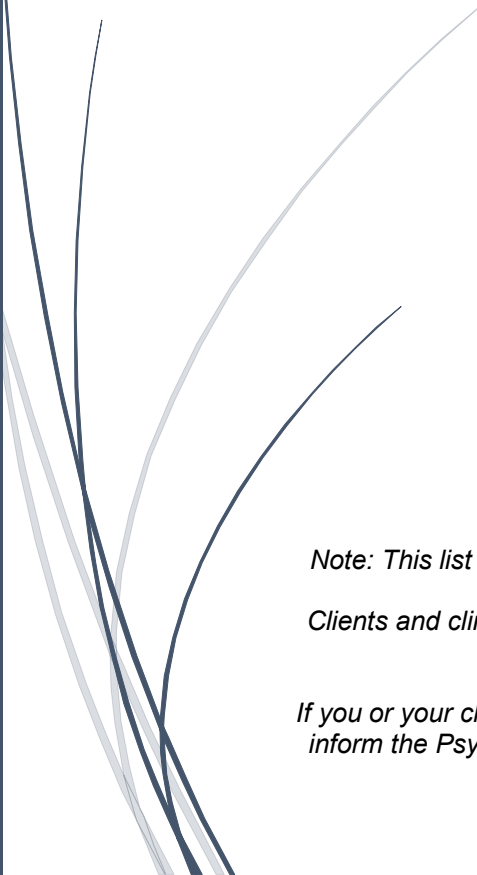




Updated Summer 2021

Mental Health Resources for the Memphis Area

The Psychological Services Center
Department of Psychology



Note: This list is not exhaustive, and some resource availability may be affected due to COVID.

Clients and clinicians may need to call and verify providers are accepting new patients and take their insurance, if used.

If you or your clients experience any issues contacting providers or with the care received, please inform the Psychological Services Center to ensure our referral list stays up-to-date with quality resources.

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Additional Outpatient Services

Child and Family Services

The Boling Center – The University of Tennessee Health Science Center

Provides comprehensive developmental and psychological evaluations for children suspected of having a neurodevelopmental disability and provides individualized recommendations for treatment to families. Also has Applied Behavior Analysis and Parent-Child Interaction Therapy clinics.

<https://www.uthsc.edu/cdd/index.php>

920 Madison Avenue, Suite 939, Memphis TN 38103
(901) 448-6511

Child & Adolescent Psychiatry Associates, PLLC

Group of child and adolescent psychiatrists that provide assessment, treatment, and medication management for various conditions.

<https://www.capamemphis.com/about.html>

1135 Cully Rd #100, Cordova, TN 38018
(901) 752-1980

Kindred Place

*Formerly known as the Exchange Club. Offers a range of clinical services (individual therapy, group therapy, classes) that support healthy family relationships, trauma resolution, and positive behavior. A copay may be waived in some circumstances. Services are available in **English** and **Spanish**.*

<https://kindred-place.org/>

2180 Union Ave., Memphis, TN 38104
(901) 276-2200

Dr. Elizabeth A. Harris

Clinical psychologist specializing in children ages 3-11 (play therapy). Also uses psychodynamic psychotherapy and mindfulness with adult clients. Does not see adolescents.

<https://www.psychologytoday.com/us/therapists/elizabeth-a-harris-memphis-tn/782675>

6263 Poplar Ave, #932, Memphis, TN 38119
(901) 617-7147

Dr. Robert Hoehn

Psychiatrist specializing in Child & Adolescent Psychiatry and provides psychiatric and medication management services. Accepts telehealth appointments.

<https://www.healthgrades.com/group-directory/tn-tennessee/germantown/ali-hoehn-mds-oo6rrqh>

1384 Cordova Cv #1, Germantown, TN 38138
(901) 753-7700

Mealer Psychological, PLLC - Dr. Cynthia Mealer

Licensed clinical psychologist and Rule 31 Listed Family Mediator through TN Supreme Court. Mediation topics include divorce, parenting plans (original or revisions), aging parent issues, family decisions, and post-divorce cooperative parenting.

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

(901) 833-1746

Dr. Amy Murrell

Licensed clinical psychologist who specializes in treating children, adolescents, and parenting concerns. She is also experienced in seeing couples and families, as well as individuals. Most often uses acceptance and commitment therapy and takes contextual factors into consideration. Also does individual assessments for internalizing and externalizing disorders.

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

(940) 395-2921

Couples/Marital Counseling

Dr. Lee Horton

Provides couples counseling for adults experiencing anxiety, mood disorders, divorce, domestic violence, domestic abuse, or sexual issues. Accepts some insurances.

<https://www.psychologytoday.com/us/therapists/lee-horton-memphis-tn/45476>

1355 Lynnfield Rd, #245, Memphis, TN 38119

(901) 254-8929

Dr. Shirley Leech

Provides individual and couples counseling focused on depression, anxiety and stress disorders, relationship issues, women's issues, marital issues and divorce, aging and retirement issues, and grief.

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

1331 Union Ave, Union Centre, #847, Memphis, TN 38104

(901) 726-1284

Mealer Psychological, PLLC - Dr. William Mealer

Provides individual and marital therapy with specialization in addiction, trauma, mood disorders, anxiety disorders, marital issues, and divorce adjustment.

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

(901) 487-4788

Dr. Gloria Siegel

Specializes in marital, premarital, and sex therapy for couples. Also has experience working with eating disorders and will see individuals and families.

<https://www.psychologytoday.com/us/therapists/dr-gloria-siegel-memphis-tn/242180>

(901) 444-3820

Gambling

Gambling Clinic

Offers individual outpatient therapy for gambling-related problems using cognitive behavioral therapy. \$150 upfront fee for 5-10 weeks of therapy and chance for \$75 reimbursement.

<https://www.memphis.edu/gamblingclinic/services/index.php>

400 Innovation Drive, Memphis, TN 38152

gambling@memphis.edu

(901) 678-7867

Psychosis

On Track TN and Clinical High Risk for Psychosis (CHR-P) Programs

Stepped-care model to assist youth and young adults ages 12 to 25 who are at clinical risk for developing psychosis for the purpose of improving access, quality, and utilization of services and supports for youth, young adults, and their families.

<https://www.tn.gov/behavioral-health/children-youth-young-adults-families/on-track-tn.html>

(800) 560-5767 (Monday – Friday, 8:00 AM to 4:30 PM)

OCA.TDMHSAS@tn.gov

On Track TN: First Episode Psychosis Initiative

Early intervention services for youth and young adults ages 15 to 30 who have experienced first-episode psychosis. This comprehensive intervention model is a team of mental health professionals and support services, focusing on helping people work toward recovery and meeting personal goals. Provided through Alliance Healthcare in Shelby County.

<https://www.tn.gov/behavioral-health/children-youth-young-adults-families/on-track-tn.html>

(800) 560-5767 (Monday – Friday; 8:00 AM to 4:30 PM)

OCA.TDMHSAS@tn.gov

Trauma

Athena Project

This research clinic provides free and confidential evaluations and treatment for women who have experienced intimate partner violence.

<https://www.memphis.edu/athena/>

Psychology Building, Memphis, TN 28152

(901) 678-3973

Rape Crisis Center

Provides confidential nursing, advocacy, and counseling services, for sexual assault victims, regardless of whether the victim is reporting to law enforcement.

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

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

(901) 222-3950 (Monday – Friday, 8:00 AM – 5:00 PM)

(901) 274-7477 (Evenings and weekends – connects to Memphis Crisis Center)

General Services

Dr. Lisa Alex

Provides adult outpatient therapy for a broad range of mental health concerns, specializing in LGBT issues, chronic pain, and mood disorders.

<https://www.psychologytoday.com/us/therapists/lisa-alex-memphis-tn/188210>

4646 Poplar Avenue, #419, Memphis, TN 38117-4434

(901) 290-4813

Dr. Neil E. Aronov & Dr. Megan L. Avery

Provide adult outpatient therapy for a broad range of mental health concerns. Also provide forensic services.

<https://medicalpsychiatric.com/>

5100 Poplar Ave. #322, Memphis, TN 38137
(901) 766-7500

Dr. Joel Chapman

Provides adult outpatient therapy for a broad range of mental health concerns.

<https://locator.apa.org/profile/joel-chapman>

1331 Union Ave, #810, Memphis, TN 38104
(901) 361-8405

Hiestand Psychological Services – Dr. KT Hiestand

Provides outpatient therapy to adolescents and adults for a wide range of needs. Also specialize on LGBTQ concerns, those in non-traditional relationships, and support for parents and families of transgender individuals.

<http://hiestandpsychologicalservices.com/>

(901) 425-1273

Memphis Center for Mindful Living, LLC

Provides individual and group counseling for a variety of mental health issues for children, teens, and adults. Also provides mindfulness classes, trauma-informed yoga, group meditation, and retreats.

<https://www.memphiscenterformindfulliving.com/about>

4646 Poplar Avenue, #435, Memphis, TN 38117
amy.balentine@memphiscenterformindfulliving.com
(901) 537-2900

Emergency Services

Alliance Healthcare Services – Crisis Services

Local crisis lines (adults and children) and stabilization services (adults) for mental health emergencies.

<http://www.alliance-hs.org/crisis-line>

951 Court Ave, Memphis TN 38103

Adults: (901) 577-9400

Children: 1 (866) 791-9226

Statewide Mobile Crisis Services

24/7/365 response team for adults and children experiencing mental health emergencies.

<https://www.tn.gov/behavioral-health/need-help/crisis-services/mobile-crisis-services.html>

(855) 274-7471

Intensive Outpatient, Partial Hospitalization, and Inpatient Services

Crestwyn Behavioral Health

Provides intensive outpatient services for adults, and inpatient services for adults and older adults experiencing psychiatric and substance abuse problems. Accepts most major insurances.

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

9485 Crestwyn Hills Cove, Memphis, TN 38125
(844) 903-1601

Daybreak Treatment Center

Certified dialectical behavior therapy program providing partial hospitalization for adolescents. Includes skills training groups, individual therapy, parent skills groups, and medication management.

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

2262 S. Germantown Rd, Germantown, TN 38138
(901) 753-4300

Lakeside Behavioral Health System

Provides inpatient, partial hospitalization, intensive outpatient, and residential treatment for adolescents, adults, and older adults experiencing psychiatric and substance abuse problems. Accepts most major insurances.

<https://lakesidebhs.com/>

Multiple locations
(901) 377-4733

Neuropsychology and Assessment

The Boling Center – The University of Tennessee Health Science Center

Provides comprehensive developmental and psychological evaluations for children suspected of having a neurodevelopmental disability and provides individualized recommendations for treatment to families. Also has Applied Behavior Analysis and Parent-Child Interaction Therapy clinics.

<https://www.uthsc.edu/cdd/index.php>

920 Madison Avenue, Suite 939, Memphis TN 38103
(901) 448-6511

Irby Psychological Services, LLC - Dr. Sarah Irby

Provides comprehensive evaluations for autism, ADHD, learning disorders, as well as other pediatric psychological disorders. Therapy services focus on behavior management and parent training.

<https://www.psychologytoday.com/us/therapists/irby-psychological-services-llc-southaven-ms/758530>

<https://www.facebook.com/irbypsych/>

7075 Golden Oaks Loop W, Southaven, MS 38671
(662) 228-5708

Dr. Amy Murrell

Provides assessments and individual therapy for children, adolescents, and adults.

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

8558 Ericson Cv., Cordova, TN 38018
(662) 510-6507

The Psychological Services Center – The University of Memphis

Provides affordable psychological assessment services to adults and children in the greater Memphis metropolitan area.

<https://www.memphis.edu/psychology/centers/psc.php>

400 Innovation Dr. Suite 126, Memphis, TN 38152
(901) 678-2147

Semmes Murphy - Drs. Brandon C. Baughman & Amanda M. Gould

Provides neuropsychological testing for ADHD, brain aneurysms, concussions, Parkinson's disease, seizures & epilepsy, sleep disorders, stroke, and Tourette Syndrome. Works with adults and children.

<https://www.semmes-murphey.com/neuropsychology>

Multiple clinic locations

Main: 6325 Humphreys Blvd, Memphis, TN 38120
(901) 522-7700

Virtual ADHD Services & Testing

Provides online ADHD assessments to Tennessee and Mississippi residents ages 6 and up, as well as online coaching services to any adult nationwide.

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

295 Germantown Bend Cv, Cordova, TN 38018
(901) 305-8895

Psychiatry

Dr. Irfan Ali

Provides psychiatric and medication management services. Accepts telehealth appointments.

<https://www.healthgrades.com/group-directory/tn-tennessee/germantown/ali-hoehn-mds-oo6rrqh>

1384 Cordova Cv #1, Germantown, TN 38138
(901) 753-7700

Dr. Karen Berry

Provides psychiatric and medication management services.

<https://www.md.com/doctor/karen-berry-md#office-1016478>

1068 Cresthaven Road, Suite 110, Memphis, TN 38119
(901) 405-6474

Blues City Psychiatry

Offers diagnostic psychiatric evaluations, medication management, second opinion diagnoses, and higher levels of care for patients in psychiatric crisis.

<https://bluescitypsychiatry.com/>

8336 Macon Road, Cordova, TN 38018
(901) 682-3035

The Boling Center (UTHSC) - Dr. Valerie Arnold

Provides psychiatric and medication management services. Specializes in child and adolescent psychiatry.

<https://www.lebonheur.org/doctors/Valerie-Arnold>

711 Jefferson Ave, Memphis, TN 38105

1-866-870-5570

Cordova Psychiatric Associates, PLLC

Offers general psychiatric services for adolescents, adults, and geriatrics for various conditions.

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

8289 Cordova Rd #106, Cordova, TN 38018

(901) 737-4565

Child & Adolescent Psychiatry Associates, PLLC

Group of child and adolescent psychiatrists that provide assessment, treatment, and medication management for various conditions.

<https://www.capamemphis.com/about.html>

1135 Cully Rd #100, Cordova, TN 38018

(901) 752-1980

Downtown Psychiatric Services

Provides medication management and brief psychotherapy for various conditions.

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

364 Front Street #201, Memphis, TN 38103

dps@downtownpsychiatricervices.com

(901) 296-3000

Dr. Melvin Goldin

Provides psychiatric and medication management services.

Has multiple affiliations

(901) 683-0030

Dr. Martha A. Gordon

Provides psychiatric and medication management services.

<https://health.usnews.com/doctors/martha-gordon-360719#location>

150 Timber Creek Dr Ste 6, Cordova, TN 38018

(901) 751-4430

Dr. Robert Hoehn

Psychiatrist specializing in Child & Adolescent Psychiatry and provides psychiatric and medication management services. Accepts telehealth appointments.

<https://www.healthgrades.com/group-directory/tn-tennessee/germantown/ali-hoehn-mds-oo6rrqh>

1384 Cordova Cv #1, Germantown, TN 38138

(901) 753-7700

Mid-South Psychiatric Services, LLC - Dr. Ethel Cobbett

Psychiatrist who specializes in treating adults and children with mood disorders, anxiety disorders, and ADHD with medication and psychotherapy. Provides services for children, adolescents, and adults.

<https://www.psychologytoday.com/us/psychiatrists/mid-south-psychiatric-services-llc-brentwood-tn/771948>

116 Wilson Pike Circle
(629) 218-4734

Dr. Jack C. Morgan

Provides psychiatric and medication management services.

<https://medicalpsychiatric.com/>

5100 Poplar Ave, #322, Memphis, TN 38137
(901) 766-7500

Olive Branch Psychiatric Services

Provides individual therapy and medication treatment for various conditions for both children and adults.

Accepts many insurances, including Medicare and Medicaid.

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

6914 Autumn Oaks Dr Ste A, Olive Branch, MS 38654
officestaff@obpsychiatrics.com
(662) 408-4136

Osborn Psychiatry, PLLC - Dr. Austin Osborn

Provides psychiatric evaluations, second opinions, medication management, telepsychiatry, and medical assisted treatment for substance use disorders (excluding Suboxone) for adults.

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

200 Jefferson Ave, Suite 225, Memphis, TN 38103
(901) 501-7039

Dr. Leslie Smith, Jr.

Provides psychiatric and medication management services.

<https://www.sharecare.com/doctor/dr-leslie-smith-2388v>

5050 Poplar Ave St 1632, Memphis, TN 38157
(901) 377-5891

Stewart Psychiatric Associates

Provides medication management and brief psychotherapy with specific interests in mood disorders and psychosis. Accepts a variety of insurances.

<https://www.psychologytoday.com/us/psychiatrists/stewart-psychiatric-associates-cordova-tn/373792>

154 Timber Creek Drive, Suite 2, Cordova, TN 38018
(901) 617-4873

UT Psychiatry

Provides interdisciplinary care for adults experiencing emotional or social problems. Accepts most major insurances, including Medicare.

<https://www.universityclinicalhealth.com/ut-psychiatry/>

920 Madison Ave, Floor 2, Memphis, TN
(901) 448-2400

Vogelfanger and Struble Clinic

Provides evaluations, medication management, therapy, and pharmacy services. Accepts most major insurances, including Medicare and Medicaid.

<http://vnsclinic.com/>

6005 Park Avenue, Suite 630B
Memphis, TN 38119
(901) 767-1136

Services for Uninsured and with Sliding Scale Fees

Alliance Healthcare Services

Offers outpatient, intensive outpatient, home-based, and community-based programs for many mental health needs, from alcohol and drug therapy, individual and group therapy, crisis services to medically monitored chemical detox, parent-child interaction therapy, and trauma-focused cognitive-behavioral therapy. Accepts all major insurance. Reduced fee or free service options for the uninsured.

<http://www.alliance-hs.org/>

Multiple locations
(901) 369-1400

Athena Project

This research clinic provides free and confidential evaluations and treatment for women who have experienced intimate partner violence.

<https://www.memphis.edu/athena/>

Psychology Building, Memphis, TN 28152
(901) 678-3973

Behavioral Health Safety Net

If you are 18 years or older, have a qualifying mental health diagnosis, and have no behavioral health insurance, you may qualify for the Behavioral Health Safety Net (BHSN) of TN program. 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.

<https://www.tn.gov/behavioral-health/mental-health-services/adults/behavioral-health-safety-net-.html>

2911 Brunswick Road, Memphis, TN 38133
1 (800) 232-5253
(901) 377-4733

Case Management, Inc. Healthcare Services – Fully Integrated Healthcare System

Non-profit organization offering mental health services for those who are elderly, have disabilities, homeless, at-risk for homelessness, mothers with substance use, and youth (including job placement and housing programs).

<https://cmiofmemphis.org/>

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

Christ Community Health Services

Faith-based health center providing health services to uninsured and homeless, including behavioral health services at select locations.

<https://www.christcommunityhealth.org/services/behavioral-health>

Multiple locations, see website for phone numbers

Church Health Center

Counseling, psychiatry, and support for uninsured Shelby County residents.

<https://churchhealth.org/clinical-services/behavioral-health-services/>

1350 Concourse Avenue, Suite 142 (Floor 3), Memphis, TN 38104
(901) 272-0003

Forward Counseling

Provides group, individual, family, and couples counseling for variety of mental health needs. Also have other assessment and treatment services (e.g., psychiatric services, health and nutrition coaching, speech language pathology). Fees vary by service. Sliding scale sessions are \$65 per session.

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

Multiple locations

(901) 930-7397 (Monday – Sunday; 9:00 AM – 9:00 PM)

The Psychological Services Center – The University of Memphis

Provides outpatient psychotherapy and psychological assessment services to adult, child, and family cases in the greater Memphis metropolitan area.

<https://www.memphis.edu/psychology/centers/psc.php>

400 Innovation Dr. Suite 126, Memphis, TN 38152
(901) 678-2147

Samaritan Counseling Centers of the Midsouth

Offers counseling, psychological assessment and crisis intervention services. Take insurance or sliding scale (\$45-135 per session).

35 S. Auburndale Street, Memphis, TN 38104

(901) 729-3900 (Monday – Friday, 8:00 AM – 4:30 PM; Saturday, 8:00 AM – 12:00 PM)

University of Memphis Student/Faculty/Staff Resources

Disability Resources for Students

Coordinates and provides academic accommodations and support services for qualified students with disabilities.

<https://www.memphis.edu/drs/>

Wilder Tower – Room 110
(901) 678-2880

Office for Institutional Equity

Provides fair and impartial mechanism for resolving complaints of unlawful harassment, discrimination, and sexual misconduct and retaliation.

<https://www.memphis.edu/oie/>

Administration Building – Room 156

(901) 678-2713

Student Health Center

Provides medical services (including dispensary medications and x-rays) for all students, faculty, and staff. Students may be seen during semester enrolled; faculty and staff must present University ID and are charged an access fee. Additional service fees may apply. Does not take insurance.

<https://www.memphis.edu/health/>

200 Hudson Health Center, The University of Memphis, Memphis, TN 38152-3320

studenthealth@memphis.edu

(901) 678-2287

University of Memphis Counseling Center

Free mental health services for students enrolled at the University of Memphis.

<https://www.memphis.edu/counseling/>

Wilder Tower - Room 214

(901) 678-2068

University of Memphis Relaxation Zone & Oasis Room, at Counseling Center

Variety of services free for students enrolled at the University of Memphis, including massage chairs, biofeedback station, stress relief coloring, Zen Garden, sand trays, buddha boards, positivity board, and stress ball creation station.

Relaxation Zone - Brister Hall, Room 302

The Oasis Room - Wilder Tower, Room 211

Other Specialized Community Resources

Latino Memphis

Offers a variety of services for the Latino community in the Memphis area, including information and referral services, support for Latino students, legal immigration services, and advocacy for policy and community engagement.

<https://www.latinomemphis.org/>

6041 Mt Moriah Rd Ext, Ste 16, Memphis, TN 38115

(901) 366-5882

Multinational Memphis

Christian organization that provides tutoring and English language lessons to immigrants and refugees in the Memphis area.

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

815 N McLean, Memphis, TN 38107

laurigraves.multinational@gmail.com

Text: (901) 832-9061

OUTMemphis

Nonprofit organization whose goals are to empower, connect, educate, and advocate for LGBTQ+ community of the Mid-South. Also provides emergency financial support for LGBTQ+ individuals and emergency housing for LGBTQ+ youth experiencing homelessness.

<https://www.outmemphis.org/>

Community Center: 892 S Cooper St, Memphis, TN 38104

Youth Emergency Center: 2055 Southern Ave, Memphis, TN 38114

(901) 278-6422

National Hotlines (24/7/365)

Mental Health Crisis Text Line

Text NAMI to 741741

Suicide Prevention Lifeline

1-800-273-8255

Trans Lifeline

1-877-565-8860

Alcohol & Drug Helpline

1-800-662-HELP (4357)

Sexual Assault Hotline

1-800-656-4673