

Jackson State Community College Counseling and Career Center

2015-2016 Resource Directory

This is a directory of community, state, and national resources that you may find helpful. The resources included on this directory are not affiliated with Jackson State Community College. The directory is for informational purposes only and is not intended to be an endorsement of any agency. Availability of the resources listed will depend upon the individual agency. Jackson State Community College is not responsible for any transactions that occur between individuals utilizing this directory and the agencies listed. Individuals utilizing this directory will be responsible for any cost that may be incurred with the use of these services.



2015-2016

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CRISIS AND SUICIDE PREVENTION

Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS)

- TDMHSAS Statewide Toll-Free Crisis Lines
Adults - 1-855-274-7471
Youth – 1-866-791-9226 (Memphis Region) 1-866-791-9227 (Rural West TN)
- TDMHSAS Mandatory Pre-screening Agent (MPA) Requirement
- TDMHSAS Mobile Crisis Services:
 - Carey Counseling Center - 800-353-9918 (Benton, Carroll, Gibson, Henry counties)
 - Pathways Behavioral Services - 800-372-0693 (Crockett, Dyer, Haywood, Henderson, Lake, Madison, Obion, Weakley counties)
 - Quinco Community Mental Health Center 800-467-2515 (Chester, Decatur, Hardin, Hardeman, McNairy)

Community Mental Health Centers (by appointment):

- Cary Counseling Centers (Benton, Carroll, Gibson, Henry, Obion counties)
- Quinco Mental Health Centers First time clients must call 1-800-532-6339 (Chester, Decatur, Hardeman, Henderson, Madison, McNairy counties)
- Pathways Behavioral Health Services (Dyer, Gibson, Haywood, Henderson, Madison, Obion)

Telephone Hotlines for Crisis and Suicide Prevention:

- Quinco Mental Health Center: 1-800-532-6339
- Pathways Behavioral Health Services: 1-800-372-0693
- National Suicide Prevention Hotline: 1-800-273-8255
- National Hope Line Network: 1-800-784-2433
- National Hotline for Those with Hearing and Speech Impairments: 1-800-799-4889
- National Sexual Assault Hotline 1-800-656-HOPE (1-800-656-4673)
- S.A.F.E. Alternatives for Cutting and Self Harm: 1-800-DONTCUT (1-800-366-8288)
- Women/Men Resource and Rape Assistance Program 1-800-273-8712

Online Resources for Crisis and Suicide Prevention:

- National Sexual Assault Online Hotline – This online resource provides free anonymous crisis support for victims of sexual violence and is available 24 hours a day 7 days a week.
- Crisis Chat
- I am Alive Chat
- TREVOR Project (for lesbian, gay, bisexual and transgender individuals)
- Tennessee Suicide Prevention Network
- Suicide Prevention Resource Center
- American Foundation for Suicide Prevention
- Mental Health America - Suicide Prevention

DOMESTIC VIOLENCE PREVENTION

Programs and Hotlines:

- [Women/Men Resource and Rape Assistance Program](#)
 - Alamo Office – (731) 696-3291
 - Brownsville Office – (731) 772-2291
 - Camden Office – (731) 584-1100
 - Huntingdon Office – (731) 986-3215
 - Jackson Office – (731) 668-0411
 - Lexington Office – (731) 967-9669
 - Parsons Office – (731) 847-3396
 - Savannah Office – (731) 925-1552
 - Selmer – (731) 645-4357
 - Trenton – (731) 855-2522
- [National Domestic Violence Hotline](#): 1-800-799-7233 or TTY: 1-800-787-3224
- [National Network to End Domestic Violence](#) (202) 543-5566
- [Tennessee Coalition to End Domestic & Sexual Violence](#) 1-800-289-9018

Crisis Resources for Children and Youth:

- [Exchange Club's Carl Perkins Center for the Prevention of Child Abuse](#) 1-800-273-4747
 - [Where to report suspected child abuse](#)
 - [Exchange Club's Carl Perkins Center Locations](#)
- [Youth Villages](#) - Memphis area (866) 791-9226 Rural West TN (866) 791-9227
- [Tennessee Voices for Children](#)

OTHER MENTAL HEALTH RESOURCES

Online Resources:

- [Anxiety Disorder Association of America](#) – This online resource provides general information on anxiety disorders, treatment and referrals.
- [Compassionate Friends International Support](#) – This online resource provides support for families who have experienced the death of a child.
- [Depression and Bipolar Alliance \(DBSA\)](#) – This online resource provides information about support groups, offers advice as well as tips on living with a family member with a mood disorder.
- [JSCC ULifeline](#) – Mental health resources for college students sponsored by the Jed Foundation
- [Transition Year](#) – This is an online resource center that is designed to assist both students and parents focus on their emotional health before, during and after college.
- [Tennessee Association of Mental Health Organizations \(TAMHO\)](#)
- [Tennessee Mental Health Consumers' Association](#)

Grief and Mental Health Support Groups:

- **Grief Support Groups:**
 - ❖ **Suicide** – The following support groups are for individuals who lost someone to suicide:
 - Living in Suicide's Aftermath (L.I.S.A.) (731)664-7324 (after 5:00 p.m.)
 - Survivors of Suicide (517) 841-6982 ext. 3569 (meets in Jackson)
 - ❖ **Homicide** – The following support group is for individuals who lost someone to homicide:
 - Loved Ones of Homicide Victims (731) 661-5564
 - ❖ **General Grief Support Groups** – The following support groups are for individuals who lost someone to death:
 - Baptist Memorial Home Care and Hospice of Huntingdon (731) 986-3220 1-800-273-9649
 - Bodkin Funeral Home (Milan) (731) 668-9698
 - Passages Grief Support Group (731) 664-4244
 - Living with Grief (517) 841-6982 ext. 3569 (meets in Jackson)
 - McNairy Regional Hospital (731) 645-3221
 - Shackelford Funeral Home (731) 645-3481 (McNairy County)
 - Grief Support Group (731) 541-5950 (Terry Berry meets in Jackson)
 - ❖ **Grief Support Groups for Individuals Who Lost a Child to Death:**
 - Bereaved Parents (517) 841-6982 ext. 3569 (meets in Jackson)
 - Compassionate Friends of Jackson (731) 787-6491
 - Coping with Pregnancy and Infant Loss (517) 841-6982 ext. 3569 (meets in Jackson)
 - Supporting Parents Experiencing Death (SPED) (731) 425-6954
- **Mental Health Support Groups:**
 - ❖ [Depression and Bipolar Alliance \(DBSA\)](#) – **A Better Tomorrow** is a local support group of DBSA and is for anyone suffering from depression or bipolar disorder.
 - ❖ [West TN \(Region VI\) Peer Support Centers](#) - Individuals with mental health or co-occurring conditions develop their own programs to supplement existing mental health and support services, and provide opportunities for socialization, education, and support activities.
 - ❖ [Pathways Behavioral Health Services Mental Health Groups](#) – This online resource provides a listing and description of mental health education and support groups offered by Pathways.
 - ❖ [NAMI of Tennessee](#) - A nonprofit, support and advocacy organization of consumers, families and friends of people with severe mental illness such schizophrenia, major depression, bipolar disorder, obsessive compulsive disorder and anxiety disorders. The following are links to the NAMI support groups in West Tennessee:
 - [NAMI - Carroll County](#)
 - [NAMI - Dyer County](#)
 - [NAMI - Hardeman County](#)
 - [NAMI - Henry County](#)
 - [NAMI - Madison County](#)
 - [NAMI - Weakley County](#)

ALCOHOL, DRUGS AND OTHER ADDICTION TREATMENT AND RESOURCE INFORMATION

Detox/Treatment Facilities:

- [Aspell Recovery Centers](#)
- [Buffalo Valley Inc. - Hohenwald TN](#)
- [Jackson Area Council On Alcoholism and Drug Dependency \(JACO\)](#)
- [Lakeside Behavioral Health System - Memphis TN](#)
- [West TN Healthcare - Pathways Behavioral Health Services](#)
- [Quinco Mental Health Centers - Hardeman County](#) – First time clients must call 1-800-532-6339
[Other Quinco Locations \(Chester, Decatur, Hardeman, Henderson, Madison, McNairy counties\)](#)

Methadone Clinics:

- [TDMHSAS State Opioid Treatment Authority Information](#) – Tennessee has 10 methadone clinics which are all for profit. The following is a list of the clinics located in West TN (excluding Shelby County):

Compulsive Gambling:

- [TDMHSAS Problem Gambling Program](#) 1-800-889-9789 24/7

Addiction Recovery Support Groups:

- ❖ [Alcoholics Anonymous](#) - Alcoholics Anonymous (AA) is a fellowship of men and women who share their experience, strength and hope with each other such that they may solve common problems and help others to recover from alcoholism. There are no fees or dues for membership. AA is not affiliated with any sect, denomination, politics, organization, or institution. For additional information and meeting locations call 1-877-426-8330 24hr.
- ❖ [Narcotics Anonymous \(NA\)](#) - Narcotics Anonymous (NA) provides support to those individuals who wish to pursue and maintain a drug free lifestyle. Membership is free and there is no affiliation with any sect, denomination, politics, or institution.
- ❖ [NA Meetings in West Tennessee](#)
- ❖ [Al-Anon Family Groups](#) - Al-Anon is a community resource that provides support to those individuals who are affected by someone else's drinking or drug addiction. The following is a list of Al-Anon groups in West Tennessee.
 - [Al-Anon Family Meetings in West Tennessee](#)
 - [Online Al-Anon Outreach](#)
 - [Al-Anon - Alateen](#)

RESOURCES FOR INDIVIDUALS OR FAMILY MEMBERS WITH DISABILITIES OR SPECIAL NEEDS

Disability Law and Advocacy:

- [Americans with Disabilities Act \(ADA\)](#) – This site provides information about the ADA law and how to obtain assistance.
- [Disability Law and Advocacy Center of Tennessee](#) 1-800-342-1660 – This organization advocates for the rights of Tennesseans with disabilities to ensure that they have an equal opportunity to be productive and respected members of society.
- [Tennessee Human Rights Commission \(THRC\)](#) – The mission of the THRC is to safeguard individuals from discrimination through enforcement and education.
- [Tennessee Department of Human Services Adult Protective Services](#) (1-888-277-8366) – Adult protective Services investigates reports of abuse, neglect or financial exploitation of adults who are unable to protect themselves due to a physical or mental limitation.
- [Tennessee Family Support Program](#) – This program works to assist individuals with severe disabilities and their families to remain together in their homes and communities.
- [U.S. Department of Education - Office for Civil Rights \(OCR\)](#) – OCR works to ensure access to education for student populations including disabled students and promotes excellence through vigorous enforcement of civil rights.

Disability Determination Services:

- [Tennessee Disability Determination Services \(DDS\)](#) – The DDS services operates by agreement between the state of Tennessee and Social Security Administration to process social security and supplemental security income disability claims.

Assisted Technology and Educational Resources:

- [STAR Center](#) – This organization assists children and adults with disabilities or special needs with gaining their independence through assistive technology and other therapies
- [Tennessee Technology Access Program \(TTAP\)](#) – TTAP provides Tennesseans who have disabilities comprehensive information related to assistive technology including the following:
 - [Funding Assistance](#)
 - [Device Demonstration](#)
 - [Device Loan](#)
 - [Device Reutilization](#)
- [Vocational Rehabilitation](#) – This is a federal and state funded program that provides services to help individuals with disabilities enter or return to employment.
 - Vocational Rehabilitation Eligibility Information

Resources for Individuals Who Are Blind and Visually Impaired:

- [Tennessee Blind and Visually Impaired Services](#) – The state of Tennessee provides the following services to individuals who are blind and visually impaired:
 - [Vocational Rehabilitation](#)
 - [Independent Living Services](#)
 - [Deaf-Blind Services](#)
 - [Newsline for the Blind and Visually Impaired](#)
 - [Register for the Blind](#)
 - [Tennessee Business Enterprises](#)
- [Tennessee Library for the Blind and Physically Handicapped](#) – A free library program of braille, recorded and large print materials available to residents of Tennessee who are not able to use standard print materials due to a visual or physical disability.

Resources for Individuals Who Are Deaf and Hard of Hearing:

- [Tennessee Deaf and Hard of Hearing Services](#) – The state of Tennessee provides numerous services to individuals who are deaf or hard of hearing.
- [Tennessee Relay Center Services](#) – This Tennessee Relay Center provides free state-wide assisted telephone services for the deaf-blind, hard of hearing, and hearing speech impaired community.

Resource for Non-English Speaking Disabled Individuals:

- [Tennessee Disability Pathfinder - Multicultural Outreach Program](#) – This program attempts to alleviate barriers to accessing disability resources, provide cultural awareness, training, information, and assistance to families with diverse cultural backgrounds.

Resources for Individuals with Brain Injuries:

- [Brain Injury Association of Tennessee](#) – This association provides information about brain injury prevention, awareness, and education. It serves as an advocate for survivors and their families.
- [Brain Line](#) – This organization offers a great deal of information and resources on brain injuries as well as how it relates to the individual and family.

Resources for Individuals With Intellectual and Developmental Disabilities:

- [C.S. Patterson Training Center](#) (731) 855-2316 – Serving Benton, Carroll, Crockett, Dyer, and Gibson counties, this organization supports individuals with intellectual and developmental disabilities by providing numerous services including adult day services and supported employment.
- [Community Development Services \(CDS\) of Martin Tennessee](#) (Carroll, Henry, Lake, Obion, and Weakley counties) – This agency works with individuals who are developmentally disabled helping them live normal lives within the community.

- [Hardin County Skills, Inc.](#) – This agency provides day, residential, supported living, and employment services to disabled individuals who are enrolled in the Department of Intellectual and Development Disabilities Medicaid Wavier program.
- [Tennessee Department of Intellectual and Developmental Disabilities \(DIDD\)](#) (731) 426-1821 – This state agency provides services and supports Tennessean in intellectual disabilities.
 - [DIDD's From the Heart of Tennessee Program](#)
- [The Arc](#) – This agency is for people with intellectual and developmental disabilities.
 - [The Arc of the Mid-South](#) –this is the local chapter of the Arc.

General Resource Information for Individuals with Disabilities and the Elderly:

- [Disability.gov](#) – This online resource provides information on an array topics and issues as it pertains to individuals with disabilities.
- [Epilepsy Foundation](#) – This foundation assists individuals and families affected by epilepsy and related neurological impairments by providing education, advocacy, and services.
- [Northwest Tennessee Economic Development Council \(NWTEDC\) - Linkage Companionship and Assessment Services](#) (Benton, Carroll, Crockett, Dyer, Gibson, Henry, Lake, Obion, and Weakley counties) – NWTEDC provides individualized case management services that are based on a family needs assessment. Services include companionship and advocacy for the elderly, isolated, and disabled in order to assist these individuals in helping them reach their own potential and self-sufficiency. Individuals will need to contact their [local NWTEDC office](#) .
- [Southwest Human Resource Agency - Senior Services](#)
- [Tennessee Disability Pathfinder](#) – This is a statewide clearinghouse of disability-related resources.

Resources for Individuals Who Have Children and Youth with Special Needs:

- [Ayer's Children's Medical Center - The Therapy and Learning Center](#) (formally Kiwanis Center for Child Development) – This center assists children with all types of disabilities while also extending support to their families.
- [Ayer's Children's Medical Center - Child Care Resource and Referral Center](#) (formally Kiwanis Center for Child Development) – This service was established to provide services, referral, training, and materials to childcare providers in Chester, Decatur, Fayette, Hardeman, Hardin, Haywood, Henderson, Lauderdale, Madison, McNairy, and Tipton counties.
- [Tennessee Department of Education - Tennessee Early Intervention System \(TEIS\)](#) – This voluntary program is for families with children from birth to age two who have disabilities or developmental delays.
- [Tennessee School for the Deaf \(Jackson\)](#) – This school provides instructional programs for hearing impaired children ranging in age from two to thirteen.
- [Tennessee School for the Deaf \(Knoxville\)](#) – This school offers an individualized and comprehensive educational program for hearing impaired children ranging from pre-kindergarten to grade 12.

Independent Living Services and Rehabilitation Centers:

- [Community Tennessee Rehabilitation Centers \(CTRC\)](#) – As part of the Tennessee Facility Network of Vocational Rehabilitation Services, these centers provide day programs of rehabilitation services within the clients home communities.
 - [Community Tennessee Rehabilitation Center Locations](#)
- [Compass Coordination, Inc.](#) (731) 661-0183 - Compass Coordination is a not-for-profit organization serving persons with disabilities and their families in all of the communities of middle and west Tennessee.
- [Jackson Area Center for Independent Living](#) – This nonresidential organization is designed to enable individuals with disabilities to achieve independence and fully participate in all aspects of community life.
- [Tennessee Rehabilitation Center](#) – Located in Smyrna Tennessee, the Tennessee Rehabilitation Center is one of only eight such residential facilities in the nation that provides services and training to prepare individuals with disabilities for employment.

DISASTER RELIEF RESOURCES

Agencies that Provide Disaster Relief:

- [American Red Cross \(Jackson Area Chapter\) - Disaster Relief Assistance](#) (Carroll, Chester, Decatur, Gibson, Hardeman, Haywood, Hardin, Henderson, McNairy counties)
- [American Red Cross \(Northwest Tennessee Chapter - Dyersburg\)](#)
- [Disaster Assistance.Gov](#) – This online site provides information that assists individuals in finding and applying for federal disaster assistance programs.
- [Federal Emergency Management Agency \(FEMA\)](#)
- [Northwest Tennessee Disaster Relief](#)
- [Tennessee Emergency Management Agency \(TEMA\)](#)
 - [TEMA - Individual Assistance Information](#)

Mental Health Resources for Individuals Who Experienced a Disaster:

- Disaster Distress Helpline:
 - 1-800-985-5990
 - TTY for Deaf/Hearing Impaired: 1-800-8517
 - Text: TalkWithUs to 66746

FAMILY ASSISTANCE RESOURCES

Food:

- [Northwest Tennessee Economic Development Council](#) – serves Benton, Carroll, Crockett, Dyer, Gibson, Henry, Lake, Obion, and Weakley counties.
 - [Temporary Emergency Food Assistance \(Distribution Schedule\)](#) (731) 364-3228 ext. 129

- [Regional Inter-Faith Association \(RIFA\) Soup Kitchen](#) provides hot nutritious meals 365 days a year. There is no charge for the meals and no one is turned away. RIFA also maintains a food pantry.
- [Southwest Human Resource Agency \(SWHRA\) Community Service Centers](#) - SWHRA serves Chester, Decatur, Hardeman, Hardin, Haywood, Henderson, McNairy, and Madison counties.
- [Tennessee Department of Human Services \(DHS\) - Family Assistance Center](#) (1-866-311-4287) – This office answers calls and can make changes in Families First and Food Stamp cases ([DHS office locations listed by county](#))
 - [Families First](#) – This service provides temporary cash benefits to families who have children and are experiencing financial difficulties.
 - [SNAP Program](#) – This program provides nutritional assistance benefits to children, families, the elderly, disabled, unemployed and working families.
- [Women, Infants, and Children \(WIC\) Program](#) (1-800-342-5942) – This program provides supplemental food to low-income pregnant, postpartum and breastfeeding women, infants and children until the age of five.

Food Banks:

- Crockett Care Food Pantry (Crockett County) (731) 696-4067
- [Regional Inter-Faith Association \(RIFA\) - Food Bank](#) (731) 427-7963

Child Care:

- [Tennessee Department of Human Services Listing of Child Care Providers](#) -The Department of Human Services is a great resource for someone searching for childcare.
 - [Child Care - Financial Assistance](#)
- [Tennessee Child Care Centers](#) – This is an online free directory of child care services across the state of Tennessee

Clothing:

- [Milan Vineyard Christian Fellowship - Clothes Closet](#) (731) 723-8463 Open most Saturdays.
- [Regional Inter-Faith Association \(RIFA\) Thrift Store](#) (731) 427-7963 – The RIFA Thrift Store provides useful, donated items including clothing for children and adults at an affordable price. The net profits are used to assist with RIFA's ministries.

Healthcare:

- For the uninsured or underinsured (discounts are often given based on the individual's income):
 - [East Jackson Family Medical Center](#) (731) 425-7900
 - [Faith Health Center](#) (731) 215-2500
 - [Hardin County Regional Health \(Lifespan Health\)](#) (731) 925-2300
 - [Tennessee Health Departments \(office locations\)](#) - Tennessee's county health departments offer basic health services including children's special services, family planning, immunizations, well child visits, HIV sexually transmitted disease testing and treatment and communicable disease control. Many also offer primary care for uninsured adults, with fees based on income.

- [Ryan White Program](#) – The state of Tennessee provides medical services for residents who have tested positive for HIV.
- Prescription Medication Assistance Resources:
 - [Area Relief Ministries \(ARM\)](#) (731) 423-9257 (Jackson, TN residents only) – This agency does not assist with obtaining pain medication.
 - [Cover Tennessee - Cover Rx](#) – This program is designed to assist those who have no pharmacy coverage but is in need of prescription medication. This program does not cover doctor or hospital visits – only medication.
 - [Partnership for Prescription Assistance](#) (1-800-477-2669) – This agency helps connect qualifying patients who do not have prescription drug coverage to appropriate programs that are right for them.
 - [Regional Inter-Faith Association \(RIFA\) - Relief Services](#) (731) 427-7963
- Dental Care Assistance Resources:
 - [Tennessee Health Department - West TN Regional Office Dental Clinic](#) (731) 423-6600
 - [Tennessee Health Department Public Dental Clinics - West Tennessee Region](#)
 - [Area Relief Ministries \(ARM\)](#) (731) 423-9257 (Jackson TN residents) - Emergency dental extractions only.

Healthcare Insurance Resources:

- [TennCare](#) – provides medical benefits to eligible individuals who are in need of aid and to those families who may have no medical insurance or inadequate insurance.
 - [TennCare Eligibility Information](#)
 - [How to Apply for TennCare](#)

Resources for Making Healthy Choices:

- [CDC: Health and Safety for College Students](#) – This online resource provides information directed towards college students on such topics as safety, staying healthy and binge drinking just to name a few.
- [Choose My Plate](#) – This site provides information to help individuals determine which foods they need to eat, how many servings from each group, and caloric intake each day.
 - [My Plate on Campus for College Students](#) – This site provides information about healthy eating and lifestyles for college students.
- [Get Fit Tennessee](#) – This interactive online resource is great for individuals who wish to get physically fit. There is also information on Type II Diabetes and Obesity.
- [Health Information Tennessee](#) – This site provides information on various health topics including reports and data from Tennessee.
- [Tennessee Tobacco Quitline](#) – This site is designed to help individuals who are trying to quit smoking or using tobacco.

Emergency Housing Resources:

- Emergency Housing for Families:
 - [Area Relief Ministries \(ARM\) - Family Housing Initiative](#) – ARM owns six single-family homes in Jackson. These homes are rented at subsidized rates. Case management services are provided to resident families who could have been at risk of homelessness.
 - [Southwest Human Resource Agency - Homeless Assistance Program](#) (731) 427-2147 – This program provides assistance to homeless families in the City of Jackson.
 - Dyersburg-Dyer County Union Mission (731) 285-0726
- Emergency Housing for Women:
 - [The Dream Center - Jackson](#) (731) 512-0095
 - The Care Center (731) 427-2273
- Emergency Housing and Services for Men:
 - [Area Relief Ministries \(ARM\)](#) (731) 423-9257 - This is on a first come first serve basis. Men should be lined up in front of 108 South Church Street in Jackson by 4:00 pm and no later than 4:30 pm. No shelter is available on Sunday.
 - [ARM's Room in the Inn](#) (731) 423-9257 – ARM's Room in the Inn partners with local churches to provide shelter to homeless men during the winter months.
 - [ARM's Turning Point Safe Haven](#) (731) 256-3130 – This eight bed program serves men who are chronically homeless and also have a co-occurring situation such as a mental illness.
 - [ARM's Fresh Start Program](#) (731) 616-0916 – This program works with homeless men in Jackson by providing them with work opportunities that helps increase job readiness skills.
 - [ARM's Open Arm](#) (731) 868-1724 – This program provides various services to homeless men in Jackson.

Housing Resources:

- [Public Housing Agency Locations](#) (listed by city)
- West Tennessee Agencies in that Provide Rental Payment Assistance (excluding Shelby County):
 - [Northwest Tennessee Economic Development Council](#)
 - [Southwest Human Resource Agency](#) (731) 427-2147 (City of Jackson)

Legal Assistance Resources:

- [Tennessee Alliance for Legal Services \(TALS\)](#) (1-888-aLEGALz) - TALS is a statewide non-profit organization that seeks to build partnerships to support the delivery of effective civil legal services for low-income and elderly Tennesseans.
- [West Tennessee Legal Services](#)

Utility Payment Resources:

- [Area Relief Ministries \(ARM\) - Utility Assistance Program](#) (731) 423-9257 – Applications are accepted each week Monday – Wednesday at 9:00 am and 1:30 pm.
- [Southwest Human Resource Agency - Low Income Home Energy Assistance Program \(LIHEAP\)](#) - (Chester, Decatur, Hardeman, Hardin, Haywood, Henderson, McNairy, and Madison counties).

This program offers assistance with utility bills to eligible families. Individuals must apply at their local SWHRA Community Service Center.

- [Northwest Tennessee Economic Development Council \(NWTEDC\) - Low Income Home Energy Assistance Program \(LIHEAP\)](#) (Benton, Carroll, Crockett, Dyer, Gibson, Henry, Lake, Obion, and Weakley counties) – Assistance is provided beginning July 1st through June 30th or until funds are exhausted. This applies to both regular and crisis assistance. Individuals must apply at their local [NWTEDC office](#).
- [Regional Interfaith Association \(RIFA\) - Relief Services](#) (731) 427-7963 - RIFA provides relief services in several areas including utilities. RIFA will see the first six applicants who have all of their documentation starting at 9:00 a.m. on Mondays and 8:00 a.m. on Tuesdays, Wednesdays, and Thursdays.

Telephone Service Resources:

- [Southwest Human Resource Agency \(SWHRA\)](#) has partnered with telephone companies to offer reduced rate or free phone services through Safe Link Wireless for low-income families.
 - [Safe Link Wireless](#)
- [Lifeline Discount Telephone Assistance](#) – Administered by the Tennessee Regulatory Authority, this telephone assistance program is available to those whose income is low and who qualify for other public assistance programs.

Transportation Services:

- [Jackson Transit Authority](#) (731) 423-0200
- [Northwest Tennessee Human Resource Agency - Rural Public Transportation](#) (731) 587-2900
- [Southwest Human Resource Agency - Rural Public Transportation](#) (731) 989-0267

CAREER AND EMPLOYMENT RESOURCES

Career Information Resources:

- [Career One Stop](#) – Sponsored by the U.S. Department of Labor, this online resource provides information on various topics as it relates to careers and employment.
- [CollegeForTN.org](#) is an online resource administered by the Tennessee Higher Education Commission for people who wish to develop education plans matching their career goals. The site provides information about the steps needed to reach college and financial planning tips. There are also tools to help users create resumes, prepare for job interviews and share their achievements, goals and plans with college and career advisors.
- [My Next Move](#) – This online resource provides information on various careers. It also contains a small assessment the individual can take.
- [My Skills My Future](#) – Sponsored by the U.S. Department of Labor, this online resource provides individuals with the opportunity to match their skills to the different occupations.
- [Occupational Outlook Handbook](#) – This online resource is published by the Department of Labor and Statistics. It profiles hundreds of occupations and is a great resource for someone looking for career information.

- [Onet Online](#) – Sponsored by the U.S. Department of Labor, this online data base contains information on hundreds of occupations. It also contains a small assessment the individual can take.
- [U.S. Bureau of Labor and Statistics - Occupational Profiles](#) – This site provides employment statistics for various occupations.

Job Search Resources:

- [Entry Level Job Site](#) – This online resource can assist an individual look for an entry level position.
- [Job Corps](#) – This is a free education and training program that helps young people learn a career, earn a high school diploma or GED, as well as how to find a job and keep it.
- [Jobs4TNOnline](#) – This is a detailed listing of available jobs in Tennessee. It is a great source for someone looking for a job.
- [Jobs in Tennessee](#) – This is a listing of job openings in Memphis as well as other cities in Tennessee.
- [Tennessee Career Coach](#) – Sponsored by the Tennessee Department of Workforce Development, the Career Coach is a mobile career center. It offers job seekers onsite internet access, computers, copy and fax machines. Onsite workshops on valuable job seeking skills are also available.
- [Tennessee Department of Labor and Workforce Development - Career Centers](#) – This agency provide numerous services including computer workstations for individuals to apply for jobs, on site workshops, and career readiness training.
 - [Tennessee Career Center Locations \(by county\)](#)
- [USA Jobs - Working for America](#) – Sponsored by the U.S. Department of Personnel, this online resource allows and individual to search federal job openings.
 - [USA Jobs - Individuals with Disabilities](#)
 - [USA Jobs - Students and Recent Graduates](#)
 - [USA Jobs - Veterans](#)

RESOURCES FOR SERVICE MEMBERS, VETERANS AND THEIR FAMILIES

Telephone Crisis and Suicide Prevention Hotlines for Veterans and Service Members:

- [Veterans Crisis Line](#): 1-800-273-8255 Press 1 (24hrs/7days a week)
- Vet2Vet Crisis Hotline: 1-877-838-2838
- Military Crisis Hotline 1-800-273-8255 Press 1 (24hrs/7days a week)
- [DoD Safe Help Line for Military Sexual Trauma](#) 1-877-995-5247
- [DSTRESS \(Marine Corps\)](#) 1-877-476-7734 – Developed by the Corps, the DSTRESS line provides professional anonymous counseling for Marines.
- [U.S. Veterans Affairs - Sexual Trauma Services](#)
 - [Memphis VA Medical Center](#) – (901) 523-8990
 - [Vet Center - Memphis](#) - (901) 544-0173 or 1-877-927-8387
- Veterans Caregiver Support Line 1-855-260-3274

Online Crisis and Suicide Prevention Resources for Veterans and Service Members:

- [DoD Safe Helpline Online for Military Sexual Trauma](#) – This site provides live, confidential sexual assault support to the Department of Defense community through instant messaging.
- [MyDuty.mil - Military Sexual Assault](#) – Provides active duty service members who have been a victim of (or know someone who has) military sexual assault with information and guidance on reporting options and rights.
- [Online Real Warriors Live Chat](#) – Available 24 hours 7 days a week, Veterans can chat with a trained health resource consultant who is ready to listen and provide guidance as well as resources.
- [Online Veterans Crisis Chat](#) Professionals are available 24 hours 7 days a week to assist Veterans through any crisis they may have.

Emergency Housing Resources for Veterans and Service Members:

- [Homeless Veterans Chat Line](#)
- [National Call Center for Homeless Veterans](#) (1-877-424-3838) Veterans who are homeless or at risk of becoming homeless can contact the National VA Call Center 24/7.
- [Navy-Marine Corps Relief Society - Emergency Assistance](#) (901) 874-7350 – This agency provides emergency financial assistance and budget counseling for active duty and retired Navy and Marine Corps personnel and their spouses.

Caregiving Services and Support Resources for Veterans and Their Families:

- [U.S. Department for Veterans Affairs - Veterans Caregiver Support](#) 1-855-260-3274 – Sponsored by the U.S. Department of Veterans Administration, this online resource provides information and support to those individuals who provide care to our Veterans.
- [Department of Veterans Affairs RESCUE - Resources and Education for Stroke Caregivers](#) – This site provides stroke caregivers information and resources to help them better care for their loved ones.

Mental Health Resources for Service Members, Veterans and Their Families:

- [After Deployment](#) – This is an excellent online resource that provides numerous resources, videos, and assessments on various mental health topics as they relate to Active Duty Service Members, Veterans, families and caregivers.
- [Coaching Into Care](#) 1-888-823-7458 – Sponsored by the U.S. Department of Veterans Affairs, *Coaching into Care* provides a coaching service for family and friends who see that their Veteran needs help.
- [DCoE Outreach Center for Psychological Health and Traumatic Brain Injury](#) 866-966-1020 – Sponsored by the Defense Centers of Excellence, the Outreach Center provides Veterans assistance with psychological and traumatic brain injury issues.
- [Make the Connection](#) – This online resource connects Veterans, their friends and family members with information, resources, and solutions to issues affecting their health, well-being and everyday lives. Veterans can hear inspiring stories of strength, learn what has work for other veterans and

explore information about physical and mental health symptoms, challenging life events and mental health conditions.

- [Real Warriors - Dealing With Post-Deployment Stress](#) – This site provides tips on how Service members and Veterans can deal with post-deployment stress.
- [Real Warriors - Managing Stress in the Workplace](#) – This online resource provides Veterans tips on handling stress as it relates to transitioning back into the workplace.
- [Real Warriors - National Guard and Reserve Members Resources](#) – This site provides some great resources for National Guard and Reserve members.
- [Reserves and National Guard Resource Center](#) – Sponsored by the Department of Defense's Deployment Health Clinic, this site serves as a resource center for members of the reserves and the National Guard.
- [Tricare](#) – Tricare beneficiaries, including retirees and their dependents, are eligible for civilian outpatient mental health treatment. The web page will prompt the individual with three questions that he or she will need to answer.
- [U.S. Department of Veterans Affairs - Mental Health Services and Information](#) – This online resource provides an overview of mental health services available to Veterans as well as information about various mental health topics.
- [U.S. Department of Veterans Affairs - PTSD Program](#) - PTSD Intensive/Inpatient Memphis VA Center (901) 523-8990 ext. 5845, PTSD Outpatient Memphis VA Center (901) 523-8990 ext. 5753
- [U.S. Department of Veterans Affairs - Vet Centers](#) provides a broad range of counseling, outreach, and referral services to all war zone Veterans. The following is a list of Vet Centers in Tennessee:
 - [Chattanooga](#)
 - [Johnson City](#)
 - [Knoxville](#)
 - [Memphis](#)
 - [Nashville](#)
- [Vets4Warriors](#) – 1-855-VET-TALK (1-855-838-8255) – This organization serves National Guard and Reserve Service members. It is staffed by Veterans and provides personal support, referral services and a live online chat service.
- [Vets Prevail](#) – This organization offers Veterans a free online transition program, the opportunity to chat with Veteran peer coaches and interact with Veterans in their community.

Substance Abuse Resources for Service Members and Veterans:

- [Real Warriors - How Veterans Can Address Substance Misuse](#) – Veterans can learn how to find treatment for substance abuse including alcohol and tobacco.
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) – Veterans can access information about prevention, treatment, and recovery support for mental health and substance abuse disorder.

Health Resources for Service Members and Veterans:

- [Brain Line - Military](#) – This organization provides traumatic brain injury information and resources for Veterans, National Guard and Reserve members.

- [Center for Women Veterans](#) – Sponsored by the U.S. Department of Veterans Affairs, the online resource provide information about the Center for Women Veterans including benefits and services available to women veterans.
- [InTransition](#) 1-800-424-7877 – This voluntary and confidential program supports individuals as they move between health care systems or providers. A personal coach, along with resources and tools, will help the individual during his or her transitional period.
- [Memphis VA Medical Center](#) (901) 523-8990
- [My HealtheVet](#) - This online resource is the U.S. Department of Veterans Affairs online personal health record that allows veterans to partner with their healthcare team. It provides veterans with opportunities and tools to make informed decisions about their health care.
- [U.S. Department of Veterans Affairs - Blind Rehabilitation Services](#) – This site provides an overview of services available to Veterans who are blind or visually impaired.
- [U.S. Department of Veterans Affairs - Health Care Benefit Information](#) – This site provides health care benefit information for Veterans, dependents and survivors.

Career / Employment Resources for Veterans and Military Families:

- [Feds Hire Vets](#) – This online resource provides federal employment information for veterans.
- [Hero2Hired](#) – This online resource provides Veterans with the opportunity to search for jobs explore career paths by military skills and find information on hiring events around the country.
- [Military Spouse Employment Partnership - Ourmilitary.mil](#) – This resource is designed to provide military spouses (other spouse is in active duty) access to career and educational counseling, career coaching, job search, and resume' writing assistance.
- [Real Lifelines: Veterans Employment and Career Transition](#) – Sponsored by the U.S. Department of Labor, this interactive online tool provides employment information and resources for wounded or injured Service members / Veterans seeking to reintegrate into the civilian workforce.
- [U.S. Department of Veterans Affairs - Vocational Rehabilitation Employment Program](#) –Sponsored by the U.S. Department of Veterans Affairs, this online resource gives a description of the program, eligibility, and the processes associated with approval.
- [Veterans ReEmployment](#) – Sponsored by the U.S. Department of Labor, this online resource provides information on employment and services that are available to veterans.

Benefit and General Information Resources for Service Members and Veterans:

- [U.S. Department of Veteran Affairs Southern Regional Office](#) (1-800-827-1000) – Located in Nashville Tennessee, the southern regional U.S. Department of Veterans Affairs office provides veterans with information concerning their compensation, pension, loan guaranty, vocational rehabilitation and employment, education and insurance benefits.
- [U.S. Department of Veterans Affairs - eBenefits](#) – Sponsored by the U.S. Department of Veterans Affairs and the Department of Defense, eBenefits is an online benefit information source for veterans and their families. Individuals will be required to register for a net login.
- [U.S. Department of Veterans Affairs - VA Forms](#) – This is an extensive list of forms published by the U.S. Department of Veterans Affairs. Individuals will need Adobe Reader in order to download the forms. There is a link for a free download of the Adobe Reader on the website.