



Community Resource Directory

Juvenile Court of Memphis and Shelby County

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How To Use This Directory

Each resource in the directory offers one or more essential services. To help easily navigate the directory there are icons next to each resource to quickly identify the types of services available. Additional information on services can be found on the bottom row of the description.

For example:

Juvenile Court → Name of Resource

 → icon (pediatric services)

616 Adams Ave. Memphis, TN 38105 → Address

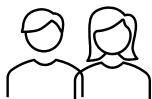
Phone: 901.222.0887 → Number

<https://www.shelbycountytn.gov/226/Juvenile-Court> → Clickable website link

Court proceeding and services → Detailed Services

Icon

Meaning



Adult Primary Care

Preventative care for adults 18 and over. Including vaccinations, wellness exams, and treatment for minor injuries and illnesses.



Pediatric Primary Care

Preventative care for individuals aged newborn to 18. Including vaccinations, wellness exams, sports physicals, and treatment for minor injuries and illnesses.



Women's Health

Reproductive health care and screening services to teens and adult women. Including gynecological exams, family planning, birth control methods, pregnancy testing and counseling, prenatal care, testing and treatment for STDs and STIs.



Behavioral health

Behavioral Health includes the emotions and behaviors that affect your overall well-being. This includes mental health services such as residential inpatient care, outpatient care, substance abuse therapy, and group, family, and individual

Icon

Meaning



Dental Care

Service focused on oral health and patient education to help maintain healthy teeth. This includes checkups, cleanings, extractions, and fillings.



Vision Services

Service focused on optical health. This includes checkups and prescriptions.



Specialty Care

Specific care for various health needs. Including chemical detoxification for toxic substances from the system in a controlled and safe environment; Down syndrome care to ensure that individuals with down syndrome receive the care and wrap around services that enhance their overall progress in health; And HIV related medical care prescription drugs for people living with HIV.



Pharmacy

Providing pharmacy services and medication monitoring.



Case Management

Coordination of medical, mental, and behavioral health services.



Trauma Informed Care

Organization structure and treatment framework that involves understanding, recognizing, and responding to the effects of trauma.

Icon

Meaning



Training

Education opportunities for adults and children to support youth needs. Including family training in education and childcare intervention; parenting classes; and teacher and staff data collection and use and social emotional education methods.



School-Based Programs

Opportunities provided for and through schools. Including after school programming, youth summer programming, and IEP and other student supports.



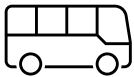
Nutrition Services

Nutritional health resources. Including food pantries, fresh produce, and meals



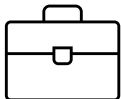
Housing Resources

Services focused on providing and assisting with acquiring housing. This includes temporary housing, rental assistance, and home search resources.



Transportation Services

Including transportation to jobs, jobs interviews, medical appointments, case management tasks, and other essential wellbeing tasks.



Workforce Development

Including employment opportunities and training.

38103

Alliance Healthcare Center

Center For Well-Being

951 Court Ave Memphis, TN 38103 (Inside MMHI Building)

Crisis Line: 901-577-9400

<https://www.alliance-hs.org/>

Services: mobile crisis, walk-in center, police diversion unit, 23-hour observation, social detox, Crisis Stabilization Unit, intensive respite, medical detox.

38104

Behavioral Health Group Mid-Town Treatment Center

1734 Madison Ave Memphis, TN 38104

Phone: (901) 722-9420

<https://www.bhgrecovery.com/locations/memphis-mid-town>

Services: Medication assisted treatment, Addiction counseling and therapy

Innovative Counseling

1455 Poplar Avenue Memphis, TN 38104

Phone: (901) 276-0220

<https://icctreatment.com/>

Services: Group Therapy, Individual Counseling, Video and lectures specific to substance abuse, and Gender group counseling.

Memphis Recovery Center

219 N. Montgomery Street, Memphis, TN 38104

Phone: (901) 272-7751

<https://memphisrecovery.com/>

Services: Outpatient, Substance Abuse Treatment, Adult Drug Rehab, Family Therapy, Youth Rehab, Trauma Therapy

Alliance Healthcare Services 😊

1200 Peabody Ave, Memphis TN 38104

Phone: (901) 707-6861 | Crisis Hotline: (901) 577-9400

<http://www.alliance-hs.org>

Services: Mental Health and Wellbeing Service

Case Management Inc. 😊 📁 🏠

14 N. Bellevue Blvd, Memphis, TN 38104

Phone: (901) 821-5600

<https://cmiofmemphis.org/>

Services: Addiction Services, Supportive Employment Program, Housing Assistance

Kindred Place 😊 🗣️

2180 Union Ave Memphis, TN 38104

Phone: (901) 276-2200

<https://www.kindred-place.org/>

Services: Family Counseling, Individual Counseling, Parent Coaching

Boys & Girls Club 🏠

44 South Rembert St, Memphis, TN 38104

Phone: (901) 278-2947

<https://bgcm.org/>

Services: Afterschool programs

Tennessee Career Center 📁

155 Angelus St, Memphis, TN 38104

Phone: (901) 707-8426

<https://www.shelbycountyttn.gov/Directory.aspx?did=658>

Services: Workforce Investment Network and Job Center

Church Health Center     

1350 Concourse Ave Suite 142 Memphis, TN 38104

Phone: (901) 272-0003

<https://churchhealth.org/>

Services: Medical Clinic, Dental Clinic, Eye Care Clinic, Family Care and Pediatrics, Behavioral Health Services, Physical Rehab

Christ Community University Health Center       

2595 Central Ave Memphis, TN 38104

Phone: (901) 842-3160

<https://www.christcommunityhealth.org/?locale=en>

Services: Adult Primary Care, Behavioral Health, Down Syndrome Clinic, General Dentistry, HIV Care and Treatment, Pediatrics, Pharmacy, Women's Health Care

Friends For All   

43 N. Cleveland St. Memphis, TN 38104

Phone: (901) 272-0855

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

Services: HIV/AIDS prevention and Care, Housing Assistance, Nutrition Services

Memphis VA Medical Center 

1030 Jefferson Avenue Memphis, TN 38104

Phone: (901) 523-8990

<https://www.va.gov/memphis-health-care/>

Services: Health Services

Genesis Homeless Services  

85 N Cleveland Street Memphis, TN 38104

Phone: (901) 722-4762

<https://ccwtm.org/>

Services: Housing, Case Management services

Urban Child Institute 

1350 Concourse Avenue, Suite 481 Memphis, TN 38104

Phone: (901) 523-9199

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

Services: Pediatric Primary Care

Memphis Inner City Rugby 

650 New York St Memphis, TN 38104

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

Services: K-12 Pathways, Alumni Services

Families Matter 

2595 Central Ave. Memphis TN 38104

(901) 260-8520

<https://familiesmattermemphis.org/>

Services: Educational Workshops

Hope House 

23 Idlewild Street South Memphis, TN 38104

(901) 272-2702

<https://www.hopehousememphis.org/#>

Services: HIV Testing

38105

Grace House    

329 N Bellevue Blvd Memphis, TN 38105

Phone: (901) 722-8460

<https://gracehouseofmemphis.org/>

Services: Trauma Informed Care, Outpatient, Residential Rehab, Housing Assistance

Serenity Recovery Center 😊 ❤️ 👤
1094 Poplar Avenue Memphis, TN 38105
Phone: (901) 521-1131 or 1 (888) 521-1131
<https://serenityrecovery.org/>

Services: Residential Treatment, Medication Assisted Treatment, Outpatient, Counseling, Trauma Informed Care

Bridges 🏠
477 North Fifth Street Memphis, TN 38105
Phone: (901) 452-5600
<https://bridgesusa.org/?v=9a0d701a3b2a>

Services: Youth Programs

Shelby County Health Department 👤👤 🩺 🦷 👤
814 Jefferson Avenue Memphis, TN 38105
Phone: (901) 222-9000
<https://www.shelbytnhealth.com/>

Services: Adult Primary Care, Dental Care, Pediatric Primary Care, Women's health

A Step Ahead Foundation 👤
1350 Concourse Ave., Memphis, TN 38105
Phone: (901) 320-7837
<https://www.astepaheadfoundation.org/>

Services: Women's Health

Memphis Area Ryan White Part A Program 📄
814 Jefferson Ave Memphis, TN 38105
Phone: (901) 222-9409
<https://hivmemphis.org/>

Services: Medical and supportive services for individuals living with AIDS/HIV

Memphis Union Mission 

383 Poplar Ave, Memphis, TN 38105

Phone: (901) 526-8403

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

Services: Men's Emergency Shelter

Hospitality Hub 

590 Washington Ave Memphis, TN 38105

Phone: (901) 730-1736

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

Services: Housing Resources

Memphis Housing Authority 

700 Adams Avenue Memphis, TN 38105

Phone: (901) 544-1100

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

Services: Housing Resources

Immunization Clinic 

814 Jefferson, Rm. 216 Memphis, TN 38105

Phone: 901-222-9980

<https://www.shelbytnhealth.com/339/WIC-Women-Infants-and-Children>

Services: Supplemental food assistance and nutrition education

38111

Warriors Center 

642 Semmes St Memphis, TN 38111

Phone: (901) 405-1298

<https://recoverywithinreach.org/>

Services: Housing Resources

Memphis Union Mission 

Wright Transitional House

170 Tillman Street, Memphis, TN, 38111

Phone: (901) 526-8403

<https://www.memphisunionmission.org/who-we-are/our-locations/>

Services: Housing Resources

Girls Inc. 

1568 Robin Hood Ln, Memphis, TN 38111

Phone: (901) 743-8062

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

Services: Summer Camp

Literacy Mid-South 

901-327-6000

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

Services: School Based Programming

38112

The Justice Network 

2400 Poplar Ave Suite 320 Memphis, TN 38112

Phone: (901) 454-7880

<http://www.thejusticenetwork.com/index.html>

Services: Anger management

United Way of the Mid-South  

1005 Tillman Street Memphis, TN 38112


Phone: (901) 433-4300

<https://uwmidsouth.org/youth-training/>

Services: Trauma Informed Training

A Step Ahead Foundation 
3704 Walker Avenue Memphis, TN 38112
Phone: (901) 320-7837
<https://www.astepaheadfoundation.org/>



Services: Women's Health

Planned Parenthood 
2430 Poplar Avenue, Ste 100 Memphis, TN 38112
Phone: (901) 725 -1717
<https://www.plannedparenthood.org/health-center/tennessee/memphis/38112/memphis-health-center-midtown-3348-91550>

Services: Women's Health


Center for Employment Opportunities Memphis 
2714 Union Extended, Suite 200 Memphis, TN 38112
(901) 254-8800
<https://www.ceoworks.org/locations/memphis>

Services: Workforce Development

Binghampton Development Corporation  
280 Tillman St Memphis, TN 38112
(901) 347-0504
<https://www.bdcmemphis.org/>

Services: School Based Programming, Workforce Development

38114

Harbor House 
1979 E. Alcy Rd Memphis, TN 38114
Phone: (901) 743-1836 x2222
<https://harborhousetreatmentcenter.org/>

Services: Residential Treatment, Family Counseling

Alliance Healthcare Services 😊
2579 Douglass Ave Memphis, TN 38114
Phone: (901) 369-1480
<http://www.alliance-hs.org>

Services: Services: Mental Health and Wellbeing Service

Memphis Athletic Ministries 🏠
Grizzlies Center
2107 Ball Road Memphis, TN 38114
Phone: (901) 291-3823
<https://mamsports.org/grizzlies-center/>

Services: Youth programs

Cawthon Public Health Clinic 🍏
1000 Haynes Memphis, TN 38114
Phone: 901-222-9980
<https://www.shelbytnhealth.com/339/WIC-Women-Infants-and-Children>

Services: Supplemental food assistance and nutrition education

38115

Christ Community Hickory Hill Health Center 👤👤 🏠 🦷 🏥
5366 Winchester Rd Memphis, TN 38115
Phone: (901) 842-3163
RX (901) 842-3183
Dental (901) 842 3173
<https://www.christcommunityhealth.org/locations/hickory-hill-health-center?locale=en>

Services: Adult Primary Care, Pediatric Primary Care, Dental, Pharmacy

38116

Southland Mall Public Health Clinic

1287 Southland Mall Memphis TN, 38116

Phone: 901-222-9980

<https://www.shelbytnhealth.com/339/WIC-Women-Infants-and-Children>

Services: Supplemental food assistance and nutrition education

38117

REACH Memphis

4646 Poplar Ave, Suite 327, Memphis, TN 38117

Phone: (901)-682-0699

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

Services: Youth Programs

38118

Cocaine Alcohol Awareness Program CAAP

4023 Knight Arnold Rd Memphis, TN 38118

Phone: (901) 360-0442

Intake Line: (901) 272-2227

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

Services: Residential Services, Outpatient, Veteran Housing

Delta Specialty Hospital

3000 Getwell Rd, Memphis, TN 38118

Phone: (844) 607-0497

<https://www.deltaspecialtyhospital.com/>

Services: Trauma Recovery, Outpatient, Substance Abuse, Case Management

Hickory Hill Public Health Clinic 

6590 Kirby Center Cove Memphis, TN 38118

Phone: 901-222-9980

<https://www.shelbytnhealth.com/339/WIC-Women-Infants-and-Children>

Services: Supplemental food assistance and nutrition education

Alliance Health Services 

3810 Winchester Rd. Memphis, TN 38118

Phone: (901) 369-1400

<https://www.alliance-hs.org/contact>

Services: Services: Mental Health and Wellbeing Service

Indomitable Families Affected By Incarceration  

4984 Hampshire Ave Memphis, TN 38118

(901) 748-5774

<https://www.ifam14.com/>

Services: Behavioral Health, Housing Opportunities

The Wellness and Stress Clinic of Memphis   

3915 Tchulahoma Road Memphis, TN 38118

(901) 306-5433

<https://wellness901.org/>

Services: Primary Care, Case Management, Behavioral Health

38119

Health Connect America 

2900 Kirby Parkway Suite 10, Memphis, TN 38119

Phone: 901-458-8638

<https://www.healthconnectamerica.com/locations/hca-memphis-tn>

Services: Substance Abuse, Psychiatric Clinic, Outpatient



Vogelfanger & Struble Clinic 😊

6005 Park Ave Ste 630B Memphis, TN 38119

Phone: (901) 767-1136

<https://vnsclinic.com/>

Services: Psychiatric Evaluations, Medication management, Therapy, Pharmacy

UT Addiction Medicine 😊

1301 Primacy Parkway Memphis, TN 38119

Phone: (901)-866-8630

<https://www.universityclinicalhealth.com/ut-addiction-medicine>

Services: Substance Abuse

Angel Food Ministry 🍏

2300 Hickory Crest Drive Memphis, TN 38119

901-754-5420

<http://www.hspirit.com/home/social-ministry-2/parish-support/angel-food-ministry/>

Services: Meals

Hope Enrichment Center 😊

5545 Murray Ave Suite 204 Memphis, TN 38119

Phone: (901) 440-8580

<https://www.hopeenrichmentcenter.com/>

Services: Psychotherapy

38122

Alliance Healthcare Services 😊

3628 Summer Ave Memphis, TN 38122

Phone: (901) 452-6941

<https://www.alliance-hs.org/our-services>

Services: Services: Mental Health and Wellbeing Service

Alliance Healthcare Services 😊
Turning Point (Peer Support)
4088 Summer Ave Memphis, TN 38122
901-458-4553
<https://www.alliance-hs.org/our-services>

Services: Services: Mental Health and Wellbeing Service

Alliance Healthcare Services 😊
Clinic
3628 Summer Ave Memphis, TN 38122
901-452-6941
<https://www.alliance-hs.org/our-services>

Services: Services: Mental Health and Wellbeing Service

38125

Compass Intervention Center 😊❤️
7900 Lowrance Rd Memphis, TN 38125
Phone: (901) 758-2002
<https://compassinterventioncenter.net/>

Services: Residential Care, Inpatient, Outpatient, Trauma Program

Crestwyn Behavioral Health 😊❤️
9485 Crestwyn Hills Dr. Memphis, TN 38125
Phone: (844) 505-4759
<https://www.crestwynbehavioral.com>

Services: Inpatient, Outpatient, Trauma Informed, Substance Abuse

38126

Juvenile Intervention Faith-based Follow-up (J.I.F.F.)

254 South Lauderdale Street Memphis, TN 38126

Phone: (901) 522-8502

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

Services: Youth Programs

Metropolitan Inter-Faith Association (M.I.F.A.)

910 Vance Avenue Memphis, TN 38126

Phone: (901) 527-0208

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

Services: Housing Resources, Food

Advance Memphis

769 Vance Memphis, TN 38126

(901) 543-8525

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

Services: Workplace Development

38127

Shelby County - Harmony Plaza

2146 Frayser Boulevard Memphis, TN 38127

Phone: (901) 302-4361

<https://www.cherokeehealth.com/locations/harmony-plaza>

Services: Adult Primary Care, Pediatric Primary Care, Women's Health, Pharmacy, Dental

Memphis Union Mission

Intact Family Program, Calvary Colony

4535 Benjestown Rd Memphis, TN 38127

Phone: (901) 357-9641

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

Services: Housing, Specialty Care

Alliance Healthcare Services 😊

2150 Whitney Avenue Memphis, TN 38127

Phone: (901) 353-5440

<http://www.alliance-hs.org>

Services: Services: Mental Health and Wellbeing Service

Lifeline To Success 🏠 🏢

1647 Dellwood Ave. Memphis, TN 38127

(901) 729-6537

<https://www.lifeline2success.org/>

Services: Workforce Development, Youth Programs

38128

Univercity 🏠 🍏

3845 Raleigh Millington Rd. Memphis, TN, 38128

(901) 590-0123

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

Services: Nutrition, School-Based Services

38131

Agape Child & Family Services 🍏 🏠 🏢 😊

3160 Directors Row Memphis, TN 38131

(901) 323-3600

<https://agapemeanslove.org/>

Services: Nutrition Services, School-Based Programs, Workforce Development, Behavioral Health

38132

Synergy Treatment Center 😊📌

2305 Airport Interchange Ave Memphis, TN 38132

Phone: (901) 332-2227

<http://synergyc.org/>

Services: Detox, Therapy

Camelot of West TN 😊

2610 Corporate Ave. Ste. 100 Memphis, TN 38132

Phone: (901) 346-1270

<https://www.thecamelotdifference.com/west-tn>

Services: Outpatient, Substance Abuse, Medication management, Counseling

38133

Lakeside Behavioral Health System 😊

2911 Brunswick Road Memphis, Tennessee 38133

Main: 901-377-4700

Admissions: 901-377-4733

<https://lakesidebhs.com/>

Services: Outpatient, Residential Care

Youth Villages 😊

3320 Brother Blvd Memphis, TN 38133

Phone: 901-251-5000

<https://youthvillages.org/>

Services: Residential Treatment

Tennessee Baptist Children's Homes 🏠

6896 Highway 70 Memphis TN, 38133

Phone: (901) 386-3961

<https://tennesseechildren.org/>

Services: Residential Care

Salvation Army   

Adult Rehabilitation Center

2649 Kirby Whitten Rd. Memphis, TN 38133

Phone: (901) 531-1750

<https://salvationarmymemphis.org/>

Services: Housing, Summer Camp, Rehab

38134

Behavioral Health Group 

Memphis North Treatment Center

2165 Spicer Cove Suite 5 Memphis, TN 38134

Phone: (901) 372-7878

<https://www.bhgrecovery.com/locations/north-memphis>

Services: Medication assisted treatment, Addiction counseling and therapy

Memphis Union Mission 

Moriah House

Memphis, TN 38134

Phone: (901) 522-8819

<https://www.memphisunionmission.org/who-we-are/our-locations/moriah-house/>

Services: Housing

Youth Villages 

5515 Shelby Oaks Drive Memphis, TN 38134

Phone: 901-252-7600

<https://youthvillages.org/>

Services: Residential Treatment

Shelby Crossing Public Health Clinic 

1826 Sycamore View Memphis, TN 38134

Phone: 901-222-9980

<https://www.shelbytnhealth.com/339/WIC-Women-Infants-and-Children>

Services: Supplemental food assistance and nutrition education

38135

MBI PAL  

5869 Bedford Rd. Memphis, TN 38135

(901) 572-1167

<https://mbipal.org/>

Services: Nutrition, Mentorship, School-based programming

38138

Daybreak Treatment Center  

2262 S. Germantown Rd. Germantown, TN 38138

Phone: (901) 753-4300

<https://www.daybreaktreatment.com/>

Services: Skills Training Groups, Therapy

38139

Bradford Behavioral Health Systems  

8566 Cordes Cir Germantown, TN 38139

Phone: (931) 528-6803

<https://bradfordhealth.com/memphis-tn-iop-rehab-location/>

Services: Inpatient, Residential, Outpatient, Detox, Medication Assisted Program

Memphis Neurology

7645 Wolf River Cir Germantown, TN 38139

Phone: (901) 665-3123

<https://www.memphisneurology.com/>

Services: Neurological testing

38152

Athena Project - University of Memphis

The University of Memphis

Department of Psychology 202 Psychology Bldg. Memphis, TN 38152

Phone (901) 678-3973

<https://www.memphis.edu/athena/>

Services: Domestic Violence/Trauma Counseling

University of Memphis Psychological Services

Psychological Services Center

The University of Memphis

Psychology Building Room 126 400 Fogelman Drive Memphis, TN 38152-640

Phone: (901) 678-2147

<https://www.memphis.edu/psc/about/contact.php>

Services: Individual Counseling, Family Counseling, Psych, gambling clinic

Regional Intervention Program (RIP)

4111 S MSU B Street Building 48 Suite 110 Memphis, TN 38152

Phone: (901) 678-5258

<https://www.memphis.edu/icl/rip/>

Services: Parenting Program, Behavioral Health for children under 6 years old

38184

New Dawn Social Services 

(901) 701-8710

<https://www.ndssmemphis.com/>

Services: Training

38632

Region Four Mental Health Services 

2705 Highway 51 S Hernando, MS 38632

Phone: (662) 449-1971

<https://www.regionivmhs.com/>

Services: Therapy

38654

Parkwood Behavioral Health 

8135 Goodman Rd Olive Branch, MS 38654

Phone: (662) 895-4900

<https://parkwoodbhs.com/>

Services: Outpatient, Inpatient, Residential Treatment

38671

Hope Enrichment Center 

6858 Swinnea Rd Building 7 Southaven, MS 38671

Phone: (662) 536-6210

<https://www.hopeenrichmentcenter.com/>

Services: Psychotherapy

Soulshine Counseling and Wellness, LLC 😊

1310 Goodman Road East Southaven, MS 38671

Phone: (662) 470-5433

<https://soulshinecounselingandwellness.com/>

Services: Individual Therapy, Family Therapy, Substance Abuse

38672

In Focus Psychiatry 😊💙

6880 Cobblestone Boulevard Suite 2 Southaven, MS 38672

Phone: (662) 510-8606

<https://www.infocuspsych.com/>

Services: Psychiatry, Trauma Informed

EMERGENCY SERVICES

Emergency: 911

***Children's Mobile Crisis** (866) 791-9226

***Adult Mobile Crisis** 1-(800) 809-9957

Memphis Police Department: (901) 545-2677

Precinct: (901) 636-4099 for 38117 zip code

Precinct: (901) 636-4531 for 38115 zip code

Precinct: (901) 636-4199 for 38119 zip code

Department of Children's Services

Main Number: (901) 578-4001

Report Abuse: 1 (877) 237-0004

Emergency Assistance (901) 527-0226

Emergency Housing Hotline (901) 260-4663

Poison Control 1-(800) 222-1222

<http://www.tnpoisoncenter.org>

Resources for Families in Need: (855) 354-4211 or (901) 415-2790

Suicide Prevention Lifeline: 1 (800) 273-8255

The Trevor Project: 1-(866) 488-7386

Road and Traffic Conditions 511

Shelby County Sherriff's Department: (901) 545-5500

Youth Villages Safe Place: Runaway Shelter

1582 Poplar Avenue Memphis, TN 38104

Phone: 725-6911 Fax: (901) 725-4889

***Call in the event of a mental health emergency. If weapons are involved or there is a threat of violence call 911 and request the Crisis Intervention Team.**

Hours of Operation: Mon – Thu 10:00 am – 8:00 pm; Fri, Sat 10:00 am – 5:00 pm; Sun 1:00 pm – 5:00 pm

VICTIM SERVICES

Crime Victim's Center

1750 Madison Avenue Memphis, TN 38104

Phone: (901) 545-4337

Services: Crisis Counseling, Domestic Violence, TI, Legal Support

Memphis Crisis Center

(901) 274-7477

Family Safety Center (located in same bldg.)

Phone: (901) 222-4400

Services: TI, Domestic Violence Services

Rape Crisis Center

1750 Madison Ave., Ste. 102 Memphis, TN 38104

Phone: (901) 222-4350

Services: TI, Sexual Violence Victim Services

Child Advocacy Center

1085 Poplar Avenue Memphis, TN 38105

Phone: (901) 525-2377 (901) 888-4390

Services: TI, Abuse Prevention and Interventions

Athena Project - University of Memphis

400 Innovation Dr Memphis, TN 38152

Phone: (901) 678-2147

Services: Domestic Violence/Trauma Counseling, TI

CMI Healthcare Services

3171 Directors Row Memphis, TN 38116

Phone: (901) 821-5600

Services: Victims of Crime Advocate Assistance Programs

ADDITIONAL SERVICES

Legal Services

Just City

Phone: (901) 206-2226

Memphis Area Legal Services

109 N. Main Street, Ste 200 Memphis, TN 38103

Phone: (901) 523-8822

Community Legal Center

243 Adams Avenue Memphis, TN 38103

(901) 543-3395

Supplemental Services

Uptown Resource Center

314 A.W. Willis Avenue Memphis, TN 38105

Phone: (901) 636-6980

Services: Neighborhood Redevelopment Program

Neighborhood Christian Center

785 Jackson Avenue Memphis, TN 38107

Phone: (901) 881-6013

Services: Education, support, and empowerment programs for youth, expecting mothers and families.

ADDITIONAL SERVICES

Supplemental Services

Shelby County Department of Human Services

2003 Corporate Avenue Memphis, TN 38132

Phone: (901) 320-7200

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

Latino Memphis

6041 Mt. Moriah Ext, Suite 16 Memphis, TN 38115

Phone: (901)-366-5882

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

Services: Immigrant Services

Groove On-Demand.

[Website](#)

Services: Get on-demand, convenient and affordable rides in Downtown, the Medical District, South City, and New Chicago.

Tennessee Department of Labor & Workforce Development

<https://www.tnworkready.com/>

Services: Workforce Development

FREE FAMILY FUN

Art Museum, U of M

CFA Room 142

3750 Norriswood Memphis, TN 38152

Phone: (901) 678-2224

<http://www.amum.org>

The Center for Southern Folklore & Cafe

(No charge for the entrance into the museum)

119 S. Main Memphis, TN 38103

Phone: (901) 525-3655

<http://www.southernfolklore.com>

The Dixon Gallery and Gardens

4339 Park Avenue Memphis, TN 38117

Phone: (901) 761-5250

<http://www.dixon.org>

Brooks Museum of Art

(Every Saturday, your museum is FREE from 10a - 12p)

1934 Poplar Avenue Memphis, TN 38104

Phone: (901) 544-6200

<http://www.brooksmuseum.org>

Hickory Hill Community Center

3910 Ridgeway Road Memphis, TN 38115

Phone: (901) 636-0780

<https://memphisparcs.com/park/hickory-hill-park-community-center/>

National Civil Rights Museum (Tennessee residents with state-issued ID may visit the museum for free on Mondays from 3 p.m. until closing.)

450 Mulberry Street Memphis, TN 38103

Phone: (901) 521-9699

<http://www.civilrightsmuseum.org>

Peabody Hotel (The march of the famous ducks 11am and 5pm daily)

149 Union Avenue Memphis, TN 38103

Phone: (901) 529-4000

<http://peabodymemphis.com>

Shelby Farms Park

7161 Mullins Station Memphis, TN 38134

Phone: (901) 382-0235

<http://www.shelbyfarmspark.org>

Overton Park Shell

(Free concerts Thurs-Sun in spring and fall)

Overton Park 1930 Avenue Memphis, TN 38104

Phone: (901) 300-3011

<https://overtonparkshell.org/freeconcertseries>

Meeman-Shelby Forest State Park

910 Riddick Rd Millington, TN 38053

Phone: (901) 876-5215

<https://tnstateparcs.com/parks/meeman-shelby>

FREE FAMILY FUN

Playhouse on the Square

(Pay what you can days)

51 South Cooper Memphis, TN 38104

Phone: (901) 320-6362

<http://playhouseonthesquare.org>

Stax Museum of American Soul Music

(Free for children ages 8 and under)

926 E. McLemore Memphis, TN 38106

Phone: (901) 946-2535

<http://soulsvilleusa.com>

Farmers Market

545 S. Main Street Memphis, TN 38103

Contact by email: info@memphisfarmersmarket.org

FREE MENTAL HEALTH APPS

Mindfulness

BellyBio Interactive Breathing

Biofeedback device that monitors breathing and plays sounds reminiscent of ocean waves to relax and cope with anxiety and stress. (AppStore)

Breathe2Relax

Developed for stress management, this app helps reduce stress, stabilize mood, control anger and manage anxiety through breathing exercises. (App Store and Google Play)

Headspace

A gym membership for your mind. This app provides a course of guided meditations, the first ten guided meditations are free. (App Store and Google Play)

Insight Timer

As one of the highest rated free meditation apps, Insight Timer provides a community of meditation for users all over the world. (App Store and Google Play)

Anxiety

SAM - Self Help for Anxiety Management

App designed to help people manage physical symptoms of anxiety and depression. (App Store, Google Play)

MindShift CBT

App designed to help teen and young adults cope with anxiety. (App Store and Google Play)

Depression

IntelliCare

Suite of apps that work together to target common causes of depression and anxiety like sleep problems, social isolation, lack of activity, and obsessive thinking. (Google Play)

PTSD

PTSD Coach

This app was developed by the Department of Veterans Affairs' National Center for PTSD. The app is intended for use of veterans, military personnel, and civilians experiencing symptoms of PTSD. This app has tools for contacting support people, treatment centers, and the National Suicide Prevention Hotline. (App Store Google Play)