

# Student Resource Guide

Homelessness, Hunger, Healthcare, Domestic Violence, and Immigration



STUDENT ACADEMIC SUPPORT SERVICES AND INCLUSION

University of Tennessee Health Science Center

**CARE TEAM**

Fostering a Caring Campus Environment through Resources and Support

## Why the need for a resource guide?

Colleges across the country are recognizing that many students are making personal sacrifices in order to afford college. Recognizing that students attending UTHSC have experienced both food and housing insecurity, we have compiled a list of resources available to help those in need.

## Who are these resources for?

The resources listed in this guide are for everyone. With the exception of those listed under UTHSC, none of the resources listed are specific to only our students.

Our office is not directly connected to any of the off-campus resources, and encourage you to contact the agency or organization directly if you are considering utilizing their services.

Contact Us:

### Student Academic Support and Inclusion

8 S. Dunlap GEB, Rm BB9  
Memphis, TN 38163  
(901) 448-5056  
<https://uthsc.edu/sassi/>  
[sassi@uthsc.edu](mailto:sassi@uthsc.edu)



8 South Dunlap, GEB BB9 | Memphis, TN 38163 | [uthsc.edu/care-team](https://uthsc.edu/care-team)  
901.448.2344 | [careteam@uthsc.edu](mailto:careteam@uthsc.edu) | After Hours Hotline: 901.690.CARE

#TakeCare Resources <https://uthsc.edu/take-care>

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## Notes:

**Emergency Shelters-** It is encouraged that you contact them in advance to determine if there is a screening process and eligibility requirements for housing.

- Memphis/Shelby County Emergency Housing Hotline for families (901)529-4545, operated 24/7.

**Food Pantries in Memphis-** It is encouraged that you contact them in advance to determine if there is a screening process that must be completed prior to receiving food donations.

**Low Cost/Free Medical Care-** The listed locations accept patients without insurance. It is suggested that you contact them prior to arrival to discuss costs related to care as each provider bills patients differently.

# UTHSC Resources

## Resources that UTHSC currently provides for students

### Campus Police

740 Court Avenue, Memphis, TN 38163  
 Emergency Police Response Dial  
 8-4444 (from a university phone)  
 (901) 448-4444 (from a non-university phone)

<https://www.uthsc.edu/campus-police/>

Non-Emergency Police Response  
 (901) 448-5679 (during business hours)  
 (901) 448-4440 (nights, weekends, holidays)

### Financial Aid Office

910 Madison Avenue, Suite 520, Memphis, TN 38163  
 Hours: Monday – Friday 8:00 AM - 5:00 PM

<https://www.uthsc.edu/financial-aid/>  
 (901) 448-7703

**Emergency Loans** (through Bursars Office)  
 \$600 maximum amount. Apply online  
 \*\*To be repaid within 60 days of receipt

### Office of Student Affairs and Enrollment Services

(Office of Admissions)  
 910 Madison Avenue, Suite 520, Memphis, TN 38163  
 (901) 448-5560 or (877) 843-4461

<https://www.uthsc.edu/admissions/>

### Office of Student Life

800 Madison Ave, Room 300, Memphis, TN 38163

<http://www.uthsc.edu/studentlife/>  
 (901) 448-2839

### One Stop Shop

910 Madison Ave, Suite 105, Memphis, TN 38163  
 \*\*Available to answer questions you may have regarding financial aid, registration, admissions, student life, or student accounts.

<https://www.uthsc.edu/OSS/>  
 (901) 448-7703

### Student Academic Support Services and Inclusion

<https://www.uthsc.edu/sassi/>  
 8 S. Dunlap GEB, Rm BB9, Memphis, TN 38163  
 Hours:  
 Monday – Thursday 8:00 AM – 7:00 PM  
 Friday 8:00 AM – 5:00 PM

(901) 448-5056

Saturday 10:00 AM – 5:00 PM  
 Sunday 2:00 PM – 6:00 PM

### University Health Services

910 Madison, 9th floor. Memphis, TN 38163  
 UTHSC and BCHS Students: (901) 448-5630 or  
 (901) 448-5620  
 Emergency After Hours: (901) 541-5654

<https://www.uthsc.edu/univheal/>

Hours: Monday - Friday 8:00 AM-5:00 PM

# Emergency Food and Housing

## Emergency Shelters

**Abused Women Services of YWCA** <http://www.memphisywca.org/hotline-shelter/>  
(901) 725-4277 (call to obtain location information)

\*\*Emergency shelter to abused women and their children

**Alpha Omega Veterans Services, Inc.**

<http://www.alphaomegaveterans.org/>  
\*\*Serving male and female veterans

**Barron Heights Transitional Center**

1385 Lamar Ave, Memphis, TN 38104

<http://bhcdc.com/>  
(901) 728-5873

\*\*Homeless veterans

**Calvary Rescue Mission**

960 S. Third St. Memphis, TN 38106

Hours: 4:00 PM- 7:00 PM (check in)

<http://www.calvaryrescuemission.org/>  
(901) 775-2570

\*\*Homeless men, \$5 fee  
\*\*Provides shelter and two meals

**Cocaine and Alcohol Awareness Program, Inc. Memphis**

<http://www.caapincorporated.com/>  
4041 Knight Arnold Rd., Memphis, TN 38118

(901) 272-2221

\*\*Transitional housing may be available

**VA Transitional Housing Program**

3375 Winbrook, Memphis, TN, 38116  
(901) 346-1140

**Door of Hope Memphis**

245 N Bellevue Blvd, Memphis, TN 38105

Single Room Occupancy housing options for homeless and chronically homeless individuals with income.

<http://doorofhopememphis.org/>  
(901) 725-1140

\*\*To submit your application for housing assistance contact the Door of Hope or the Community Alliance for Homelessness, Inc. (901)527-1302

**Dorothy Day House**

1429 Poplar Avenue, Memphis, TN 38104

<http://www.dorothydaymemphis.org/>  
(901) 726-6760

\*\*Keeps (entire) homeless families together

**Friends for Life- Aloysius Home Housing Services**

<https://www.flmemphis.org/>  
43 North Cleveland, Memphis, TN 38104

Hours: Monday – Thursday 8:30 AM – 5:00 PM, Friday 8:30 AM -4:00 PM

(901) 272-0855

\*\*Provides housing and food assistance to homeless persons living with HIV/AIDS

**HER Faith Ministries, Inc.**

<http://www.herfaithministries.org/housing---emergency-food.html>  
3396 Park Avenue, Memphis, TN 38111

(901) 324-3705

\*\*Transitional housing for women, and women with families

**Karat Place Transitional Housing Program**

558 Boyd St. Memphis, TN 38126

<http://karatplace.org/>  
(901) 525-4055

\*\*A residential rehabilitation program for homeless women, ex-offenders, and their children

**Living for Christ - Restoration House**

<http://lfcrestorationhouse.wixsite.com/shelter>

3095 Thomas St. Memphis TN, 38127

Hours: 2:00 PM- 6:00 PM (check in)

(901) 791-4022

\*\*Men, women, and families  
Meals and shelter provided for a small nightly fee. \$10/night, \$3/day

**Memphis Union Mission**

<http://www.memphisunionmission.org/emergency-services>

383 Poplar Ave, Memphis, TN, 38105

(901) 526-8403 (main office)

(901) 526-8434 (shelter)

\*\*Day shelter to provide a safe environment instead of being on the streets

\*\*Men who are employed or receiving disability can stay on an extended-stay basis the Opportunity Center. Contact Randy Daniels at (901) 526-8403, ext. 1008 for details and application

Day Shelter:

383 Poplar Ave.

Opportunity Center, 600 Poplar Ave.

**MIFA (Metropolitan Inter-Faith Association)**

10 Vance Ave. Memphis, TN 38126

(901) 527-0208

<https://www.mifa.org/>

\*\*Helps families with minor children secure temporary shelter if homelessness cannot be avoided through mediation, pending availability.

**Missionaries of Charity**

700 N 7th St, Memphis, TN 38107

Hours: Call Mon, Tues, Wed, or Fri at 8:30 am or

between 3:30 PM - 4:30 PM for availability.

(901) 526-5456

\*\*Emergency shelter for single women and women with families

**Safe Harbor of Memphis**

3630 Jackson Avenue, Memphis, TN 38108

Transitional housing, meals, and transportation for those in the program.

<http://www.safeharbormemphis.org/>  
(901) 382-0966

\*\*Men only, six month commitment required

**Salvation Army- Purdue Center of Hope (Emergency Family Shelter)**

<http://salvationarmymemphis.org/emergency-family-shelter/>

696 Jackson Ave. Memphis, TN 38105

Provides safe temporary housing for mothers and children experiencing homelessness.

(901) 260-9136

\*\*Women and children. 90 day maximum stay

**Salvation Army- Single Women's Lodge**

<http://salvationarmymemphis.org/shelters-and-services/>

(901) 260-9139

\*\*Call ahead, usually full

**Shield, Inc.**

2552 Poplar Ave, Memphis, TN 38112

<http://www.shieldmidsouth.org/content/shome.htm>  
(901) 454-9755

Serves low-income, disabled, and homeless individuals & families. Rental and utility assistance for families and individuals with disabilities might be available.

\*\*Miracle Manor and Shields Family Shelters available to individuals and those with families

### 8th Street Mission for Jesus Christ - West Memphis, Arkansas

<http://www.8thstreetmission.org/>  
717 E. Broadway, West Memphis, AR 72303  
Food and emergency housing assistance.  
Mon-Sat: breakfast, lunch, and dinner served.  
Sunday: breakfast and dinner

(870) 735-6010

\*\*Requests can be made for food baskets  
\*\*Additional assistance may be available in the form of fuel vouchers and bus ticket vouchers for stranded travelers.

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## Hostels

### Hostel Memphis

1000 Cooper St, Memphis, TN 38104  
Hours: Monday – Sunday 9:00 AM - 11:00 PM

<http://hostelmemphis.com/>  
(901) 273-8341

\*\*Pricing starts at \$25/night (+ tax), includes wi-fi, a kitchen, locker space, linens, and breakfast

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## Local/National Housing Assistance Organizations

Local organizations that provide assistance locating emergency shelter and housing assistance. Waitlists may exist, and assistance is not guaranteed.

### Community Alliance for the Homeless, Inc.

Assists in providing support to reduce homelessness in Shelby County.  
44 N Second Street, 3rd Floor Memphis, TN 38103  
(901) 527-1302

<http://www.cafth.org/>

(901) 529-4545  
\*\*24-hour hotline helps connect homeless families with minor children in Memphis and Shelby County to shelter

### Catholic Charities of West Tennessee

<https://www.ccwtn.org/programs/housing-ministries/>

- St. Sebastian Veteran Services: Serves Veterans, and their families, who are either homeless or at risk of homelessness.
- St. Sebastian TBRA: Serves homeless Veterans with disabilities, elderly, or victims fleeing domestic violence.
- Genesis Homeless: Serves homeless individuals, including homeless Veterans who are ineligible for VA-sponsored programs.

1325 Jefferson Avenue, 2nd Floor, Memphis, TN 38104  
(program office)  
(901) 722-4729

\*\*Individuals, veterans, families  
\*\*Waitlist for services

### Hospitality Hub

<http://www.hospitalityhub.org/>

- Counseling and resource center for homeless persons and those imminently homeless in Memphis and Shelby County.
- The HUB serves as a point of entry into the larger network of services offered to the homeless throughout the city.

82 N Second St. Memphis, TN 38103  
(901) 522-1808

### Manna House

<https://www.mannahousememphis.org/>

- Provides guests with basic services such as coffee, showers, toiletries, and clothing.

1268 Jefferson Ave. Memphis, Tennessee

Hours: Monday, Tuesday, and Thursdays 8:00 AM-11:30 AM  
\*\*Monday and Thursday mornings showers are available for men  
\*\*Tuesday mornings showers are available for women

### Memphis Homeless Options

<http://memphishomelessoptions.org/>

- Identifies potential resources for men, women, and families. Including but not limited to shelter and food.

### Memphis Housing Authority

<http://memphisha.org/>

- Information about public housing in the city of Memphis.

700 Adams Ave. Memphis, TN 38105  
(901) 544-1100

\*\*Not currently accepting applications for the Housing Choice Voucher Program

### MIFA (Metropolitan Inter-Faith Association)

<https://www.mifa.org/>

- Offers a variety of emergency assistance including emergency shelter placement, food pantry assistance, homeless hotline, and rapid rehousing, and rent/utility assistance.
- Emergency Services assists seniors on fixed incomes and the working poor who have experienced temporary crisis with rent, mortgage payments, utilities, and food.
- Provides food pantry vouchers which are redeemed at an assigned food pantry.
- The emergency shelter program helps families with minor children secure temporary shelter if homelessness cannot be avoided through mediation.
- Rapid rehousing helps eligible homeless families quickly obtain permanent stable housing.

910 Vance Avenue, Memphis, TN 38126  
(901) 529-4552  
(901) 527-0226 (emergency services- rent/utility assistance)  
(901) 529-4581 (food pantry program)  
(901) 529-4522 (emergency shelter placement)  
(901) 529-4545 (homeless hotline)  
(901) 529-4524 (rapid rehousing)

Hours: Monday-Friday (except holidays) 7:30 AM -10:30 AM (food pantry voucher distribution)

\*\*Families with minor children  
\*\*Must submit an application to receive continued food pantry support  
\*\*Apply online for emergency rent/utility assistance

### Room in the Inn, Memphis

<https://www.roomintheinn-memphis.org/>

- A collection of congregations that select a dozen or so individuals each night and provide food and shelter for them between November and March.

innkeeper@roomintheinn-memphis.org  
\*\*All guests register and check-in at The Carpenter's House, located at 212 North Second Street, Memphis, TN 38105

\*\*Doors open at 4:30Pm for guests with tickets for that day

### Shelter Listings

<http://www.shelterlistings.org/city/memphis-tn.html>

- Homeless Shelters, Supportive Housing, Halfway Housing, Transitional Housing, Day Shelters, Low Income Housing, Residential Alcohol and Drug Treatment Centers.

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## Food Pantries in Memphis

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**Brinkley Heights Ministries** <http://www.brinkleyheights.com/emergency-ministries/>  
3286 Rosamond, Memphis TN, 38134  
(901) 458-0617

\*\*Serves individuals who are referred in addition to those living in the 38134 zip code

### Catholic Charities of West Tennessee- Food Pantry and Mobile Food Pantry

<http://www.ccwtn.org/programs/fig-tree-emergency-services/food/>  
1325 Jefferson Ave, Memphis, TN 38104  
(901) 722-4797

Hours: Monday - Thursday 9:00 AM-1:00 PM  
\*\*Contact for availability and specific locations  
\*\*May be required to submit application to receive continued services

### First Congregational Church

1000 Cooper St, Memphis, TN 38104  
(901) 278-6786

<http://firstcongo.com/>

Hours: Monday, Wednesday, Friday

### Friends For Life- Nancy Fletcher Food Pantry

<https://www.fflmemphis.org/>  
43 N Cleveland St, Memphis, TN 38104  
(901) 272-0855

\*\*Provides food for individuals with HIV/AIDS

### Generous House

<http://memphisdreamcenter.com/our-programs/generous-house>  
1790 N. Germantown Pkwy Suite 1, Cordova, TN 38016  
(901) 737-9006

Hours: Mondays & Wednesdays  
10:00 AM- 12:00 PM

### Generous House- Baby

<http://memphisdreamcenter.com/our-programs/generous-house-baby>  
255 N. Highland, Memphis TN 38111  
(901) 737-9006

Hours: Mondays & Wednesdays  
10:00 AM- 12:00 PM  
\*\*Baby-specific food pantry and clothing closet

### Highland Heights United Methodist Church

3476 Summer Ave, Memphis, TN 38122  
(901) 458-5966

<http://www.hh-umc.org/>

Hours: Mondays 9:30 AM - 11 AM  
\*\*Serves zip codes 38122, 38112, 38108  
\*\*Limited visitations within a six month period

### Holy Trinity Community Church

685 S Highland St, Memphis, TN 38111  
(901) 320-9376

<http://www.holytrinitymemphis.org/>  
Hours: Mondays 9:00 AM -12:00 PM

### Life of Liberty and Liberty Transitional Outreach Ministries

749 Tate Ave, Memphis, TN 38126  
(901) 691-6950

Hours: Fourth Saturday of the month from 12-1:30 PM  
\*\*Call to confirm

### Mid-South Food Bank

239 S. Dudley St. Memphis, TN 38104  
(901) 527-0841

<http://www.midsouthfoodbank.org/>  
Hours: Monday - Friday 8:00 AM - 5:00 PM

### MIFA (Metropolitan Inter-Faith Association)

10 Vance Ave. Memphis, TN 38126  
(901) 527-0208

<https://www.mifa.org/>  
\*\*Screens families/individuals to determine if they qualify for free food donations at a number of local churches  
\*\*Vouchers for food donations at specific pantries, available Monday-Friday 7:30 AM-10:30 AM

### St John Orthodox Church

1663 Tutwiler Ave, Memphis, TN 38107  
(901) 274-4119

<http://stjohnmemphis.org/>  
\*\*Contact for details

### St Luke's United Methodist Church

480 S Highland St, Memphis, TN 38111  
(901) 452-6262

<https://stlukesumc.org/>

Hours: Thursdays 9:30 AM -12:00 PM  
\*\*Serves residents of three zip codes close to St. Luke's and to MIFA clients  
Supper Saturday, 4:00 PM

### St. Patrick Catholic Church

277 S 4th St, Memphis, TN 38126  
(901) 527-2542

<http://stpatsmemphis.org/>

When: Tuesday- Friday, :00-3:00 PM  
\*\*Participates in MIFA. Those wishing to receive food bags need to submit application <https://www.mifa.org/>

### Trinity Community Coalition Outreach

<http://www.trinitycommunitycoalitionoutreach.com/>  
425 W Peebles Rd. Memphis, TN 38109  
(901) 786-1220

\*\*Food assistance may be available, contact for details

### United Methodist Neighborhood Centers of Memphis, Inc. (UMNC)- Asbury United Methodist Church

<http://www.tolene.us/umnc1/food-pantries/asbury-umc/>  
2969 S. Mendenhall at Cottonwood. Memphis, TN 38115  
(901) 363-1135

Hours: Thursdays 9:00 AM – 12:00 PM  
(Serving zip code: 38122)

### United Methodist Neighborhood Centers of Memphis, Inc. (UMNC)- Faith United Methodist Church

<http://www.tolene.us/umnc1/food-pantries/faith-umc/>  
2450 Frayser Blvd. Memphis, TN 38127  
(901) 385-1651

Hours: Tuesdays 9:00 AM- 12:00 PM  
(Serving zip code: 38127)

### United Methodist Neighborhood Centers of Memphis, Inc. (UMNC)- Grace United Methodist Church

<http://www.tolene.us/umnc1/food-pantries/grace-umc/>  
1619 East Raines Road. Memphis, TN 38116  
(901) 396-5123

Hours: Tuesdays 9:00 AM – 11:00 AM  
(Serving zip code: 38116)

### United Methodist Neighborhood Centers of Memphis, Inc. (UMNC)- Scott Center

<http://www.tolene.us/umnc1/food-pantries/scott-center/>  
3000 Walnut Grove, Memphis, TN 38111  
(901) 323-4993

Hours: Tuesdays & Thursdays 9:00 AM – 12:00 PM  
(Serving zip codes: 38111; 38112; 38152)

### United Methodist Neighborhood Centers of Memphis, Inc. (UMNC)- Smith Center

<http://www.tolene.us/umnc1/food-pantries/smith-center/>  
602 Looney, Memphis, TN 38107  
(901) 523-1036

Hours: Tuesdays & Thursdays 9:30 AM – 11:00 AM  
(Serving zip codes: 38105; 38107)

### United Methodist Neighborhood Centers of Memphis, Inc. (UMNC)- Warren United Methodist Church

<http://www.tolene.us/umnc1/food-pantries/warren-umc/>  
1606 Kansas Street, Memphis, TN 38109  
(901) 946-7341

Hours: Saturdays 9:00 AM -11:00 AM  
(Serving zip code: 38109)

### 8th Street Mission for Jesus Christ - West Memphis Arkansas

<http://www.8thstreetmission.org/>  
717 E. Broadway, West Memphis, AR 72303

Mon-Sat: breakfast, lunch, and dinner served.  
Sunday: breakfast and dinner  
\*\*Requests can be made for food baskets

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## Free Meals/Soup Kitchens

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### Calvary Episcopal Church

102 N 2nd Street  
Memphis, Tennessee  
(901) 525-6602

<http://calvarymemphis.org>

When: Sunday 7:30 AM – 8:30 AM  
\*\*Clothes closet for homeless individuals,  
Sundays: 7:00- 8:00 AM

### First Congregational Church

1000 Cooper St, Memphis, TN 38104  
(901) 278-6786

<http://firstcongo.com/>

When: Monday through Friday, from  
11:00 AM - 1:00 PM

### First Presbyterian Church

166 Poplar Ave, Memphis, TN 38103  
(901) 525-5619

<http://www.firstpresmemphis.org/outreach.html>

When: Sunday afternoons 2:30 PM –  
4:00 PM

### Friends for Life- Feast For Friends

43 North Cleveland, Memphis, TN 38104  
(901) 272-0855

<https://www.fflmemphis.org/>

Hours: Second and fourth Mondays of  
each month.

\*\*Meals are served in the dining hall of St. John United  
Methodist Church in mid-town

\*\*For persons living with HIV/AIDS and  
their friends, families and caregivers

### Idlewild Presbyterian Church

1750 Union Ave. Memphis, TN 38104  
(901)726-4681

<http://www.idlewildchurch.org/morethanameal>

Hours: Thursdays 5:00 PM

### Memphis Union Mission

<http://www.memphisunionmission.org/emergency-services>  
383 Poplar Ave, Memphis, TN, 38105  
(901) 526-8403 (main office)  
(901) 526-8434 (shelter)

Hours: Lunch 11:00 AM  
(Dinner is provided for overnight guests)

### Society of St. Vincent de Paul

1306 Monroe Avenue (food mission location)  
3522 Carnes Ave, Memphis, TN 38111 (Organization location)  
(901) 722-4703

### St John's United Methodist Church

1207 Peabody Ave, Memphis, TN 38104  
(901) 726-4104

### St Luke's United Methodist Church

480 S Highland St, Memphis, TN 38111  
(901) 452-6262

### St. Patrick Catholic Church

277 S 4th St, Memphis, TN 38126  
(901) 527-2542

### 8th Street Mission for Jesus Christ - West Memphis Arkansas

<http://www.8thstreetmission.org/>  
717 E. Broadway, West Memphis, AR 72303  
(870) 735-6010

<http://www.svdpmemphis.org/index.html>

Hours: Daily 9:30 AM to 11:00 AM

<http://www.stjohnsmidtown.org/>

When: Tuesday and Saturday 4:30 PM

<https://stlukesumc.org/>

When: Saturdays 4:00 PM, Sundays 8:00 AM

<http://stpatsmemphis.org/>

When: Sundays, 1:00 PM

\*\*Food baskets available through MIFA

Mon-Sat: breakfast, lunch, and dinner served.

Sunday: breakfast and dinner

\*\*Requests can be made for food baskets

# Health and Personal Safety

## Domestic Violence Resources

### Family Safety Center

<http://familysafetycenter.org/>

- Provide assistance to the victims and help them navigate through the many services available to them. Services include but are not limited to: Safety planning, confidential emergency shelter, counseling for victims of domestic violence and children witnesses of domestic violence, assistance with orders of protection, civil legal services, and advice and court advocacy.

1750 Madison Ave, Suite 600, Memphis, TN 38104  
(901) 222-4400  
(901) 249-7611 (24-Hour Crisis Line)

\*\*Emergency shelter at undisclosed location

### Abused Women's Services/Memphis Family Shelter- YWCA

<https://www.memphisywca.org/>

- Emergency shelter to abused women and their children.
- Residents of the YWCA shelter are provided with counseling, referrals, and connected with resources that can help them begin their transition to a new life free of abuse.
- Court advocacy may be available. Call for details (901) 323-2211

24-hour Crisis & Support Helpline (901) 725-4277

\*\*Shelter is in an undisclosed location

### Dorothy Day House

1429 Poplar Avenue, Memphis, TN 38104  
(901) 726-6760

<http://www.dorothydaymemphis.org/>

\*\*Keeps (entire) homeless families together

### Circle of Inspiration- Trinity Lutheran Church

<https://trinitymemphis.org/heal/circle-of-inspiration/>

- A free semi-monthly support / prayer group for female survivors and victims of domestic abuse.

210 Washington Ave. Memphis TN 38103  
(901) 525-1056

When: Meetings are two Saturdays a month from 11:00 AM- 12:30 PM (confidential location)

### Cocaine and Alcohol Awareness Program, Inc. Memphis

<http://www.caapincorporated.com/>

- CAAP Domestic Violence Program provides a 24-hour crisis line, 7 days a week, to offer crisis counseling, services, information and referrals.
- CAAP provides a personal and legal advocate to walk victims through the legal process and accompany them to court.

4041 Knight Arnold Rd., Memphis, TN 38118  
(901) 272-2221  
(901) 272-2221 Hotline (Services can be provided through telephone calls, walk-ins, or referrals)

\*\*Transitional housing may be available through the New Foundation Transitional Housing Program

## National Food Assistance Resources

### Benefits.gov

<https://www.benefits.gov/>

- Learn about various resources available to assist Tennessee residents in need of housing, food, or health assistance. Including but not limited to: Head Start, TennCare, energy assistance programs, food stamps, and WIC

### Tennessee Department of Human Services

<https://www.tn.gov/humanservices/>

- Applying for SNAP benefits and WIC
- Services: Food Stamp; Families First; Child Care Certificate; Medicaid; and TennCare.

#### Dist. 8, Cty. #79

40 South Main St. Memphis, TN 38103  
Phone: (901) 543-7351  
Office Hours: 7:00 AM - 4:30 PM

#### Welles Branch Office

3360 South Third ST. Memphis, TN 38109  
(Physical)  
40 South Main St. Memphis, TN 38103 (Mailing)  
Phone: (901) 344-5040

#### North Branch Office

3230 Jackson Ave. Memphis, TN 38122  
(Physical)  
40 S Main, 10th Floor, Memphis, TN 38103  
(Mailing)  
Phone: (901) 320-7200  
Office Hours: 7:00 AM - 4:30 PM

### Community Legal Center (CLC)

<http://clcmemphis.org/>

- Legal aid agency offering a number of civil legal services to those of limited financial means and those at risk, including populations not served by other legal aid agencies.
- Services as low as \$10, \$20, or \$30 intake fee, provided they have an income between 125% and approximately 200% of the federal poverty level.

910 Vance Ave. Memphis, TN 38126  
(901) 543-3395

Hours: Monday -Friday 9:00 AM to 5:00 PM

### Exchange Club Family Center

<https://www.exchangeclub.net/>

- Outreach and counseling are provided for family members who are victims and children who witnessed the intimate partner violence.
- Trauma-informed group and individual therapy for women and children impacted by family violence. We also provide group therapy for men impacted by violence. Offered in both English and Spanish. Youth counseling services is also available.

2180 Union Ave. Memphis, Tennessee 38104  
(901) 276-2200

### Memphis Area Legal Services

<http://www.malsi.org/>

- Free legal assistance in civil (non-criminal) matters to persons in Fayette, Lauderdale, Shelby and Tipton counties in Tennessee. Most of our services are only available to low income or elderly persons. Services include but are not limited to: Family and children legal advocacy.

22 N. Front St., 11th Floor, Memphis, TN38103  
(901) 523-8822

### Memphis Child Advocacy Center

<https://www.memphiscac.org/>

- The Shelby County Child Protection Investigation Team is headquartered at the Memphis CAC. Kid-friendly campus is a central location for families to get the help they need after abuse has been reported.

1085 Poplar Ave. Memphis, TN 38105  
(901) 525-2377

### Memphis Union Mission- Moriah House

<http://www.memphisunionmission.org/womens-programs>

- A long-term recovery program for women and their children. This structured program is by referral.

(901) 526-8403

### Salvation Army- Purdue Center of Hope (Emergency Family Shelter)

<http://salvationarmymemphis.org/emergency-family-shelter/>

- Provides safe temporary housing for mothers and children experiencing homelessness.
- Women and children. 90 day maximum stay

696 Jackson Ave. Memphis, TN 38105

(901) 260-9136

### Salvation Army- Single Women's Lodge

<http://salvationarmymemphis.org/shelters-and-services/>

(901) 260-9139

\*\*Call ahead, usually full

### Shelby County Crime Victims Center

<https://crimevictimscenter.shelbycountyttn.gov/>

- Services include but are not limited to: Crisis counseling, assistance with obtaining an Order of Protection, and help locating social service needs.

1060 Madison Ave.  
Memphis, TN 38104  
(901) 222-3950

Hours: Monday - Friday 8:00 AM - 4:30 PM  
\*\* All services are free and confidential

### Urban Family Ministries Memphis

<http://ufmcdc.org/>

- Domestic Violence Counseling
- Anger Management Counseling

2174 Lamar, Memphis, TN 38114  
(901)323-8400

### Victims to Victory Incorporated

<http://www.victimstovictory.org/>

- To help victims of crime and their families move from crisis to comfort. Seek to strengthen the recovery of crime victims and their families by building bridges between victims, victim services and communities of faith.

2181 Union Ave. Ste 306, Memphis, TN 38104  
(901) 274-6828  
(901)626-0259

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## Domestic Violence Hotlines

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National Domestic Violence Hotline 1-800-799-SAFE(7233)

- <https://www.thehotline.org/>

Rape, Abuse and Incest National Network (RAINN) 1-800-656-4673

- <https://www.rainn.org/about-national-sexual-assault-telephone-hotline>
- 24-hour Chat: <https://hotline.rainn.org/online/>
- 24-hour Chat (Español) <https://hotline.rainn.org/es>

YWCA (of Memphis) 24-hour Crisis & Support Helpline at (901)725-4277

## Low Cost/Free Medical Care

The following locations accept patients without insurance. It is suggested that you contact them prior to arrival to discuss costs related to care as each provider bills patients differently.

### A Step Ahead Foundation

<https://www.astepaheadfoundation.org/>

- Provides free or low cost birth control for women in Shelby County.
- Participating program providers include: Christ Community Health Services, Regional One Health, Shelby County Health Department, and Memphis Health Center Inc.

Multiple locations across Memphis  
(901) 320-7837

Participating providers:  
Christ Community Health Services, Regional  
One Health, Memphis Health Center, Inc.,  
Shelby County Health Department

### CHOICES - Memphis Center for Reproductive Health

<https://memphischoices.org/>

- Services include: wellness exams, family planning, LGBTQ services, and STD testing.
- A variety of health insurance plans are accepted including: Amerigroup, Blue Cross Blue Shield, Cigna, NovaNet, Wellcare, United Healthcare, Medicare, TennCare, and TriCare.
- Those without insurance or who may have difficulty paying for services may apply for the Patient Assistance Fund.

726 Poplar Ave, Memphis, TN 38104  
(901) 274-3550

### Christ Community Health Services

<https://www.christcommunityhealth.org/>

- A variety of health insurance plans are accepted including: TennCare, Medicare, private insurance, and policies from the marketplace. (United Health Care, Cigna, Blue Cross, Aetna). Insurance is not required to utilize services.

#### Broad Avenue Health Center

2861 Broad Ave. Memphis, TN 38112  
(901) 842-3161

#### Hickory Hill Health Center

5366 Mendenhall Mall, Memphis, TN 38115  
(901) 842-3163

#### Raleigh Health Center

3481 Austin Peay Hwy. Memphis, TN 38128  
(901) 842-3165

#### Women's Center

2400 Poplar Ave #501, Memphis, TN 38112  
(901) 842-3168

#### Frayser Health Center

969 Frayser Blvd. Memphis, TN 38127  
(901) 842-3162

#### Orange Mound Health Center

2569 Douglass Ave. Memphis, TN 38114  
(901) 842-3164

#### Third Street Health Center

3362 S 3rd St. Memphis, TN 38109  
(901) 842-3166

### Church Health

<https://churchhealth.org/>

- Services include: Medical, dental, vision, and pediatrics.
- Provides low cost healthcare for uninsured patients. Costs are on a sliding scale based on your income. Visit their 'New Patients' page to learn about their 'patient requirements' prior to seeking their services.

1350 Concourse Ave. Suite 142, Fl. 1, Memphis, TN  
38104  
(901) 272-0003

### Memphis Health Center

<http://www.memphishealthcenter.org/>

- Provides a variety of comprehensive health services including: Immunizations obstetrics and gynecology, dental, and wellness exams.
- A variety of health insurance plans are accepted including: TennCare, Medicare, Medicaid, various insurance plans, and those with no insurance. Contact their clinic to learn more about their fees, services, and hours of operation.

#### Memphis Health Center Main Site:

360 EH Crump Blvd. Memphis, TN 38126  
(901)-261-2000

#### Synergy Treatment Center:

2305 Airport Interchange Ave, Memphis, TN  
38132  
(901)-332-2227

#### Whitehaven:

4593 Elvis Presley Blvd. Suite 101  
Memphis, TN 38116  
(901)-261-7338

#### Salvation Army. (ARC) Adult Rehabilitation Center:

2649 Kirby Whitten Road, Memphis, TN 38133  
(901)-531-1750

#### Towne Center:

915 East McLemore Ave. Memphis, TN 38106  
(901)-261-7370

### Memphis Muslim Medical Care

<http://muslimclinic.org/>

- Provides a variety of comprehensive health services including: General wellness exams, well women exams, and pediatrics.
- Services are only available to those who do not have health insurance, TennCare, Medicare, Medicaid, and who *cannot* afford to have health insurance. Open to all regardless of religion.
- Required \$5 fee for basic services. Additional fees for labs may be required.

1055 Stratford Road, Memphis, TN 38122  
Phone: (901) 685-3901

\*\*Limited hours, visit website for details

### Planned Parenthood - Memphis

<https://www.plannedparenthood.org/>

- Services include: women wellness exams, family planning, and STD testing.
- A variety of health insurance plans are accepted, as well as patients without insurance seeking care.

2430 Poplar Ave #100, Memphis, TN 38112  
(901) 725-1717

835 Virginia Run Cove, Memphis, TN  
38122  
(901) 725-1717 or (866) 711-1717

## Regional One Health

<https://www.regionalonehealth.org/locations-overview/>

- Multiple locations throughout Memphis. Contact each clinic regarding available services and fees (sliding scale based on income or insurance coverage).

Center for High-Risk Pregnancy  
6215 Humphreys Boulevard #201  
(901) 515-3400

Guthrie Primary Care  
1064 Breedlove St.  
(901) 515-5400

Hollywood Primary Care  
2500 Peres Ave.  
(901) 515-5500

South Third Primary Care  
1955 South Third  
(901) 515-5800

East Campus  
6555 Quince Road  
(901) 515-EAST

Harbor of Health  
718 Harbor Bend Road  
(901) 515-4200

Primary Care Specialists  
3109 Walnut Grove Road  
(901) 515-4800

\*\*More specialized locations and hospitals available throughout the city

## Shelby County Health Department

<http://tn-shelbycountyhealth.civicplus.com/Facilities>

- Contact each clinic regarding available services and fees (sliding scale based on income or insurance coverage).

Cawthon Public Health Clinic  
1000 Haynes St. Memphis, TN 38114  
(901) 222-9980

Hickory Hill Public Health Clinic  
6590 Kirby Center Cove , Memphis, TN 38115  
(901) 222-9980

Packer STD/HIV Clinic  
814 Jefferson Ave Room 221 , Memphis, TN  
38105  
(901) 222-9385

Southland Mall Public Health Clinic  
1278 Southland Mall, Memphis, TN 66502  
(901) 222-9980

Collierville Public Health Clinic  
167 Washington St.  
Collierville, TN 38017  
(901) 222-9980

Immunization Clinic  
814 Jefferson Ave. Memphis, TN 38105-3810  
(901) 222-9980

Shelby Crossing Public Health Clinic  
6170 Macon Rd. Memphis, TN 38134  
(901) 222-9980

Tuberculosis Clinic  
814 Jefferson Ave Room 111, Memphis, TN  
38105  
(901) 222-9664

# Additional Resources

## Low Cost Childcare

### Porter-Leath

<https://www.porterleath.org/>

- Preschool encompasses several components, including Early Head Start, Head Start, Pre-K and more. Porter-Leath is the grantee for Early Head Start in Shelby County and is the sole contractor for Head Start for grantee Shelby County Schools.
- Early Head Start: birth- 3 years, Head Start: 3 – 5 years, Pre-K: 5 years

3400 Prescott Road. Memphis, TN 38118  
(901) 577-2500

\*\*Locations throughout Memphis

### Tennessee Department of Human Services

<http://www.tn.gov/accweb/>

- Locating DHS approved child care (child care assistance available) by zip code
- To apply for Smart Steps childcare assistance for children ages 6 weeks to 5 years.

## Immigration Services

### Catholic Charities of West Tennessee

<http://www.ccwtn.org/>

- Low cost, comprehensive immigration counseling services addressing clients' basic needs, as well as their legal immigration concerns in order to help them integrate into the community.

1325 Jefferson Ave. Memphis, TN 38104  
(901) 722-4730

\*\*Not accepting new clients

### Community Legal Center

<http://www.clcmemphis.com/>

- Legal aid agency offering a number of civil legal services to those of limited financial means and those at risk, including populations not served by other legal aid agencies.

910 Vance Ave. Memphis, TN 38126  
(901) 543-3395

## Latino Memphis, Inc. - Derechos Immigration Program

<https://www.latinomemphis.org/>

- Assists Latinos in the Greater Memphis area by connecting, collaborating and advocating for health, education and justice. This includes assisting individuals and families with finding a healthcare plan, learning how to speak English, searching for a job, or enrolling in school.
- They strive to provide accessible legal immigration advice and representation to their clients.
- Services are low cost.

6041 Mt. Moriah Rd. Ext. Suite 16, Memphis, TN 38115  
(901) 366-5882

\*\*New clients accepted the first Monday of each month on a first come basis.  
(901)410-0195 to schedule an appointment

\*\*Can assist clients in obtaining SNAP benefits

## Memphis YWCA- Immigrant Women's Services

<http://www.memphisywca.org/immigrant-women/>

- Immigrant Women's Services program helps to end the fear, isolation and suffering battered immigrant women face and to increase their knowledge of healthy relationships, the dynamics of domestic violence, services available and victims' rights.
- Services include but are not limited to: legal advocacy, crisis hotline, access to emergency shelter, and community education.

766 S. Highland St. Memphis, TN 38111  
(901) 323-2211

(901) 458-2550 (Spanish/English Referral Crisis Line)  
(901) 725-4277 (YWCA-Abused Women's Services Crisis Hotline)

## Mid-South Immigration Advocates

<http://miamemphis.org/>

- Provides free and affordable immigration representation to low-income clients. Including direct representation before the Memphis Immigration Court and U.S. Citizenship and Immigration Services.
- The Children's Project: MIA's Children's Project provides free direct legal representation to Mid-South children facing deportation.
- The Survivors' Project: MIA provides free legal services to a significant number of victims of violent crime, particularly domestic violence and sexual assault.
- Immigrants' Rights Project (IRP): Our Immigrants' Rights Project engages in community education and advocacy through strategic partnerships.

3340 Poplar Avenue, Suite 215  
Memphis, TN 38111  
(901) 244-4367 (English)

(901) 466-8819 (Spanish)

## U.S. Citizenship and Immigration Services

<https://www.uscis.gov/>

- Oversees lawful immigration to the United States. Services include but are not limited to: immigration of family members, citizenship, and working in the U.S.

80 Monroe Ave. Seventh Floor, Memphis, TN 38103

Hours: Monday - Thursday 7:30 AM to 2:00 PM

## World Relief (Memphis Office)

<https://worldreliefmemphis.org/>

- Provides assistance with immigrant legal services, refugee resettlement, and employment services.
- Primarily serves refugees from Nepal, Somalia, Iraq, Afghanistan, Sudan, and the Democratic Republic of Congo.

3340 Poplar Avenue Suite 222, Memphis, TN 38111  
(901) 341-0220

Immigration Services- by appointment only  
(901)341-0229

Hours: Monday-Thursday 9:00 AM - 4:00 PM

# Social Justice and Legal Resources

## Community Legal Center (CLC)

<http://clcmemphis.org/>

- Legal aid agency offering a number of civil legal services to those of limited financial means and those at risk, including populations not served by other legal aid agencies.
- Services as low as \$10, \$20, or \$30 intake fee, provided they have an income between 125% and approximately 200% of the federal poverty level.

910 Vance Ave. Memphis, TN 38126  
(901) 543-3395

Hours: Monday -Friday 9:00 AM to 5:00 PM

## First Presbyterian Church

<http://www.firstpresmemphis.org/outreach.html>

166 Poplar Ave, Memphis, TN 38103  
(901) 525-5619

### Birth Certificate Program

First two Sundays of each month

- Interview and pay for birth certificates
- Clients are allowed to use the church address for mail

### Clothes Closet

Sunday afternoons

- Seasonal clothing available for those in need

### Food Stamps (SNAP) Assistance

Most Monday and Wednesday mornings from 9:00 AM- 12:00 PM

- Applicants interviewed by the Tennessee Department of Human Services to determine food assistance eligibility
- First come first served basis

### State Photo ID Program

First two Tuesdays of each month

\*\*Must have acquired birth certificate first

- 10 to 18 clients are transported to the state licensing bureau each Tuesday

### **Idlewild Presbyterian Church**

<http://www.idlewildchurch.org/morethanameal>

1750 Union Ave. Memphis, TN 38104  
(901)726-4681

Two free legal clinics offered each year. Contact Bruce Webber [brucewebber@earthlink.net](mailto:brucewebber@earthlink.net) for information.

### **Memphis Area Legal Services**

<http://www.malsi.org/>

- Free legal assistance in civil (non-criminal) matters to persons in Fayette, Lauderdale, Shelby and Tipton counties in Tennessee. Most of our services are only available to low income or elderly persons. Services include but are not limited to: Family and children legal advocacy.

22 N. Front St., 11th Floor, Memphis, TN38103  
(901) 523-8822

### **Memphis Public Library LINC 2-11**

<http://www.memphislibrary.org/linc-2-1-1/>

- Community resource directory with links to a variety of local resources.
- Including but not limited to: Utilities, food, protective services, legal assistance, child care, social support, housing, and mental health.

### **Mid-South Peace and Justice Center**

<https://midsouthpeace.org/>

- A multi-issue, multi-race organization whose mission is to engage, organize, and mobilize communities to realize social justice through nonviolent action.

3573 Southern Ave. Memphis, TN 38111  
(901)725-4990

Hours: Monday - Friday 9:00 AM - 5:00PM

### **Shelby County Crime Victims Center**

<https://crimevictimscenter.shelbycountyttn.gov/>

- Services for victims of a variety of crimes in Shelby County.

1060 Madison Ave.  
Memphis, TN 38104  
(901)222-3950

Hours: Monday- Friday 8:00 AM - 4:30 PM

### **Workers Interfaith Network**

<http://www.workersinterfaithnetwork.org/default.aspx>

- The Memphis Workers' Center partners with workers to stop wage theft and uphold your basic rights.

1000 S. Cooper St.  
Memphis, TN 38104  
(901) 332-3570