

SUICIDE HOTLINE (988):

The 988 Suicide & Crisis Lifeline is a United States-based suicide prevention network of over 160 crisis centers that provides 24/7 service via a toll-free hotline with the number 9-8-8.

MENTAL HEALTH COOPERATIVE:

MHC crisis services are available 24/7, are provided at no cost to you. Services include:

- Professional crisis assessment and interventions
- To immediately access MHC's Emergency Psychiatric Services, call 615-726-0125

MOBILE CRISIS NUMBERS:

Centerstone Crisis Response: 615-463-6600 or 800-681-7444.

- CCR serves people currently experiencing a mental health crisis in Franklin, Jackson, Madison, Perry and Williamson counties.

Tennessee REDLINE: 800-889-9789

- The Tennessee REDLINE is a toll-free information and referral line open 24 hours per day, 7 days a week, providing 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. Treatment and other program referrals are made on the REDLINE. Callers are provided with at least 3 referral sources when possible.

MIDDLE TN EMERGENCY HOUSING:

Tennessee Valley for Coalition for the Homeless: 888-556-0791

- If you are homeless or on the brink of losing your housing, please call the Homeless Assistance Hotline at (888) 556-0791.

Nashville Rescue Mission:

- Each night, the Nashville Rescue Mission offers safe shelter for anyone in need. Intakes for this currently occur at our main campus at 639 Lafayette Street, Nashville, TN 37203. There is no time limit on how long a guest can stay at our shelter.

Safe Haven Family Shelter: 615-862-6444

- To ensure that our community matches needs with resources more efficiently, Safe Haven Family Shelter only takes referrals and applications through Nashville's Coordinated Entry (CE). Please call 615-862-6444 to start the process and see what resources are available to you.

MIDDLE TN FOOD BANKS:

To find a food bank near you, visit <https://www.secondharvestmidtn.org/get-help>

