### Definitions of Services

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

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

**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*

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

**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.

**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.

**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.

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

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

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

### Abbreviations

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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
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 is a threat of violence call 911 and request the Crisis Intervention Team.

Hours of Operation: Mon – Thu 10:00 am – 8:00 pm; Fri, Sat 10:00 am – 5:00 pm; Sun 1:00 pm – 5:00 pm

For lgbt and questioning youth:
OUTMemphis
892 Cooper St. Memphis, TN 38104
(901)278-6422
Substance Abuse Programs

38104

Behavioral Health Group
1734 Madison Ave Memphis, TN 38104
Phone: (901) 722-9420
Services: Medication assisted maintenance treatment, Counseling and CM for Opioid Use Disorder

Innovative Counseling
1455 Poplar Avenue Memphis, TN 38104
Phone: (901) 276-0220
Services: SA, DUI Offender Program, OP

Memphis Recovery Center
219 N. Montgomery Street Memphis, TN 38104
Phone: (901) 272-7751 Toll-Free (866)304-8254
Services: SA, TI

38105

Grace House
329 N Bellevue Blvd Memphis, TN 38105
Phone: (901) 730-4418
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) 405-1298
Services: OP SA and RES SA

38114

Harbor House
1979 Aly Rd Memphis, TN 38114
Phone: (901) 743-1836 x2230
Services: Res SA, TI, Co-Occurring Disorders

The Oaks at La Paloma Treatment Center
2009 Lamar Ave Memphis, TN 38114
Phone: (901) 505-6518 or (877) 345-1887
Services: Res SA, OP SA, Detox, TI, Co-Occurring Disorders

Urban Family Ministries
2174 Lamar Avenue Memphis, TN - 38114
Phone: (901) 323-8400
Services: SA, CM, FT, Housing referrals and emergency shelters

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

38132

Synergy Foundation
2305 Airport Interchange Ave Memphis, TN 38132
Phone: (901) 332-2227
Services: RES SA
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

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

Parkwood Behavioral Health System
8135 Goodman Road Olive Branch, MS 38654
Phone: (662) 895-4900
Services: Inpatient mental health and SA treatment

Addiction Campuses of Mississippi DBA Turning Point Recovery
8829 Center Street Southaven, MS - 38671
Phone: (662) 280-5758
Services: counseling, SA, trauma informed care

Justice Network
318 E Bond Ave West Memphis, AR 72301
Phone: (870) 735-2123
Services: DUI Offenders Program

Behavioral and Mental Health
38012
Professional Care Services of West TN
130 W Main St. Brownsville, TN 38012
Phone: (731) 772-9002
Services: Mental/Behavioral Health Counseling, CM, TI

Exceptional Development Family Tx Center
1181 Vickery Lane Suite 102 Cordova, TN 38016
Phone: (901) 729-7773
Services: Speech and language pathology, OT

Behavior Services of the MidSouth
150 Timber Creek Dr. Suite 2 Cordova TN
Phone: (901)248-0595
Services: Site based behavioral and mental health supports (ABA, TFCBT, EMDR, Play Therapy, school-based, home-based, and in clinic support)

Transformation Center
1088 Rogers Road Cordova, TN 381018
Phone: (901) 755-1396
Services: IOP focusing on Eating Disorders, TI

Memphis Family Connection Center
8350 Macon Rd. Cordova, TN 38018
Phone: (901) 614-1902
Services: Trauma focused therapy for foster and adopted children and families
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

38024
Professional Care Services of West TN
2380 Henry St. Dyersburg, TN 38024
Phone: (731) 287-1794
Services: Mental/Behavioral Health Counseling, CM, TI

38053
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

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 Group
920 Madison Avenue Memphis, TN 38103
Phone: (901) 448-2400
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) 271-5300
Services: Adult OP, Mental health counseling, SA, Mental Health Screening, TI

Comprehensive Professional Services
1331 Union Avenue #1148 Memphis, TN 38104
Phone: (901) 458-7448
Services: OP, TI, PCT

Exchange Club Family Center
2180 Union Ave Memphis, TN 38104
Phone: (901) 276-2200
Services: PCIT, OP, TI Play Therapy, Anger Management Classes, Focus on women and children who are victims of domestic violence and abuse.

Omni Community Health
1407 Union Ave Memphis, TN 38104
Phone: (877) 258-8795
Services: mental health treatment for children and adults, Play therapy, group therapy

Family Institute of Tennessee
1407 Union Ave Memphis, TN 38104
38105

Memphis Neurology
777 Washington Ave #320 Memphis, TN 38105
(901) 202-4287
7645 Wolf River Cir Germantown, TN 38139
(901) 405-0275
Services: Neurological testing

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

38107

Life Enhancement Services (LES-TN)
1212 Vollintine Ave. Memphis, TN 38107
Phone: (901) 726-5353
Services: Psych, OP, CM

38111

The Arc of the Mid-South
3485 Poplar Ave Memphis, TN 38111
Phone: (901) 327-2473
Services: Advocacy and Family Support services for individuals with disabilities

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
Services: Psych, CM, OP, SA, Detox

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

**Exchange Club Family Center**
2180 Union Ave Memphis, TN 38104
Phone: (901) 276-2200
Services: PCIT, OP, TI Play Therapy, Anger Management Classes, Focus on women and children who are victims of domestic violence and abuse.

**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
Services: Psychiatric testing, OP

**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 Center**
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 Services**
2150 Whitney Avenue Memphis, TN 38127
Phone: (901) 353-5440
Services: Psych, CM, OP, SA, Detox

**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) 821-5600
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**

**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
Phone: (901) 386-3961 Fax: (901) 382-9754
Services: Res

**Youth Villages**
3320 Brother Blvd Memphis, TN 38133
Phone: (901) 251-5000
Services: Res, CCFT, TI, CM

**38134**

**West Tennessee Neurology**
6570 Stage Road #202 Memphis, TN
Phone: (901) 213-4225
Services: neurological evaluation and treatment

**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

**University of Memphis Psychological Services**
400 Innovation Dr #202 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 of (800) 477-3422
Services: Child/Adolescent Psychiatry and Res, Res SA, Counseling Services, Mental Health Evaluation, Sex Offender Counseling, TI

**Community Centers & Mentoring Programs**

**38104**

**Girls Inc.**
2670 Union Ext., Ste 606 Memphis, TN 38104
Phone: (901) 523-0217

**One Beat, Inc.**
895 Cooper St. Memphis, TN 38104
Phone: (901) 347-3942

**Boys and Girls Club**
44 S Rembert St. Memphis, TN 38104
Phone: (901) 278-2947

**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

**38106**

**Boys and Girls Club**
903 Walker Ave Memphis, TN 38106
Phone: (901) 774-3074

**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

**Girls Inc of Memphis- LDT Center**
686 N 7th St. Memphis, TN 38107
Phone: (901) 527-4475

**38111**

**Girls Inc of Memphis- South Park Center**
1568 Robin Hood Ln Memphis, TN 38111
Phone: (901) 743-8062

**38114**

**Memphis Athletic Ministries**
2146 Ball Road Memphis, TN 38114
Phone: (901) 744-6261

**38115**

**Hickory Hill Community Center**
3910 Ridgeway Road Memphis, TN 38115
Phone: (901) 566-9685

**38118**

**Boys and Girls Club**
3910 Tchulahoma Rd. Memphis, TN
Phone: (901) 278-2947

**38126**
Juvenile Intervention Faith-based Follow-up (J.I.F.F.)
254 South Lauderdale Street Memphis, TN 38126
Phone: (901) 522-8502

Girls Inc of Memphis- South City Center
715 S Lauderdale St. Memphis, TN 38126
Phone: (901) 523-0217

Boys Inc of Memphis- South City Center
620 S Lauderdale St. Memphis, TN
Phone: (901) 946-9222

Boys and Girls Club
620 S Lauderdale St. Memphis, TN
Phone: (901) 946-9222

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

38103
W.I.N.-Workforce Investment Network
480 Beale Street Memphis, TN 38103
Phone: (901) 636-7971

38105
American Job Center- Memphis Downtown
480 Beale Street Memphis, TN 38105
Phone: (901) 636-7971

38108
United Cerebral Palsy Work Employment Training (UCP)
4189 Leroy Ave Memphis, TN 38108
Phone: (901) 761-4277 Ext 1011

38111
Tennessee Career Center
3040 Walnut Grove Rd. Memphis, TN 38111
Phone: (901) 543-7850

38112
Refugee Empowerment Program
258 N Merton St Memphis, TN 38112
Phone: (901) 500-3844
Services: Educational resources and support for refugee families

38141
Boys & Girls Club
4299 Ross Road Memphis, TN 38141
Phone: (901) 542-9604

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
Phone: (901) 523-1036

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: (901) 754-5420 Hazel Anderson

Health Clinics
38104
Choices-Memphis Center for Reproductive Health
1726 Poplar Avenue Memphis, TN 38104
Phone: (901) 274-3550
Services: offers reproductive health care for women, men, and teens even if they can’t pay full cost of services needed

Church Health Center-no insurance accepted
1350 Concourse Ave. Suite 142 Memphis, TN 38104
Phone: (901) 272-0003

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

38105
Health 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) 222-8277
Services: Medical and supportive services for individuals living with AIDS/HIV

Memphis Union Mission Men’s Emergency Shelter
383 Poplar Ave Memphis, TN 38105

38108
Walgreens
2471 Jackson Avenue Memphis, TN 38108
(901) 454-1615

38112
A Step Ahead Foundation
3704 Walker Avenue Memphis, TN 38112
Phone: (901) 320-7837
Services: free access to easy to use, reversible methods of birth control

**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

**38119**
**Walgreens**
5366 Mendenhall Mall Memphis, TN 38115
Phone: (901) 309-2621

**38118**
**Resurrection Health Clinic American Way**
4095 American Way Suite 1 Memphis, TN 38118
Phone: (901) 271-9500

**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) 722-4700

**38105**
**Memphis Housing Authority**
700 Adams Avenue Memphis, TN 38105
Phone: (901) 544-1100

**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

**Legal Services**

**Just City**
1325 Autumn Ave #41852 Memphis, TN 38104
Phone: (901) 206-2226

**Memphis Area Legal Services**
22 N Front St. #1100 Memphis, TN 38103
Phone: (901) 523-8822

**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.

**38112**

**Community Services Agency**
2670 Union Ave Extended #500 Memphis, TN 38112
Phone: (901) 222-4200

**38126**

**Metropolitan Inter-Faith Association (M.I.F.A.)**
910 Vance Avenue Memphis, TN 38126
Phone: (901) 527-0208

Services: CM and Housing for homeless families

**Respite Programs**
Phone: (901) 353-5440

**Victim Services**

**38104**

**Crime Victim’s Center**
1750 Madison Avenue Memphis, TN 38104
Phone: (901) 222-3950

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. 100 Memphis, TN 38104
Phone: (901) 222-4350

Services: TI, Sexual Violence Victim Services

**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

**Free Family Fun**

**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
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

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

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
1000 Cooper St, Memphis, TN 38104
Phone: (901) 725-2221

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)

Anxiety Reliever
App designed to help track anxiety symptoms and provide relaxation exercises (App Store)

Pacifica
Targeted towards dealing with anxiety symptoms by teaching deep breathing, behavioral exercises, identifying cognitive distortions, and skills designed at replacing thoughts with positive thinking patterns. (App Store, Online)

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)

Bullied
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)

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)

MoodTools
Self-help app targeted providing psychoeducation about risk factors, a psychosocial approach to treatment, depression questionnaire, thought diary, suicide safety plan, and meditation guide to help with depression. (App Store)

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)

**Stop, Breathe & Think**

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

**OCD**

Live OCD Free

Designed for CBT treatment of OCD patients both children and adults that uses ERP exercises, a cognitive toolkit, and ERP standards and reminders.

**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)

**CPT Coach**

Targeted at individuals with PTSD in active treatment with a CPT therapist what offers education on PTSD, and provide assessments that correlate with each week by week CPT session. Can be used as a reminder for appointments and homework and provides more structure often needed with individuals experiencing PTSD. (App store)

**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)