



# Davidson County Community Resources

Addiction Services & Recovery Support.....	2
Domestic Violence.....	2
Emergency Financial Assistance.....	3-4
Foster Care Transition.....	4
Housing – Emergency Shelters.....	5-6
Housing – Permanent Housing.....	6
Mental Health Care.....	6-7
Nutrition Assistance.....	7
Legal Services.....	8
Sexual Assault.....	8
Veterans Services.....	8

## Addiction Services & Recovery Support

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## Park Center

Park Center provides support through treatment, housing, day programs, and employment services for individuals 18 and older with addiction and co-occurring mental health challenges. For more information or to make a referral the drug and alcohol treatment program, dial **615-242-3576 and press 2** or use the link [here](#).

**Location:** 1935 21st Ave. S., Nashville, TN 37212

## The Next Door Nashville

Offers recovery support services for women dealing with addiction or co-occurring mental illness. For more information please call (615) 251-8805 or visit [their website](#).

Confidential Intake Phone: 1.855.TND.HOPE

## Domestic Violence

### YWCA Domestic Violence Shelter

The YWCA operates the largest emergency domestic violence shelter in the state of Tennessee. If you are in danger, need to speak with an advocate, or have general questions about domestic violence or a specific situation, please call **YWCA's 24-hour Crisis & Support Helpline at 1-800-334-4628 or Text 615-983-5170**. Calling the Helpline is the first step in accessing the YWCA's domestic violence shelter, which welcomes survivors and their children (up to the age of 17).

### [The Mary Parrish Center](#)

The Mary Parrish Center offers housing for those fleeing domestic violence. Their programs include Rapid Re-Housing and Transitional Housing. To speak with a Coordinated Entry Specialist, call **615-955-0620**. For more information on the programs they offer, click the link above.

### [AGAPE-Morning Star Sanctuary](#)

Morning Star Sanctuary, a program of AGAPE, exists to provide refuge for victims of domestic violence and their children who have fled abusive situations and to help empower them to break the cycle of violence that controls their lives. AGAPE provides emergency shelter services via the hotline at **615-860-0003**. For more information, click the link above.

# Emergency Financial Assistance

## Adventist Community Service Center

Provides limited financial help for utilities on a first-come, first-served basis. Additionally, the center provides food through our Food Pantry, clothing through vouchers for our Thrift Store, hygiene kits and special supplies for the homeless, assistance for flood and burnout victims, one day bus pass for a doctor's appointment or job interview, other assistance in times of emergency, & life skills mentoring program for individuals or families. Open to Davidson County residents experiencing emergencies. Limited funds are distributed on a first-come, first-served basis. Call **(615) 860-6001** for details on available funding and required documentation

## Catholic Charities Diocese of Middle TN

Catholic Charities provides emergency assistance for rent, utilities, and car repairs. Students can fill out the emergency application assistance for [here](#) or call **615-352-3087** for help. Their Family Resource Center also provides food, hygiene items, and baby products. Additionally, they can help students secure permanent housing.

**Location:** 2013 25th Avenue North, Nashville, TN 37208

## Ladies of Charity

Provides financial assistance to low-income households for utility bills, including electricity and heating, as funding allows. Assistance is available once per year, depending on funding. Call **(615) 327-3453** to schedule an appointment.

## Martha O'Bryan Center

Offers rent and utility assistance to residents living in the 37206 or 37216 zip codes on a first-come, first-served basis. Assistance can only be provided once every twelve months. Must have an eviction notice or proof of financial hardship. Assistance is typically available at the start of the month, depending on funding. Call **(615) 254-1791** or email [services@marthaobryan.org](mailto:services@marthaobryan.org) to inquire and begin the process.

## Metro Action Commission

MAC's Community Programs division has a variety of services for individuals and families with low incomes in Nashville and Davidson County, including assistance with prescriptions and prescribed food/medical equipment, energy bills (natural gas and electric), water, rent, rental deposits, mortgage, and property taxes. Applicants must live in Davidson County and meet income eligibility as determined by the Federal Income Guidelines and other program criteria prior to approval of assistance. All assistance is **one-time only** per application period, which begins **October 1 through September 30** of the following year. Applicants can mail or bring completed applications along with required documents to the agency. Customer care hours are **Monday through Friday from 8 a.m. until 3:30 p.m.** Click the link above for the eligibility requirements. For the application click [here](#). For more information call **615-862-8860**.

**Location:** Clifford Allen Building 800 2nd Ave N, Nashville TN 37201

## Nashville CARES

Offers assistance with utility payments, focusing on individuals and families impacted by HIV/AIDS. Call **(800) 845-4266** for enrollment and eligibility review.

Email: [Info@nashvillecares.org](mailto:Info@nashvillecares.org)

## Nashville Financial Empowerment Center

The Nashville Financial Empowerment Center offers free 1-on-1 financial counseling to Davidson County residents. The FEC helps clients improve their credit scores, reduce debt, and build savings. They can even help you create a budget. There are FEC locations in East and South Nashville. You can make an appointment online [here](#) or by calling **(615) 748-3620**. **(Walk-ins not allowed.)** Appointments are virtual. For more information, click the link above.

## Rooftop

Rooftop provides rent or mortgage assistance to residents of Davidson County who are facing a one-time financial hardship and have enough income coming back in the house to pay the bills once assistance ends.

Eligibility requirements are as follows:

1. Live in Davidson County
2. Have a legal lease in your name
3. Can document a one-time (unexpected) financial hardship
4. Can document enough income in the home to pay the bills moving forward

### **Applications open on Mondays at 8:00am and close Wednesday at 5:00pm**

To request help, call Rooftop's intake line at (615) 485-5920 or click [here](#) to complete the application.

**Location:** 108 7th Avenue South, Nashville TN, 37203

## Foster Care Transition

### Youth Connections at Monroe Harding

Youth Connections is a resource center for young men and women, ages 16-26, who are currently in or have aged out of foster care or state custody. They offer support and assistance with employment, housing, education, and more. You can request assistance by completing the form [here](#) or by **calling (615) 226-3614**. For housing assistance, Monroe Harding offers shared housing at \$475 per month.

**Location:** 1 Vantage Way, Suite C-165, Nashville, TN 37228

## Housing – Emergency Shelters

### [Launch Pad \(for youth 18-24\)](#)

Launch Pad is a 'street-free sleep' initiative within the LGBTQ+ and allied community that strives to provide open and affirming safe sleeping shelters for unhoused youth in Davidson County. The year-round Independent Supported Living Program (ISLP) offers apartments for up to 6 adults. For this program, please use the link above. The overnight winter shelter runs November 1 through March 31. Reservations are available online on a first-come, first-served basis and can only be made on the day of the shelter night. Click [here](#) to make a reservation for the overnight shelter.

### [Nashville Rescue Mission](#)

The Nashville Rescue Mission provides warm beds for hundreds of men, women, and children each night. The Mission also provides a number of other emergency services that help meet immediate needs, including meals, clothing, and hot showers. For a list of services, click the link above. For more information, **call (615) 255-2475**.

**Location:** 639 Lafayette Street, Nashville, TN 37203

### [Room In The Inn](#)

Offers shelter, meals, and long-term support for those experiencing homelessness. Services include day shelter access and assistance with job readiness. Space is limited and we may need to provide information about alternative shelter programs. For the 2024-25 season, the Winter Shelter program is available for men only. Anyone seeking shelter should come to our downtown campus (705 Drexel Street) and speak to a staff member for instructions. The Room In The Inn Campus is open Monday - Friday, 6a - 3p. All guests must attend orientation to be eligible for shelter. [More information is available here](#).

### [Safe Haven Family Shelter](#)

Provides emergency housing specifically for families and operates through referrals via the Coordinated Entry System. Call **(615) 862-6444** to start the process and see what resources are available. If you are fleeing interpersonal violence and are in need of housing, please **call (615) 955-0620** to reach Coordinated Entry. Safe Haven Family Shelter only takes referrals and applications through Coordinated Entry.

For more information you can email **Info@safehaven.org** or visit the link below.

<https://safehaven.org/safe-haven-programs/need-assistance/>

### [Salvation Army Emergency Services Center](#)

Offers short-term housing and financial support for rent. Motel or hotel vouchers are sometimes available for families or individuals in crisis. Assistance for low-income individuals and families, prioritizing those at risk of eviction or already experiencing homelessness. Call **(615) 242-0411** or message via their [Online Contact Form](#).

631 Dickerson Pike, Nashville, TN

### [Street Outreach Program at Oasis Center \(ages of 18 and 24\)](#)

Oasis Center's Street Outreach Program can meet you around town and provide food, hygiene items, clothing, transportation, and resources to help you find a safe place to stay.

You can also visit their Outreach Center, located at 1704 Charlotte Avenue in Nashville to eat a hot meal, take a shower, grab hygiene supplies and clothes, do laundry, and get help with your housing search. Check the link above for the Outreach Center's current hours, as these vary by season. **You can reach a staff member 24/7 by calling (615) 327-4455.**  
**Location:** 1704 Charlotte Avenue, Suite 200, Nashville, TN 37203

## Housing – Permanent Housing

### Metropolitan Development and Housing Agency

MDHA provides low and moderate-income households with monthly rental assistance and housing. Information about their programs and the different types of assistance available can be found on MDHA's website above or by calling their main office at **(615) 252-8400.**  
**Location:** 701 S. Sixth St., Nashville, Tennessee 37206

### Urban Housing Solutions

UHS develops and manages affordable housing for Nashville's unhoused, low income, and workforce populations. They have a variety of properties in the North, South, and East areas of Nashville, ranging in size from duplexes to a 177-unit complex, with apartments to meet budgets of all sizes. They also offer rental subsidies for those unable to pay the standard rental rate. View their properties (with rates) at the link above and see if you meet the eligibility requirements for a property by completing an online pre-qualification form. **Call for availability at 615.726.2696.**  
**Location:** 822 Woodland Street, Nashville, TN 37206

## Mental Health Care

### Insight Counseling Center

Insight has a diverse staff of trained therapists offering compassionate care through individual, couple, and family counseling. They have locations in Nashville, Donelson, Franklin, Hendersonville, Clarksville, and Murfreesboro and can provide financial assistance with counseling fees on an income-based scale. To discuss your financial needs and/or request an appointment, call **(615) 383-2115 ext. 100** to speak with an Intake Practitioner. You can also complete an online application [here](#).  
**Location:** 4101 Harding Pike, Nashville, TN 37205 or 199 Saint Thomas Drive, Nashville, TN 37205

## [Mental Health Cooperative](#)

Mental Health Co-Op offers crisis and non-crisis mental health services for adults and children at locations throughout Middle Tennessee. Emergency crisis assessment and intervention services are available 24 hours a day, 7 days a week, at no cost. To access crisis services, call the triage line at **(615) 726-7471** or visit the 24/7 walk-in crisis center, located in Nashville (Metro Center). For non-crisis services, call the intake line at **(615) 743-1555** or walk into any of MHC's locations Monday through Friday, 8:00 am – 4:30 pm – no appointment necessary. For more information about specific services, click the link above.  
**Location:** 275 Cumberland Bend, Nashville, TN 37228

## [AGAPE](#)

AGAPE specializes in helping children, adults, families and couples grow and flourish. They offer individual, couples, family, and group counseling services, as well as psychological testing. To schedule an appointment, call **615-781-3000**. For more information about their services, click the link above.  
**Location:** 4555 Trousdale Drive, Nashville, TN 37204

## Nutrition Assistance

### [Second Harvest Food Bank of Middle Tennessee](#)

The Second Harvest Food Bank of Middle Tennessee provides food assistance programs including a [mobile food pantry](#), [emergency food boxes](#), and [after-school nutrition bags](#) for children. To view all of Second Harvest's programs click the hyperlink above. To learn more about a specific program, click the link on each program. For more information, please call **615.329.3491** or email [info@secondharvestmidtn.org](mailto:info@secondharvestmidtn.org).  
**Location:** The Martin Distribution Center, 331 Great Circle Road, Nashville, TN 37228

### [The Little Pantry That Could](#)

The Little Pantry That Could offers food provisions - fresh fruits and vegetables, and a variety of shelf-stable goods to anyone in need. Food pick-up days are **Saturdays from 9 a.m. to 1 p.m.** at the location listed below. For more information, visit the link above or call/text **(615) 260-5769**.  
**Location:** 2011 24th Ave North, Nashville, TN 37208

### [The Branch of Nashville](#)

The Branch of Nashville offers food assistance through their food pantry. Anyone can pick up food on Monday, Tuesday Wednesday, Friday, Saturday from 10am-2pm. **An appointment is required to receive food from the food pantry.** Click [here](#) to complete an application. Food is distributed at their location listed below. The Branch also offers [ESL classes](#) to adult learners in the community. Click the link above to learn more about their programs or call **615-752-5941**.  
**Location:** 41 Tusculum Road, Antioch, TN 37013

## Legal Services

### [Legal Aid Society of Middle Tennessee](#)

LAS is Tennessee's largest nonprofit law firm, providing high quality, free civil legal services, and community education. (They only take cases where you yourself can't go to jail.) Their volunteer lawyers may be able to offer representation with employment cases, family and domestic violence cases, health and benefits cases, housing cases, and money and tax cases. If you would like to talk with a lawyer for advice about your problem, [attend a free legal help clinic](#) or **call (800) 238-1443**. LAS also provides several legal help [informational booklets](#) on their website which you may find helpful.

**Location:** 1321 Murfreesboro Pike, Suite 400, Nashville, TN 37217

## Sexual Assault

### [Sexual Assault Center](#)

SAC provides counseling and other resources for survivors of sexual assault regardless of your ability to pay. If you have recently experienced rape or sexual violence, visit [SAC's SAFE Clinic](#) or call the **Crisis & Support Line at (800) 879-1999**. SAC's Client Navigators can be reached at **(615) 259-9055** to help you navigate the journey toward healing, including scheduling therapist appointments. There is no cost associated with the initial Orientation Visit.

**Location:** 101 French Landing Drive, Nashville, TN 37228

## Veterans Services

### [Operation Stand Down Tennessee](#)

OSDT offers a wide range of services to Veterans and their families including employment assistance, VA benefits assistance, housing, help with basic needs, and more. To be eligible for assistance, Veterans must have served in the active military or have been activated in the National Guard or Reserves, and currently live in one of the ten counties OSDT serves: Cheatham, Davidson, Dickson, Montgomery, Robertson, Rutherford, Sumner, Trousdale, Williamson, or Wilson. Visit the link above to view their services. For more information or to request assistance, **call (615) 248-1981** or email [info@osdtn.org](mailto:info@osdtn.org).

**Location:** 1125 12th Ave S., Nashville, TN 37203