Student Resource Guide

Homelessness, Hunger, Healthcare, Domestic Violence, and Immigration

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
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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
  - Non-Emergency Police Response
  - Emergency Police Response Dial 8-4444 (from a university phone)
  - (901) 448-5679 (during business hours)
  - (901) 448-4444 (from a non-university phone)
  - (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

#### Office of Student Affairs and Enrollment Services

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

#### 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
- 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
- (901) 448-5056
- Hours:
  - Monday – Thursday 8:00 AM – 7:00 PM
  - Friday 8:00 AM – 5:00 PM
  - 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 Shelters

<table>
<thead>
<tr>
<th>Shelter Name</th>
<th>Address</th>
<th>Phone Number(s)</th>
<th>Website(s)</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abused Women Services of YWCA</td>
<td>3396 Park Avenue, Memphis, TN 38111</td>
<td>(901) 725-4277</td>
<td><a href="http://www.memphisywca.org/hotline-shelter/">Link</a></td>
<td>Emergency shelter to abused women and their children</td>
</tr>
<tr>
<td>Alpha Omega Veterans Services, Inc.</td>
<td>10 Vance Ave. Memphis, TN 38126</td>
<td>(901) 527-8434</td>
<td><a href="http://www.alphaomegaveterans.org/">Link</a></td>
<td>Serves male and female veterans</td>
</tr>
<tr>
<td>Barron Heights Transitional Center</td>
<td>1385 Lamar Ave, Memphis, TN 38104</td>
<td>(901) 728-5873</td>
<td><a href="http://bhcdc.com/">Link</a></td>
<td>Homeless veterans</td>
</tr>
<tr>
<td>Calvary Rescue Mission</td>
<td>960 S. Third St, Memphis, TN 38106</td>
<td>(901) 775-2570</td>
<td><a href="http://www.calvaryrescuemission.org/">Link</a></td>
<td>Homeless men, $5 fee</td>
</tr>
<tr>
<td>Cocaine and Alcohol Awareness Program, Inc. Memphis</td>
<td>4041 Knight Arnold Rd., Memphis, TN 38118</td>
<td>(901) 272-2221</td>
<td><a href="http://www.caaincorporated.com/">Link</a></td>
<td>Transitional housing may be available</td>
</tr>
<tr>
<td>Door of Hope Memphis</td>
<td>245 N Bellevue Blvd, Memphis, TN 38105</td>
<td>(901) 725-1140</td>
<td><a href="http://doorofhopememphis.org/">Link</a></td>
<td>To submit your application for housing assistance contact the Door of Hope or the Community Alliance for Homelessness, Inc. (901)527-1302</td>
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<tr>
<td>Dorothy Day House</td>
<td>1429 Poplar Avenue, Memphis, TN 38104</td>
<td>(901) 726-6760</td>
<td><a href="http://www.dorothydaymemphis.org/">Link</a></td>
<td>Keeps (entire) homeless families together</td>
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<tr>
<td>Friends for Life- Aloysius Home Housing Services</td>
<td>43 North Cleveland, Memphis, TN 38104</td>
<td>(901) 272-0855</td>
<td><a href="https://www.fflmemphis.org/">Link</a></td>
<td>Provides housing and food assistance to homeless persons living with HIV/AIDS</td>
</tr>
<tr>
<td>HER Faith Ministries, Inc.</td>
<td>3396 Park Avenue, Memphis, TN 38111</td>
<td>(901) 324-3705</td>
<td><a href="http://www.berhfaithministries.org/housing---emergency-food.html">Link</a></td>
<td>Transitional housing for women, and women with families</td>
</tr>
<tr>
<td>Living for Christ - Restoration House</td>
<td>3905 Thomas St., Memphis, TN 38127</td>
<td>(901) 526-8434</td>
<td><a href="http://lfrestorationhouse.wixsite.com/shelter">Link</a></td>
<td>Provides shelter and two meals, nightly fee. $10/night, $3/day</td>
</tr>
<tr>
<td>Memphis Union Mission</td>
<td>383 Poplar Ave, Memphis, TN, 38105</td>
<td>(901) 526-8403</td>
<td><a href="http://www.memphisywca.org/hotline">Link</a></td>
<td>Provides shelter and two meals, nightly fee. $10/night, $3/day</td>
</tr>
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<td>MIFA (Metropolitan Inter-Faith Association)</td>
<td>10 Vance Ave. Memphis, TN 38126</td>
<td>(901) 527-0208</td>
<td><a href="http://www.mifa.org/">Link</a></td>
<td>Helps families with minor children secure temporary shelter if homelessness cannot be avoided through mediation, pending availability</td>
</tr>
<tr>
<td>Missionaries of Charity</td>
<td>700 N 7th St, Memphis, TN 38107</td>
<td>(901) 526-5456</td>
<td><a href="http://www.missionaries.org">Link</a></td>
<td>Emergency shelter for single women and families</td>
</tr>
<tr>
<td>Safe Harbor of Memphis</td>
<td>3630 Jackson Avenue, Memphis, TN 38108</td>
<td>(901) 382-0966</td>
<td><a href="http://www.safeharbormemphis.org/">Link</a></td>
<td>Men only, six month commitment required</td>
</tr>
<tr>
<td>Salvation Army- Purdue Center of Hope (Emergency Family Shelter)</td>
<td>696 Jackson Ave. Memphis, TN 38105</td>
<td>(901) 260-9136</td>
<td><a href="http://salvationarmymemphis.org/shelters-and-services/">Link</a></td>
<td>Provides safe temporary housing for mothers and children experiencing homelessness</td>
</tr>
<tr>
<td>Salvation Army- Single Women’s Lodge</td>
<td>2552 Poplar Ave, Memphis, TN 38112</td>
<td>(901) 260-9139</td>
<td><a href="http://salvationarmymemphis.org/shelters-and-services/">Link</a></td>
<td>Call ahead, usually full</td>
</tr>
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</table>
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.**

**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
**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.
inkeeper@roomintheinn-memphis.org
**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.

Room in the Inn, Memphis
https://www.roomintheinn-memphis.org/

Shelter Listings
http://www.shelterlistings.org/city/memphis-tn.html

Food Pantries in Memphis

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.ccwt.org/programs/fig-tree-emergency-services/food/  
1325 Jefferson Ave, Memphis, TN 38104  
(901) 722-4797

**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.illmemphis.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

**Baby-specific food pantry and clothing closet

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

**Contact for details

Life of Liberty and Liberty Transitional Outreach Ministries
749 Tate Ave, Memphis, TN 38126  
(901) 691-6950

http://www.midsouthfoodbank.org/

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

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

**Call to confirm

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

http://stjohnmemphis.org/

**Contact for details

Room in the Inn, Memphis
https://www.roomintheinn-memphis.org/

Shelter Listings
http://www.shelterlistings.org/city/memphis-tn.html
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

Trinity Community Coalition Outreach
http://www.trinitycommunitycoalitionoutreach.com/
425 W Peebles Rd. Memphis, TN 38109
(901) 786-1220

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

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

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

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

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

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

8th Street Mission for Jesus Christ - West Memphis Arkansas
http://www.8thstreetmission.org/
717 E. Broadway, West Memphis, AR 72303

Free Meals/Soup Kitchens

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

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

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

Friends for Life- Feast For Friends
43 North Cleveland, Memphis, TN 38104
(901) 272-0855

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

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

When: Sundays: 7:00 – 8:00 AM

Requests can be made for food baskets

**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

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

**Requests can be made for food baskets

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Health and Personal Safety

Domestic Violence Resources

**Family Safety Center**
- 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)

**Abused Women's Services/Memphis Family Shelter- YWCA**
- Emergency shelter at undisclosed location

**Circle of Inspiration- Trinity Lutheran Church**
- 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**
- 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**

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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.

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**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.

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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

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**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

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  
http://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.shelbycountytn.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  
** 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

**Call ahead, usually full

Domestic Violence Hotlines

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  
**Call ahead, usually full

Student Academic Support and Inclusion | January 2019
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

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.

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

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.

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### 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).

<table>
<thead>
<tr>
<th>Center for High-Risk Pregnancy</th>
<th>East Campus</th>
<th>Harbor of Health</th>
<th>Primary Care Specialists</th>
</tr>
</thead>
<tbody>
<tr>
<td>6215 Humphreys Boulevard #201</td>
<td>6555 Quince Road</td>
<td>718 Harbor Bend Road</td>
<td>3109 Walnut Grove Road</td>
</tr>
<tr>
<td>(901) 515-3400</td>
<td>(901) 515-EAST</td>
<td>(901) 515-4200</td>
<td>(901) 515-4800</td>
</tr>
</tbody>
</table>

### 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).

<table>
<thead>
<tr>
<th>Cawthon Public Health Clinic</th>
<th>Collierville Public Health Clinic</th>
<th>Immunization Clinic</th>
<th>Shelby Crossing Public Health Clinic</th>
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<th>Shelby Crossing Public Health Clinic</th>
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<tbody>
<tr>
<td>1064 Breedlove St.</td>
<td>814 Jefferson Ave. Memphis, TN 38105-3810</td>
<td>6170 Macon Rd. Memphis, TN 38134</td>
</tr>
<tr>
<td>(901) 515-5400</td>
<td>(901) 222-9980</td>
<td>(901) 222-9980</td>
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</tbody>
</table>

### 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

### Shelby County Health Department

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### 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

### 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

**Not accepting new clients**

### 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

**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

**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)

**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://worldrelieffmemphis.org/  
- Provides assistance with immigrant legal services, refugee resettlement, and employment services.  

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

**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

**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

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**Clothes Closet**  
Sunday afternoons  
- Seasonal clothing available for those in need

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**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

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Student Academic Support and Inclusion | January 2019  
11
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<tr>
<th><strong>Idlewild Presbyterian Church</strong></th>
<th><a href="http://www.idlewildchurch.org/morethanameal">http://www.idlewildchurch.org/morethanameal</a></th>
</tr>
</thead>
</table>
| 1750 Union Ave, Memphis, TN 38104 | Two free legal clinics offered each year. Contact Bruce Webber  
| (901)726-4681 | brucewebber@earthlink.net for information. |

| **Memphis Area Legal Services** | [http://www.maksi.org/](http://www.maksi.org/) |
|-------------------------------|-------------------------------------------------
| 22 N. Front St., 11th Floor, Memphis, TN38103 | 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. |
| (901) 523-8822 | |

<table>
<thead>
<tr>
<th><strong>Memphis Public Library LINC 2-11</strong></th>
<th><a href="http://www.memphislibrary.org/linc-2-1-1/">http://www.memphislibrary.org/linc-2-1-1/</a></th>
</tr>
</thead>
</table>
| 3573 Southern Ave, Memphis, TN 38111 | Community resource directory with links to a variety of local resources.  
| Hours: Monday - Friday 9:00 AM - 5:00PM | Including but not limited to: Utilities, food, protective services, legal assistance, child care, social support, housing, and mental health. |

<table>
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<th><strong>Mid-South Peace and Justice Center</strong></th>
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<tr>
<td>3573 Southern Ave, Memphis, TN 38111</td>
<td>A multi-issue, multi-race organization whose mission is to engage, organize, and mobilize communities to realize social justice through nonviolent action.</td>
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<td>Hours: Monday - Friday 9:00 AM - 5:00PM</td>
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<tr>
<th><strong>Shelby County Crime Victims Center</strong></th>
<th><a href="https://crimevictimscenter.shelbycountytn.gov/">https://crimevictimscenter.shelbycountytn.gov/</a></th>
</tr>
</thead>
</table>
| 1060 Madison Ave, Memphis, TN 38104 | Services for victims of a variety of crimes in Shelby County.  
| Hours: Monday- Friday 8:00 AM – 4:30 PM | |

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<tr>
<th><strong>Workers Interfaith Network</strong></th>
<th><a href="http://www.workersinterfaithnetwork.org/default.aspx">http://www.workersinterfaithnetwork.org/default.aspx</a></th>
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</thead>
</table>
| 1000 S. Cooper St, Memphis, TN 38104 | The Memphis Workers’ Center partners with workers to stop wage theft and uphold your basic rights.  
| (901) 332-3570 | |