



2017-2018

# Behavioral and Mental Health Resource Directory

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## 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

Acute

CM

CCFT

Detox

IOP

OP-Group, Family, Individual

Res

Psych

SA

TI

## Emergency Numbers

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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 Alcy 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

### **38134**

### **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

### **38139**

#### **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

### **38654**

Parkwood Behavioral Health System

8135 Goodman Road Olive Branch, MS 38654

Phone: (662) 895-4900

Services: Inpatient mental health and SA treatment

### **38671**

Addiction Campuses of Mississippi DBA Turning Point Recovery

8829 Center Street Southaven, MS - 38671

Phone: (662) 280-5758

Services: counseling, SA, trauma informed care

### **72301**

#### **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

### **38016**

#### **Exceptional Development Family Tx Center**

1181 Vickery Lane Suite 102 Cordova, TN 38016

Phone: (901) 729-7773

Services: Speech and language pathology, OT

### **38018**

#### **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

Phone: (901) 206-2222

Services: In-home specialized mental health services for youth and families

### **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

#### **UT Boling Center**

711 Jefferson Avenue Memphis, TN 38105

Phone: (901) 448-6511 Toll-free: (888) 572-2249

Services: OP, PCIT, TI and assessments for children with developmental disabilities

### **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

#### **Case Management Inc.**

1507 Alice Ave. Memphis, TN 38106

Phone: (901) 259-1920

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

#### **Justice Network**

2430 Poplar Ave. Memphis, TN 38112

Phone: (901) 454-7880

Services: DUI Offenders Program

### **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 or (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 7<sup>th</sup> 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 and Girls Club**

620 S Lauderdale St. Memphis, TN

Phone: (901) 946-9222

**38141**

**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

(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**

**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

#### **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

Services: Housing and CM services

### **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

Phone: (901) 678-2224

<http://www.wamum.org>

**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](mailto: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)

#### **Code Blue**

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)