



6401 Poplar Ave., Suite 420 Memphis, TN 38119
Phone: (901) 843-1045

Community Support Resources

A Step Ahead

P.O. Box 41601
Memphis, TN 38174

Contact: (901) 320-7837
info@astepaheadfoundation.org
Website:
<https://www.astepaheadfoundation.org/>

A Step Ahead Foundation strives to improve educational, economic, and health outcomes for women by providing access to the most effective reversible methods of birth control. Planning when to start a family has shown to improve educational and career opportunities, reduce economic strain, and can lead to lower infant mortality and positive future pregnancy outcomes.

Advance Memphis

769 Vance
Memphis, TN 38126

Contact: (901) 543-8525
Website: <https://www.advancememphis.org/>

The mission of Advance Memphis is to empower adults in South Memphis to break cycles of unemployment, establish economic stability, reconcile relationships, and restore dignity through knowledge, resources, and skills by the power of Jesus Christ.

AFSP Tennessee

Chapter contact: Meghan Gwaltney
Contact: mgwaltney@afsp.org
(615) 393-4742

The Tennessee Chapter serves all 95 counties in the Volunteer State. Our Board of Directors, led by Chair Paul Augustyniak, and our passionate volunteers are active in our communities bringing both education and awareness programs to schools and organizations, in addition to supporting those touched by the tragedy of suicide.

Catholic Charities of West Tennessee

1325 Jefferson Ave.
Memphis, TN 38104

Phone: (901)722-4700
Website: <https://ccwtn.org>

Catholic Charities of West Tennessee provide help to those in need and bring them hope by supporting them on the path from poverty to self-sufficiency. We offer emergency services (food, clothing, and disaster assistance), housing and outreach services, and community support services include summer camp, family empowerment, school supplies, and holiday giving.



CMI: IPS (Individual Placement & Support)

3171 Directors Row
Memphis, TN 38116
Phone: (901)821-5600

CMI: IPS helps find employment for people with serious mental illness (e.g., schizophrenia spectrum disorder, bipolar, depression). This includes working at regular jobs of their choosing, as well as vocational training, basic education/GED prep, job skills training, pre-employment transition services, supported employment, anger management, as well as illness management and recovery groups.

CMI: P.A.T.H. (Project for Assistance in Transition from Homelessness)

3171 Directors Row
Memphis, TN 38116

Phone: (901)821-5600

The **CMI: PATH** team locates and assists homeless adults with mental health problems who are not currently receiving mental health services. Supportive services are then provided to address immediate needs such as referrals to the appropriate TennCare Partners for ongoing mental health services. Eligible participants include uninsured, homeless, adults at imminent risk of homelessness, and those in need of mental health services.

CMI Family & Consumer Support Center

2124 Democrat Rd.
Memphis, TN 38132

Service Provided:

- o Homeless Outreach
- o Linkage to mental health services.
- o Assistance with locating and securing appropriate housing; including emergency, transitional, or permanent housing.
- o Referrals to alcohol and/or drug treatment, vocational rehabilitation, TennCare, etc.
- o Life Skills training, support groups, and assistance with transportation.
- o Assistance with referrals for medical care, SSI/SSA applications.

CMI Behavioral Health & Primary Care Clinic

1087 Alice Ave.
Memphis, TN 38106



CMI: VOCA (Victims of Crime Advocate Assistance Program)

3171 Directors Row
Memphis, TN 38116

Phone: (901)821-5600

Through the **Victims of Crime Advocate Assistance Program (VOCA)**, our experienced, nationally certified victim advocates provide assistance to elderly or disabled women and men of Memphis and Shelby County who have fallen victim to a crime.

CMI: BHSN (Behavioral Health Safety Net) Program for Children

3171 Directors Row
Memphis, TN 38116

Phone: (901)821-5600

The CMI BHSN program provides Behavioral Health Services for Children and Youth that do not qualify for TN Care, CoverKids, etc.

CMI BHSN also provides outreach services to youth who are 18 years of age and younger, homeless, at risk of becoming homeless, present a serious emotional disturbance (SED), or are at risk of having a SED.

CMI: Baby Love Program

3171 Directors Row
Memphis, TN 38116

CMI Behavioral Health & Primary Care Clinic

1087 Alice Ave.
Memphis, TN 38106

Phone: (901)821-5600

The **CMI Baby Love** program is designed to empower women to choose a drug-free lifestyle while acquiring the needed skills to become better mothers, productive individuals and responsible members of society. We offer residential and outpatient treatment services that are available to both mothers and expectant mothers over the age of 18 who are struggling with substance use and or co-occurring disorders.

DBSA Memphis

P.O. Box 241842
Memphis, TN 38124

Contact: (901) 319-6467
dbsamemphis@gmail.com
Website: www.dbsaofmemphis.org

At DBSA Memphis, we strive to make mental health mainstream in hopes of taking away the stigma that comes from the admission of having a mental illness, as well as helping each other in times of need. This disease affects the families as well as the patient themselves and we strive to not only educate the patient but the family as well. Some of our goals are:

- Provide the opportunity to connect with others and benefit from the experience of those who have been there.



(DBSA Memphis continued)

- Motivate you to follow your treatment plan.
- Help you understand that a mood disorder does not define who you are.
- Help you rediscover strengths and humor you may have thought you had lost.

Provide a forum for mutual acceptance, understanding, and self-discovery.

Hickory Hill Community Center

3910 Ridgeway Rd.

Memphis , TN , 38115

Phone: (901) 566-9685

Website:

<https://memphis.kidsoutandabout.com/content/hickory-hill-community-center>

Hickory Hill Community Center is more than your average Community Center. It offers all the classes and services of our other community centers plus aquatic classes and services.

Hospitality Hub

590 Washington Ave.

Memphis, TN 38105

Phone: (901) 730-1736

Email: info@hospitalityhub.org

Website: www.hospitalityhub.org

Services include:

- Housing
- Employment
- Identification (acquiring ID)
- Transportation
- Healthcare
- Outreach
- Lockers for storage
- Access to computers & phone
- Assistance with disability and unemployment benefit applications
- Legal assistance

The Hospitality Hub was founded in 2007 to be Memphis' single point of entry into the Continuum of Care for individuals experiencing homelessness. We offer a variety of services including:

Case Management Services -- Hub counselors work with individuals to determine root causes of homelessness and create client-specific strategies that target barriers and connect clients to housing resources

Permanent housing -- The Hub helps clients apply for housing and works directly with Catholic Charities and Community Alliance for the Homeless to find housing solutions for our clients.

Temporary shelter vouchers -- The Hospitality Hub works with all of the shelters in Memphis and many in the surrounding area to provide our clients with temporary shelter as needed.



(Hospitality Hub Continued)

Hub Studios -- The Hub Studios are temporary emergency shelters for clients whose needs don't match existing shelter or housing options.

Memphis Union Mission

383 Poplar Ave
Memphis, TN 38105

Email: info@memphisunionmission.org
Phone: (901) 526-8403
Website: www.memphisunionmission.org

Memphis Union Mission operates six ministry facilities in the Memphis area. We offer emergency services such as meals and shelter, as well as recovery programs to help address the underlying causes of homelessness. If you or a loved one are in a homeless crisis, dealing with hunger, or need other services, Memphis Union Mission can help! If you need emergency food or shelter, please come see us.

Mental Health America (MHA) of the MidSouth

446 Metroplex Drive, Suite A-224
Nashville, TN 37211

Contact: (615) 269-5355
Website: <https://mhamidsouth.org>

MHA of the MidSouth (formerly known as Mental Health Association of Middle Tennessee) was founded in 1946 with the mission to connect the community with mental health and wellness resources, provide services that improve the quality of life, and promote effective services where mental health needs exist. Over the years, the MHA of the MidSouth has worked diligently to educate all members of our community about how to attain good mental health. We share our message of hope for mental wellness to thousands of individuals annually.

Merge Memphis Clare's House

1755 Eldridge
Memphis, TN 38108

Contact: (901) 207-4652
sherrymc63@icloud.com
Website:
<https://mergememphis.org/contact-us/>

Clare's House is a Refuge for women located in the North Memphis 38108 area. Focusing on helping women who want help out of homelessness.



Mid South Food Bank

3865 South Perkins
Memphis, TN 38118

Contact: (901) 527-0841
info@midsouthfoodbank.org

Website:
<https://www.midsouthfoodbank.org/families>

Food pantries, mobile pantries, SNAP assistance.

Bare Needs Diaper Bank distributes diapers, period supplies, and adult incontinence products

Kids Cafe: This program feeds children ages 6-18 a hot, well-balanced meal using the My Plate Model five days a week. Food is served free of charge in a safe environment for children after school.

Food for Kids Backpacks: This program provides easy-to-prepare food for the weekend when children lack access to free or reduced-price school meals. MSFB offers disposable “backpacks” to students Friday afternoon before dismissal. Each backpack has enough nutritious food for six meals.

Mustard Seed Inc.

653 Mississippi Blvd.
Memphis, TN 38126

Contact: (901) 523-9724

Website:
<https://mustardseedincmemphis.org/>

Our Mission is to help our community realize its full potential through education, job training, life skills development and service to all!

NAMI Memphis

5830 Mt Moriah Rd #6
Memphis, TN 38115

Contact: (901) 725-0305
info@nami-memphis.org
Website: www.nami-memphis.org

NAMI Memphis is a community network of support for anyone affected by mental health conditions – individuals and their family, friends and caregivers. We are dedicated to improving the quality of life for individuals and supporting families affected by mental illness through education, support and advocacy. Our vision is that individuals living with mental illness can recover, and lead productive and meaningful lives. We want to ensure that no one in the Memphis area who is living with mental illness is alone in their



(NAMI Memphis Continued)

journey to recovery and mental health wellness. We believe it's okay to ask for help! Our services are free for all, and all are welcome.

No More Silence Foundation

525 N Main St Ste A3
Memphis, TN 38105

Contact: (901) 206-4470

Website:

<https://www.nomoresilencememphis.com/>

Coping after a traumatic experience is not easy. One may feel that what has happened is their fault. They may even feel guilty, ashamed, and alone. Our mission is to provide coping mechanisms through the arts using multiple educational strategies to help families heal from sexual abuse trauma.

Safe Harbor of Memphis

3630 Jackson Avenue
Memphis, TN 38108

Phone: 901-382-0966

Website: www.safeharbormemphis.org

At Safe Harbor, we consider it a privilege to serve the men and women in our care. These participants have come to us from living in the streets or ex-offenders that needed somewhere to go. We strive to provide them with so much more than food and shelter—we strive to make a lasting difference through group and pastoral counseling, life building classes, and finding them permanent employment which provides stability once they leave our care.

Seed House Memphis

619 Pearce Street
Memphis, Tennessee 38107

Contact: (901) 245-3521

(901) 299-1707

info@seedhouseinc.org

Website: <https://seedhouseinc.org/>

Seed House, Inc. is a nonprofit organization founded by Mr. Roz Ward and Mrs. Tammie Ward located in Memphis, Tennessee, the organization helps children with developmental disorders and their families. We provide workshops at schools to discuss learning disabilities, shift stigmas, misperceptions that are associated.

South Memphis Alliance

1048 South Bellevue Boulevard
Memphis, TN 38106

Contact: (901) 774-9582

southmemphisalliance9582@gmail.com

Website: <https://smaweb.info/>

South Memphis Alliance (SMA) opened its doors in 2000 to help organize neighborhood associations in the urban communities of South Memphis. Over time we've expanded our services to serve youth in foster care and families in need. Despite our growth, we hold fast to our core belief that civic engagement is the bedrock of strong communities, and



(South Memphis Alliance continued)

that strong communities promote stable families.

SMA Center: Provides services to young people aging out of foster care.

SMA Social Suds Laundromat: The laundromat has state-of-the-art touch screen washers and dryers.

SMA Mother Center: This center provides mothers with baby supplies and supportive services.

United Methodist Neighborhood Centers Memphis (UMNC-M)
6050 Summer Ave..
Memphis, TN 38134

Phone: (901) 323-4993 or (901) 323-8060
Email: iwashington@umncm.org
Website: www.umnc-memphis.org

United Methodist Neighborhood Centers in Memphis (UMNC-M) continue to minister to the physical and spiritual needs of families who need a helping hand. UMNC-M provides education, childcare, social services and spiritual development in a loving atmosphere. We emphasize Early Childhood Education, Hunger Ministry, and Ministry with Youth.
