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](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](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/](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.
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.
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/](https://www.mealerpsychological.com/)
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.amyrmurrellphd.com/ (940) 395-2921

Couples/Marital Counseling

Dr. Lee Horton
1355 Lynnfield Rd, #245, Memphis, TN 38119 (901) 254-8929

Dr. Shirly 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.shirleyleechphd.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.
(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.
(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.shelbycountymtn.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.
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.*
(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.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/
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](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](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/](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.*
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](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/](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.downtownpsychiatricservices.com/
364 Front Street #201, Memphis, TN 38103
dps@downtownpsychiatricservices.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.*
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.olivebranchpsychiatricservices.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.*
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/
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.
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/
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
lauriegraves.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