), both male and female 18+

**First Presbyterian Church**

166 Poplar Ave (901) 525-5619 [firstpresmemphis.org](http://firstpresmemphis.org) Soup  
 kitchen Sun 2:30-3:30pm, clothing closet every Sun at 2pm, hot meal,  
 hygiene kits. (20 hygiene kits available each Sun). 1st & 2nd Tues-go to  
 Hospitality Hub (82 N Second Street) to get on the list.

**Good Samaritan Church**

550 Poplar (901) 321-5368  
 Meals MWF 11am-12pm, Clothes Closet Fri 12-1pm, MIFA Food Basket  
 (must go through MIFA first) Tues & Thurs 9:30am-1pm

**Grace St. Luke's Episcopal Church**

1720 Peabody Ave (901) 272-7425  
 Free meal on Sunday at 4

**Greater Harvest COGIC**

3509 Boxdale (901) 794-5683 8-4pm M-F  
<http://www.greaterharvestcogic.org/>  
 Canned goods, food, community and rent assistance

**Highland Heights United Methodist Church**

3476 Summer Ave (901) 458-5966 Mondays 9:30-11am Food  
 pantry outreach only to people who live in the 38122, 38112, and 38108 zip-  
 codes. Monday meals at noon.

**Idlewild Presbyterian Church**

1750 Union (901) 726-4681  
 "More than a Meal" Thursday nights worship at 5pm, dinner at 5:30pm. Com-  
 munity worship service and free meal open to all.

**St. Andrew's AME Church**

1369 Mississippi Blvd (901) 948-3441 M-F 9am-5pm,  
 Provides a food and clothes pantry that's open every Wed night from 5-7pm.





Churches often have food pantries, clothing closets, and hygiene products. Sometimes they will even offer financial support to those in their community.

#### **Berclair Church of Christ**

4536 Summer (901) 685-9022

bagged lunches 9-11am

#### **Bellevue Baptist Church-Frayser**

3759 N Watkins St (901) 358-3391 9am-4pm

Income based food pantry for residents of the 38127 and 38107 area codes.

#### **Bibleway House of Prayer Ministries**

3261 Park Ave (901) 327-3007

M-F 10am-2pm, takes appointments W & F

Canned goods, food, clothing

#### **Breath of Life Seventh-Day Adventist Church**

5665 Knight Arnold Rd (901) 375-4023

Food pantry (call first)

#### **Burrito Ministries**

212 N 2nd St Tues 5pm

Burritos, water, and cookies served. Essential clothing, hygiene products, and cold weather items are provided as needed.

#### **Catholic Charities**

1325 Jefferson Ave (901) 722-4700

M-Th 8am-4:45pm, Fri 8am-7pm ccwtn.org

Catholic Charities services, food pantry and clothing closet may provide clothing voucher or referral to other CC services.

#### **Christ Missionary Baptist Church**

480 S. Parkway East (901) 948-9786

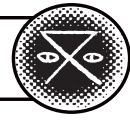
M-F 9am-5pm

Clothes closet Saturdays at 10

#### **Collins Chapel C.M.E. Church**

676 Washington St (901) 529-8187

1st Saturday of every month, 12-2pm



### **Men**

#### **Barron Heights Transitional Center (Veterans)**

**FREE**

1385 Lamar Ave (901) 728-5873

bhcdc.com

Medical referrals to VA hospitals, job counseling and preparations throughout stay, 40 beds for veteran males

#### **Calvary Rescue Mission**

**\$5, first 3 nights free**

960 S. Third St. (901) 775-2570

calvaryrescuemission.org

Mens shelter, checkin at 4pm, offers 2 meals per day and clothing, 21+

#### **Memphis Union Mission: Men's Emergency Shelter**

383 Poplar Ave (901) 526-8434

memphisunionmission.org

**4 free nights a month, \$6 after that**

### **Both/Families**

#### **Room in the Inn -Memphis**

**FREE**

212 2nd North St (901) 246-8052

November-March months

roomintheinn-memphis.org

Emergency shelter and meals during coldest months of the year at congregations across Memphis. Guests are screened and given vouchers for overnight stays. Guests are picked up at designated site and driven to the congregation. Call for details.

#### **SHEILD, Inc**

**\$10, MIFA referral required**

2552 Poplar, suite 215

(901) 454-9755

M-F 9am-5pm

<http://www.shieldmidsouth.org/content/shelters.htm>

Temporary emergency shelter in individual apartment for 30 days, case management, food vouchers, linkage and referral to housing and employment when available.

#### **Family Link (via Youth Villages)**

**FREE**

1582 Poplar Ave youthvillages.org

(901) 725-6911, Project Safe Place: (901) 276-7233

24/7 housing, support, mental health services for teens

#### **Living For Christ Restoration House**

**\$10/night, \$3/day**

3095 Thomas Street

(901) 791-4022

Check in 2-7pm

Housing/shelter, feed house and clothe the homeless men and women

**Birthright of Memphis**115 Alexander St. [birthrightofmemphis.org](http://birthrightofmemphis.org)(901) 327-8109, **Hotline:** 1-800-550-4900

M,T,Th 8:30-5, W 10-5, F 8:30-12:00

Counseling for pregnant women, free pregnancy tests, prenatal information, shelter referrals, parenting classes, adoption information.

**Her Faith Ministries, Inc**

3396 Park Avenue (901) 324-3705 9am-4pm T-F

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

Transitional housing, support, food and clothing, bus passes, GED assistance.

**Free****Mission Global Ministries****sliding cost based on income**

1600 S. Lauderdale, 898 S 3rd St

(901) 947-2296, (901) 948-9333, (901) 948-8629

M-F 7am-5pm

Live-in shelter program for women only, drug/alcohol support, work programs

**Rape Crisis Center**

1750 Madison #102 (901) 222-4350 M-F 8-4:30

<https://www.shelbycountyttn.gov/737/Rape-Crisis-Center>

Since 1975 the Shelby County Rape Crisis Center (RCC) has been empowering and caring for victims of sexual violence by providing free and confidential, comprehensive forensic nursing, advocacy and counseling services regardless of whether or noth the victim is reporting to law enforcement.

**Restore Corps**

1548 Poplar (901) 410-3590

We exist to eradicate human trafficking by empowering survivors, equipping communities, and seeking justice through systemic change.

**Memphis Union Mission: Moriah House**

6252 Gillespie Rd (901) 522-8819, (901) 526-8403

Recovery program for women who suffered from domestic abuse, addiction, depression, and prostitution and their children.

**Tennessee Coalition Against Domestic Violence** [www.tcadsv.gov](http://www.tcadsv.gov)**Life After Domestic Violence:** Tips for Survivors [www.essortment.com/all/violence-domesti\\_rdp.htm](http://www.essortment.com/all/violence-domesti_rdp.htm)**Domestic Violence Hotline in the US** 1-800-799-7233**National Domestic Violence Hotline:** 1-800-799-7322, 1-800-787-3224**Women's Resource and Rape Assistance Program Hotline** 1-800-273-8712**CAAP Inc. Domestic Violence Hotline** (901) 272-2221

For internet access:

<b>Benjamin L Hooks</b> 3030 Poplar Ave M-Sat 9am-6pm, Sun 1pm-5pm (901) 415-2700	<b>Barlett</b> 5884 Stage Road M-Thur 10am-8pm,F- Sat 10am-6pm, Sun 1pm-5pm (901) 386-8968	<b>Cherokee</b> 3300 Sharpe Ave M-Sat 10am-6pm, Sun-Closed (901) 415-2762
<b>Cordova</b> 8457 Trinity Rd M-Sat 10am-6pm, Sun-Closed (901) 415-2764	<b>Cornelia Crenshaw</b> 531 Vance Ave M-Sat 10am-6pm, Sun-Closed (901) 415-2765	<b>Cossit/Downtown</b> 33 South Front St M-Sat 10am-6pm, Sun-Closed (901) 415-2766
<b>East Shelby</b> 7200 E Shelby Drive M-Sat 10am-5pm, Fri & Sun-Closed (901) 415-2767	<b>Frayser</b> 3712 Argonne St M-Sat 10am-6pm, Sun-Closed (901) 415-2768	<b>Gaston Park</b> 1040 S Front M-Sat 10am-6pm, Sun-Closed (901) 415-2769
<b>Hollywood</b> 1530 N Hollywood St M-Sat 10am-6pm, Sun-Closed (901) 415-2772	<b>Levi</b> 3676 Hwy 61 S (South Third St) M-Sat 10am-6pm, Sun-Closed (901) 415-2773	<b>North</b> 1192 Vollintine Ave M-Sat 10am-6pm, Sun-Closed (901) 415-2775
<b>Poplar-White Station</b> 5094 Poplar Ave M-Thur 10am-8pm, F-Sat 10am-6pm, Sun 1pm-5pm (901) 415-2777	<b>Parkway Village</b> 4655 Knight Arnold Rd. M-Sat 10am-6pm, Sun-Closed (901) 415-2776	<b>Raleigh</b> 3157 Powers Rd M-Thur 10am-8pm, F-Sat 10am-6pm, Sun 1pm-5pm (901) 415-2778
<b>Randolph</b> 3752 Given Ave M-Sat 10am-6pm, Sun-Closed (901) 415-2780	<b>South Library</b> 1929 South Third St M-Sat 10am-6pm, Sun-Closed (901) 415-2780	<b>Whitehaven</b> 4120 Mill Branch Rd M-Thur 10am-8pm, F-Sat 10am-6pm, Sun 1pm-5pm (901) 415-2781





continued...

**MIFA****Free**

910 Vance Ave (901) 527-0208 M-F 7:30-5:00 mifa.org  
Prevents homelessness by providing assessment and referrals to transitional housing, emergency shelters, rental assistance, and rapid re-housing assistance. Food vouchers are 7:30-10:30am and referrals for housing are 7:30-12:30.

**Outreach Housing & Community (OHC)**

135 N Cleveland (901) 725-9005 ohcinc.org  
Call first! Helps people find, obtain, and maintain stable and appropriate housing and become integrated into the greater community.

**STAY (Supporting The Authentic You) RHD**

2400 Poplar Suite 240 (901) 308-2035  
STAY provides permanent supportive housing for individuals who have experienced chronic homelessness with severe disabilities and uses the "Housing First" approach, focussing on maintaining housing, connecting participants to community services, and emphasizing harm reduction strategy.

**St. Peter Manor**

108 Auburndale (901) 278-8200  
Independent living facility, low income, 62 or older.

**Tennessee Community Services Agency**

3772 South Hickory Ridge Mall (901) 543-4600, (901) 543-4568  
M-F 8am-430pm tnlsa.com/memphis.htm  
Short term rental assistance/housing supportive services program for households about to become homeless; will place families in housing with goal of self-sufficiency within three months; support from Salvation Army and MIFA; family housing advocacy.



Do not be afraid to ask for help.

**Shelter For Runaways:****Family Link at Youth Villages- Project Safe Place**

Poplar Group Home  
1582 Poplar Ave Memphis, TN 38104  
Hotline and for Directions: (901) 276-7233  
Project Safe Place: (901) 762-3758  
[www.youthvillages.org/what-we-do/project-safe-place.aspx](http://www.youthvillages.org/what-we-do/project-safe-place.aspx)  
Youth Villages' Poplar Group Home provides community based help to young people with emotional and behavioral problems and is also a part of the Project Safe Place Network. It is the only emergency shelter for runaway and homeless teens within a 200-mile radius of Memphis.

**Other Resources:**

National Runaway Switchboard 1-800-RUNAWAY (786-2929)  
Alliance for the Mentally Ill Children and Youth 866-791-9226  
Young Adult Crisis Hotline 1-877-702-2463  
Dealing with Addiction [www.kidshealth.org/teen/your\\_mind/problems/addictions.html](http://www.kidshealth.org/teen/your_mind/problems/addictions.html)

**Porter-Leath**

(901) 577-2500  
868 N. Manassas St.  
porterleath@porterleath.org  
[www.porterleath.org](http://www.porterleath.org)

**Memphis City/Shelby County Displaced Student Services**

3782 Jackson Ave (901) 416-4250 M-F 8am-4:30pm  
Youth counseling, support, and treatment programs for homeless children and youth, mandated by McKinney-Vento Homeless Education Act to assist homeless youth in accessing free education & other support services

**Remember, a crisis is temporary and will pass with time. Dealing with it in the right way is most important.**

**VA Medical Center**

1030 Jefferson Ave  
901-523-8990 Or 901-523-8990  
Open 24 hours

**Memphis Vet Center**

1407 Union Ave, Suite 410  
(901) 522-3950  
M 8-4:30, T 8-9, W 8-7, Th 8-7, F  
8-4:30, Sat 8-1, Sun-closed

**The Health Care for Homeless Veterans (HCHV) program****Services:**

- Healthcare enrollment referrals
- Clinical assessment
- Referral to needed medical, mental health, and substance abuse services
- Referral to employment training programs with job placement potential
- Referral to VA and non-VA disability benefit services
- Referral to short and long term shelter and transitional home programs
- Referral to permanent housing
- Referral to food, clothing, and hygiene services

This program serves veterans who are homeless or at risk. Intake hours are Mon-Fri between 10am and 12pm at the VA Medical Center, Bed Tower, 4th floor and Tuesdays between 9am and 12pm at the Drop-in Center, 600 Poplar Ave. Upon arrival to the VA Medical Center please check in with Shelagh Meadows for assistance. Health Care for Homeless Veterans program (HCHV) is composed of the Grant and Per Diem program (GDP), the Transitional Supported Housing, and the Housing and Urban Development-Veterans Affairs Permanent Supportive Housing Program (HUD-VASH).

**The Housing and Urban Development-Veterans Affairs Permanent Supportive Housing Program (HUD-VASH)****Services:**

Provides permanent housing and ongoing case management treatment services for homeless veterans, and their immediate families who would not be able to live independently without the support of case management. HUD's Section 8 vouchers for permanent housing designated only to eligible homeless veterans.

Contact: 901-523-8990

**Dorothy Day House of Hospitality****Free**

1429 Poplar Ave (901) 726-6760 24/7  
Transitional housing and support services

**The Father's House**

1835 Portland Ave (901) 354-6246

thefathershouseprogram.com

Offers a one-year drug and alcohol free environment that provides transitional housing, spiritual development, and learning opportunities to the poor, the homeless, the addicted, the prisoner and ex-prisoner, and to those trying to escape the frequently horrendous odds of life.

**Genesis Homeless Services****Free**

300 N Bellevue (901) 722-8460 M-F 8am-4pm (24hr facility)

<http://www.ccwn.org/programs/genesis-homeless-services/>

Rapid Rehousing Program that focuses on providing needs assessments, temporary financial assistance and case management services to homeless individuals with diagnosed mental health and alcohol and drug related issues and homeless veterans that do not qualify for VA assistance.

**Habitat for Humanity of Greater Memphis**

7136 Winchester (901) 761-4771 9-5 M-F

Homes for those who meet the need as ascertained by Habitat.

**Karat Place**

558 Boyd Street (901) 525-4055 [karatplace.org](http://karatplace.org)

Residential rehabilitation program for women ex-offenders and their children.

**Memphis Union Mission: Intact Family Program**

4535 Benjestown Rd (901) 357-9641 Ext 30002

[memphisunionmission.org](http://memphisunionmission.org)

Program for legally married couples who have their own vehicle with insurance.

**The Bridge: Memphis' Street Newspaper**

info@thememphisbridge.com (901) 800-9245

Monthly paper spotlighting issues of homelessness. Vendors get 20 free papers and can buy more for 25 cents each, selling them for \$1. You keep 100% of the profit. Training sessions every Thurs, 2pm at St. Mary's, across from Morris Park on Poplar. No experience necessary.

**Hope Works**

1187 East Holmes Rd (901) 272-3700, (901) 396-8800

M-F 8:30-4:30 <https://www.whyhopeworks.org/>

13 week personal and career development class from M-F. Also provides health and hygiene products every Tues. GED program (must be referred)

**Labor Force**

5021 Stage Rd, 3834 E Shelby Dr (901) 372-1004

M-F 7am-5pm <http://laborforce.com/>

Job placement/temp agency

**Memphis Goodwill Industries, Inc**

6899 Stage Rd (901) 384-6745 M-F 8am-4:30

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

Trains and employs workers at rehabilitation center, located at 3830 Austin Peay Highway, Memphis, TN 38128

**Memphis Union Mission: Opportunity Center**

600 Poplar Ave (901) 526-8434 [memphisunionmission.org](http://memphisunionmission.org)

**Phyllis Brunson Workforce Investment Network**

480 Beale St (901) 636-7971

<http://www.workforceinvestmentnetwork.com/job-seeker-services/disability-services>

Disability Employment Initiative to increase the employment opportunities and economic self-sufficiency of persons with disabilities

**Second Chance, City of Memphis & Shelby County**

1362 Mississippi Blvd (901) 222-4550

<https://www.msccor.org/class-listing>

Office of Reentry provides service for individuals seeking a second opportunity at gainful employment after felony convictions.

**The Grant and Per Diem (G&PD)**

**Services:** Transitional Home Program provides alternative, time-limited housing (up to 24 months) programs for homeless veterans through partnership with community transitional home agencies. The goal is to help homeless veterans to increase their skill levels and/or income, exhibit greater self-sufficiency and achieve residential stability.

**Other services include**

- Transitional housing for eligible veterans
- Comprehensive individualized treatment plans
- Case management services
- Dental care and services for eligible veterans upon completion of 60 days in the program

For more specific help: **(901) 746-8902**

- VA Homeless Program Staff: Ocul Ince, MSSW **Ext. 7085**
- Homeless Program Liaison: Louisa Beck, MSSW **Ext 6216**
- Homeless Program Social Worker: Chase Spiegel, MSW **Ext 5606**, India Johnson, MSSW **Ext 6215**
- Homeless Program Addiction Therapist: Al Kern, MS **Ext 6802**
- Homeless Program Support: Shelagh Meadows **Ext 5661**
- Homeless Program Outreach: Pat Hines, MSSW **Ext 6711**

**Other Services in Memphis:****Alpha Omega Veterans Services**

1183 Madison Ave (901) 726-6820 M-F 9am-5pm [aovs.org](http://aovs.org)

Offers various types of transitional housing for homeless veterans. Must be referred by the VA.

**CAAP (Cocaine Alcohol Awareness Program) Inc**

3375 Wynbrook (901) 346-1140, (901) 360-0442 M-F 8:30-5:00pm

[caapincorporated.com](http://caapincorporated.com)

Provides transitional support for veterans.

**Operation Stand-Down Memphis, Inc**

3290 Getwell Rd (901) 864-9516, (901) 305-6410

M-F 9am-5pm [osdtn.org](http://osdtn.org)

Referral Agency to VA services and other veterans service organizations, disability benefits claims, counseling, active duty to veteran transition workshop, career/job counseling



**Physical****Memphis Health Center**

Immunizations, screenings, family practice, OB-GYN, internal medicine, dental, medical laboratory, pharmacy, and radiology

Locations:

- Memphis Health Center, Inc. 360 E.H. Crump Blvd, (901) 261-2000
- Rossville Health Center (urology and podiatry services available) 4940 Highway 57, Rossville TN, (901) 261-7303
- LeMoyne-Owens College Student Health Services, The Towne Center at 915 E McLemore Ave (901) 435-1460
- Mobile Ministry of Dentistry (901) 337-3285, Drdavid077@aol.com

**American Red Cross**

1399 Madison Ave (901) 726-1690 M-F 8:30am-5:00pm redcross.org

Disaster services

**Baptist and Christ Community Operation Outreach**

69 N Cleavland St (901) 283-8233

Mobile clinic that provides free primary and accute helathcare, education, guidance by certified nurse practitioner, vision screening and glasses

**Memphis Child Advocacy Center****Free**

1805 Poplar Ave (901) 525-2377 M-F 8:30am-5:00pm memphiscac.org

Counseling, medical referral through Lebohneur

**Church Health Center**

1350 Concourse Ave Ste 142(901) 259-4673

Affordable Facility and resources to improve live physicially and spiritually.

Walk-in clinics at 1196 Peabody and 1200 Peabody, \$35, full clinic requires orientation and 8 to 9 month waiting period

**Friends for Life Corporation**

43 N Cleveland (901) 272-0855 M-Th 8:30-5pm, F 8:30-4pm friendsforlifecorp.org

Provides HIV education, HIV testing, food pantry (for people infected with the virus), transportation to medical appointments, shelter plus apartments and tenant based rental assistance

**Lighthouse Mission Ministries at Safe Harbor Memphis**

3630 Jackson Ave (901) 382-0966

safeharbormemphis.org/

Transitional housing, back-to-work program, and counseling services for those suffering from homelessness and addiction

**Teen Challenge**

33 North Cleveland St (901) 272-2308

M-F 8am-5pm tcmemphis.com

Long term (12-15 months) rehabilitation [rogram for men with life controlling problems, primarily drug addiction and alcoholism;spritual, social, educational, and occupational development.

**Websites:**

- Alcoholics Anonymous: [www.aa.org](http://www.aa.org)
- Narcotics Anonymous: [www.na.org](http://www.na.org)
- Drug Addictions-Moving Forward Leaving Your Drug Addictions Behind: [www.drug-addiction.com/moving\\_on.htm](http://www.drug-addiction.com/moving_on.htm)
- Getting Help for Alcohol Abuse: [www.familyeducation.com/life/alcohol-abuse/getting-help-alcohol-abuse](http://www.familyeducation.com/life/alcohol-abuse/getting-help-alcohol-abuse)

**Hotlines:**

- Substance Abuse and Mental Health Services Administration 1-800-662-4357
- AA Hotline (901) 454-1414 (901) 726-6750
- Cocaine Anonymous 1-800-347-8998
- Marijuana Anonymous 1-800-766-6779
- Holistic Addiction Treatment Center 1-800-559-9503

**Substance Abuse****Alcoholics Anonymous- Memphis Office**

3540 Summer Ave #104 (901) 454-1414, (901) 726-6750

MWF 8am-4pm, TR 10am-6pm [memphis-aa.org](http://memphis-aa.org)

Provides information on alcoholism and AA meetings to those who are ready to achieve and maintain sobriety

**Grace House of Memphis**

329 N Bellevue blvd (901) 722-8460 M-F 8-2pm

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

Long-term residential substance abuse treatment for women. Insurance required.

**Harbor House**

1979 Alcy Road (901) 743-1836

[harborhousememphis.org/](http://harborhousememphis.org/)

Drug and alcohol treatment, Housing/shelter for residential treatment, integrated risk assessment and screening, supportive assistance, appropriate referral during and after treatment as needed. For men only.

**Lighthouse Mission Ministries**

4384 Stage Road 4th floor (901) 382-0966

M-Th 8-5, F 8-12 <http://www.lhmm.org/>

Alcohol and drug abuse counseling services.

**Serenity Recovery Centers**

1094 Poplar (901) 521-1131 M-F 8am-5pm

<http://serenityrecovery.org/>

Substance abuse counseling & rehabilitation

**Urban Family Ministries CDC**

2174 Lamar (901) 552-3754 M-F 9am-5pm

Alcohol and drug recovery and support, outpatient treatment facility, case management, spiritual counseling. HOPWA: Housing referrals and support for persons living with AIDS. Emergency shelter for men, women, and children and referrals for other services through the Shelby County homeless continuum of care.

**MedPlex Clinic**

880 Madison (901) 545-7185, (901) 545-7399,

New patients: (901) 545-6969

M-F 8am-4:30pm

Regional One outpatient clinic

**Memphis & Shelby County Health Department**

6590 Kirby Center Cove (901) 222-9910

M-F 8am-4:30pm, 2nd and 4th Saturdays 8am-12pm

Immunizations, healthcare resources. 7 clinic locations in Shelby County that provide WIC services. Appointments are encouraged, ID is required

**Planned Parenthood of Greater Memphis Region**

2430 poplar ave 1 (800) 230-7526, (901) 725-1717

M-F 9am-6pm [www.plannedparenthood.org](http://www.plannedparenthood.org)

Provides high-quality, non-judgmental sexual healthcare, honest and accurate sexuality education and reproductive rights and advocacy for men and women regardless of ability to pay. Birthcontrol, STD testing, and other related services.

**Tennessee Justice Center**

(615) 255-0331 <https://www.tnjustice.org/>

Helps individuals and families access healthcare. Healthcare advocacy group.

**United Cerebral Palsy of Mid-South/LivItUp, Inc.**

3239 Players Club Parkway (901) 761-4277 M-F 8am-4pm

[livitupinc.org](http://livitupinc.org)

Day program, personal assistance for adults with disabilities. Home or community based services

**Websites:**

Center for Disease Control and Prevention: [cdc.org](http://cdc.org)

**Hotlines:**

National AIDS Hotline: 1-800-232-4636

HIV/AIDS Care Hotline: (800) 525-AIDS (2437)

Memphis Crisis Center: (901) 274-7477

Shelby County Health Department: (901) 222-9000

**Mental****Alliance Healthcare Services**

For crisis services: 951 Court Ave (see website for more locations) Crisis Line: (901) 577-9400, Main Line: (901) 369-1400  
M-F 8:30am-5:00pm <http://www.alliance-hs.org/>  
Non-profit behavioral healthcare provider. Accept Medicare and TennCare. If uninsured you need: proof of income, proof of residency, proof of citizenship.

**Case Management Inc**

14 N Bellevue (med Clinic) (901) 821-5600 M-F 8am-5pm  
24/7 crisis response, referral services (TennCare and long-term help) addressing immediate needs

**National Alliance for Mental Illness**

5830 Mt. Moriah Rd Suite #6 (901) 725-0305  
M-F 9am-5pm [nami--memphis.org](http://nami--memphis.org)  
Education and advocacy for the mentally ill

**Behavioral Health Initiatives, Inc.**

55 S Barksdale & 1816 Jackson Ave  
(901) 722-3668 & (901) 722-3558 M-F 8am-4:30pm [bhillc.org](http://bhillc.org)  
Permanent Supportive Housing, 4 bedroom home for 8 men, 24 hour onsite staff

**Comprehensive Counseling Network (CCN)**

2150 Whitney Ave (901) 353-5440  
Offers mental health counseling & case management services at two locations in Shelby County. Our services are offered to children, adolescents, adults, and seniors in Memphis and Shelby County

**Frayser Family Counseling Center**

2150 Whitney Ave (901) 353-5440  
M-Th 8:30-5:00 pm, F 8:30-3pm 8:30-5pm M-Th, 8:30-3pm F  
Mental health counseling. Accepts Medicare. If uninsured, bring proof of income, proof of citizenship, and proof of residency. You may qualify for a payment plan based on a sliding fee.

**Lowenstein House, Inc**

821 S Barksdale St (901) 274-5486 M-F 7:30-4:30  
<http://www.lowensteinhouse.com/>  
Health insurance required. Support, assistance, education for individuals diagnosed with mental illnesses to help achieve independence and self-sufficiency through counseling, skills training, job placement, housing, and other support

**Helpful Websites:**

- National Resources Center on Homelessness and Mental Illness: <https://www.samhsa.gov/homelessness-programs-resources>
- Coping with Mental Illness: Here is Help [www.capemaycountyherald.com/article/6367-coping-mental-illness-help-here](http://www.capemaycountyherald.com/article/6367-coping-mental-illness-help-here)
- National Center for Post Traumatic Stress Disorder: [www.ptsd.va.gov](http://www.ptsd.va.gov)
- Anxiety Disorders Association of America: [www.adaa.org](http://www.adaa.org)

**Hotlines:**

- American Psychological Association 1-800-374-2721
- Mental Health America 1-800-969-6642
- National Alliance on Mental Illness 1-800-969-6642
- National Suicide Prevention Lifeline 1-800-273-8255
- Post Traumatic Stress Disorder Hotline 802-296-6300
- Alliance for the Mentally Ill (901) 274-7477 (901) 577-9400