

Davidson County Community Resources

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General Resources

Middle Tennessee 2-1-1

One of the easiest ways to get help is by dialing 2-1-1, Tennessee's community services help line. When you call, you'll get a real person who is trained to help you sort out your needs and then give you phone numbers and addresses of the closest places where you can get help. 2-1-1 has a database of over 10,000 health and human services programs, cross-referenced for all sorts of keywords, so don't worry if you don't know exactly what to ask for. The specialist at the other end of the line can help you find what you need. All calls are free and completely confidential.

United Way of Metropolitan Nashville

Additionally, Nashville State partners with the United Way of Metropolitan Nashville to provide Student Resource Center Managers at our White Bridge Road Campus in West Nashville and Southeast Campus in Antioch. Both are open to phone calls and emails from students and can help provide warm referrals to community resources and supports. At the White Bridge Road Campus, contact Jay Mazon at (615) 353-3654 or jay.mazon@nscc.edu; at the Southeast Campus, contact April Robinson at (615) 916-5845 or april.robinson@nscc.edu.

Addiction Services & Recovery Support

Recovery Support Services

Tennessee's Addictions Recovery Program offers a variety of services to residents 18 and older with issues brought on by addiction. Eligibility is based on formal screening and assessment as well as financial guidelines set by the United States Department of Health and Human Services. Visit the website linked above for information about what is available and to find a provider in your area.

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, contact Park Center's Intake Coordinator at (615) 242-3576, ext. 141.

Disability Services

Disability Rights Tennessee

Disability Rights Tennessee provides services and supports at no cost to people with disabilities across the state, including assistance in legal matters for issues such as employment discrimination, safety in schools, abuse and neglect, and access to community resources and services. To request assistance, visit DRT's website and click

“Get Help” at the top of any page or contact a member of the Intake Team by calling (800) 342-1662.

[Vocational Rehabilitation](#)

The Vocational Rehabilitation Program, a division of Tennessee’s Department of Human Services, provides a variety of individualized services to persons with disabilities across the state in preparation for employment, including counseling and guidance, training, transportation, personal care assistance, and job placement. For more information, call (615) 313-4891 to speak with a Vocational Rehabilitation staff team member.

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 the YWCA’s 24-hour Crisis & Support Helpline at (800) 334-4628. 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).

Emergency Financial Assistance

[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. Visit the MAC office to apply for assistance or call (615) 862-8860 for more information.

[NeedLink Nashville](#)

NeedLink provides emergency financial assistance to Nashville Electric Service customers and Davidson County residents in times of crisis. If your water, gas, or electricity is at risk of disconnection or has been disconnected or you have an eviction notice for income-based housing (Section 8, MDHA, Urban Housing, etc.), NeedLink may be able to help. Priority is given to single-parent families, seniors, and community members with disabilities. Applications must be made in person at the NeedLink office, but appointments are not required.

[Rooftop](#)

Rooftop provides rental and mortgage assistance to individuals and families residing in Davidson County. To request help, call Rooftop’s intake line at (615) 485-5920.

Financial Education

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, and as of the Fall 2019 semester, the FEC has offices on NSCC's White Bridge Road and Southeast Campuses. You can make an appointment online or by calling (615) 748-3620. (Walk-ins not allowed.)

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 on the page linked above or by calling (615) 226-3614.

Housing – Emergency Shelters

Launch Pad Winter Shelter (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. Reservations are available online on a first-come, first-served basis and can only be made on the day of the shelter night.

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 more information, call (615) 255-2475.

Street Outreach Program at Oasis Center

Oasis Center's Street Outreach Program helps young adults between the ages of 18 and 24 who are sleeping outside, living temporarily at someone's house, or staying at a shelter. They 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.

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 or by calling their main office at (615) 252-8400.

Tennessee Housing Development Agency

THDA handles a variety of housing programs for a range of incomes, including vouchers for rental assistance. Information about the various programs offered and instructions to apply can be found on THDA's website, or call (615) 815-2200 for more information.

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.

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 to speak with an Intake Practitioner.

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.

[National Suicide Prevention Lifeline](#)

The National Suicide Prevention Lifeline provides free and confidential support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Skilled, trained crisis workers are available to listen and support you if you are struggling – call (800) 273-8255.

Nutrition Assistance

[Supplemental Nutrition Assistance Program \(SNAP\)](#)

SNAP (the program formerly known as food stamps) provides nutritional assistance benefits. The primary goals of the program are to alleviate hunger and malnutrition and to improve nutrition and health in eligible households. (Eligibility is based on guidelines established by the U.S. Department of Agriculture.) SNAP benefits help supplement monthly food budgets of families with low incomes so that they can buy the food they need to maintain good health and direct more of their available income toward essential living expenses. You can submit an application online through the Tennessee Department of Human Services website or by visiting your [local DHS county office](#).

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.) The help they can provide will depend on the kind of problem. 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.

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 (Nashville) or (931) 241-4143 (Clarksville) to help you navigate the journey toward healing, including scheduling therapist appointments.

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. For more information or to request assistance, call (615) 248-1981 (Nashville) or (931) 896-2184 (Clarksville), or email info@osdtn.org.