"We can change the face of homelessness, but we can’t do it alone. We are all one body, one team, one voice. No one is better than the other, no effort is too small. Together we can make a difference, one person at a time."

Tamara Hendrix,
Organizing Coordinator
Homeless Organizing for Power & Equality

Mid-South Peace & Justice Center
3573 Southern Ave. Memphis, TN 38111
Phone: (901)725-4990 Fax: (901)725-7858
www.midsouthpeace.org
center@midsouthpeace.org
If your family is currently homeless or facing imminent homelessness, the Memphis & Shelby County Emergency Housing Partnership can help you find immediate assistance, as well as connect you with an EarnBenefits Counselor that will help pursue benefits for which you may be eligible. Only those with children who are either currently homeless or facing immediate and imminent homelessness qualify for the program. Qualifying callers will be assessed for eligibility for the Homelessness Prevention and Rapid Rehousing Program, or referred to Metropolitan Inter-Faith Association’s (MIFA) Emergency Services Program. Those who do not qualify will be referred to programs more adequately suited to their situation.

Dial 211 for Help!

If you are looking for help or want to provide someone with help, just dial 211 to reach the community information and referral resources of LINC, the Library Information Center at the Memphis Public Library. LINC, in conjunction with United Way of the Mid-South, maintains a large, comprehensive database of human services organizations, government agencies, and volunteer groups. They offer free and immediate information for help when:

- You are homeless and do not qualify for rapid rehousing programs
- You need affordable, reliable childcare
- You need help with clothing or meals
- You have questions about your eligibility for food stamps or other state and federal benefits
- You need information about available transportation for the disabled
- You are seeking help with substance abuse or mental health problems
- You are a runaway teen who is seeking help

211 Hours:  
Monday-Thursday 10AM-8PM  (901)415-2790  
Friday & Saturday 10AM-5PM  (901)354-4211  
Sunday 1PM-5PM
This guide contains information about public and private agencies and organizations offering services to people who struggle with homelessness, addiction, abuse, and others in need of help.

Please note the following:
1. The information in the HOPE Survival Guide was collected from the agencies themselves, and every effort was made to ensure accuracy. If there has been an error, please contact the Mid-South Peace and Justice Center (MSPJC), so that it can be corrected for the next edition.
2. Inclusion of a particular program or service in the Survival Guide does not constitute endorsement of the program by the MSPJC. Likewise, omission of a particular program does not constitute the disapproval of the MSPJC.
3. Please be aware that many of the agencies listed in the Survival Guide have limited resources. The fact that they are included does not guarantee that they are able to help everyone who is referred to them.

YOU SHOULD ALWAYS CONTACT AN ORGANIZATION BY PHONE BEFORE SHOWING UP TO ENSURE THEY WILL BE ABLE TO ASSIST YOU!

For a freely printable version of this booklet, visit our website below. If you know of a service that should be included in the guide, or if you would like to make a donation to our cause, please contact:

Mid-South Peace & Justice Center
3573 Southern Ave. Memphis, TN 38111
Phone: (901)725-4990
Fax: (901)725-7858
center@midsouthpeace.org
midsouthpeace.org
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Hospitality Hub, Getting ID/Phone ........................................... 3
Know Your Rights! ................................................................. 4-5
Quick Meal Schedule ............................................................. 6-7
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This guide is dedicated to those who have passed away on the street due to lack of help.

We hope it will connect others at risk to people who wish to give food to the hungry, drink to the thirsty, clothes to the naked, and shelter to the homeless.
Mid South Peace and Justice Center
We are a multi-issue, cross-constituency, and membership-based organization working to fulfill our mission to engage, organize, and mobilize communities to realize social justice through nonviolent action.

The homeless community has faced many injustices, and we are dedicated to improving services and empowering the homeless. Instead of taking a top-down approach to confronting homelessness, we want to see that their voices are added to the conversation and ensure they have a seat at the table. Collaboration between service organizations and people who are homeless will allow us to have a better understanding of the problem, leading us to a better solution.

Our current efforts to improving the living conditions of Memphis’s homeless include facilitation of Homeless Organizing for Power and Equality (below) and the Memphis Bus Rider’s Union (pg. 30.)

Homelessness is nothing less than a human rights issue. In addressing this challenge, we intend to do everything we can to ensure a higher quality of life for all Memphians.

Homeless Organizing for Power and Equality (HOPE)
HOPE is a voice for the homeless community in Memphis, redefining and challenging people’s ideas about homelessness and bridging the gap between the unsheltered and sheltered communities through grassroots activism, organizing, education, networking, and skills-training.

HOPE Meetings are held on Wednesdays from 2:30-4:30PM at St. Mary’s Episcopal Cathedral (pg. 8, map 34.)

If you would like immediate assistance from HOPE, call and leave a voicemail for Tamara Hendrix at (901)300-0006. Please note that this phone does not receive texts or keep a log of phone calls received, unless a voicemail is left.
A Place of Hospitality for Homeless and Poor Persons  
1268 Jefferson, Memphis, TN 38104  
Monday, Tuesday, Thursday, 8AM-11:30AM

In the spirit of hospitality in each of the world’s great religions, Manna House provides a place of welcome where persons are treated with respect and dignity.

Each day that we are open we offer coffee, water, use of a restroom, a place to relax, read or play board games. On Mondays and Thursdays there are showers for men (limited to 20, with signup the previous day that Manna House is open), and on Tuesdays there are showers for women (limited to 15, with signup on Monday).

Also on Mondays and Thursdays “Socks and Hygiene” are offered to 51 persons. On Tuesdays “Socks and Soap” are offered to 51 persons. There is no requirements for ID or social security number to access any of the services. To ensure that a person gets on the “Socks and Hygiene List” it is necessary to arrive before 8:30am. The list fills up fast, especially toward the end of the month. We begin to sign persons up for both “Socks and Hygiene” and the shower list at 7:45am. Manna House does not have a phone.

Manna House is funded completely by donations and neither seeks nor accepts any government funding. There is no paid staff at Manna House; all are volunteers.

Sincerely,
Kathleen Kruczek, Co-Director  
Peter R. Gathje, Co-Director

City/County Contacts

Want to let your elected officials know your feelings about an issue in Memphis or Shelby County? You can always contact elected representatives–this is your right!

City of Memphis  
City of Memphis Website  
memphistn.gov

Office of Mayor of Memphis, Jim Strickland  
125 N. Main St. Room 700  
(901) 636-6000  
mayor@memphistn.gov

Memphis City Council  
125 North Main Street, Room 514  
(901)636-6786  
website: https://memphistn.gov/government/city_council

Memphis Police Director, Michael Rallings

Shelby County  
Shelby County Website  
shelbycountytn.gov

Office of Mayor of Shelby County, Mark H. Luttrell, Jr.  
160 N. Main Street, Suite 850  
(901)222-2000  
mark.luttrell@shelbycountytn.gov

Shelby County Board of Commissioners  
160 N. Main Street, Suite 450  
(901)222-1000

Sheriff of Shelby County, Bill Oldham  
201 Poplar Ave. Suite 902  
(901)222-5500
Free Monthly Legal Clinic
Felony disenfranchisement is a serious issue with far reaching consequences for our communities. This is why Mid-South Peace & Justice Center partnered with Memphis Area Legal Services, the Memphis Bar Association, and the Shelby County Public Defender’s Office to help felons restore their rights.

A free legal clinic occurs the second Saturday of every month from 10AM-12PM. Those with a legal question can talk face to face with an attorney in order to get quick advice. You should get there 20-30 min early, and bring any documents you have pertaining to your legal situation. The location of the clinic is:

Benjamin L. Hooks Central Library
3030 Poplar Ave  (901)415-2700

Questions? Call Memphis Area Legal Services:
(901) 523-8822

Mid-South Peace and Justice Center:
Memphis Bus Riders Union
3573 Southern Ave  (901)205-9737  mbru.org
A grassroots organization founded upon the principle that public transit is a civil right, MBRU pushes for a more accessible, affordable, safe, and just transit system in our city.

Community Alliance For The Homeless (CAFTH)
Provides housing opportunities in the Memphis area. Eligibility for this housing is based on a two-step process: An initial screening, known as the Vulnerability Index (VI) A second assessment, known as the VAT, for those found vulnerable through the VI.

Both parts of this assessment can be completed at the Hospitality Hub (pg. 3, map 35) on Tuesdays between 9:30AM-11:30AM. Status can be checked at the Hub.

Hospitality Hub
82 N Second St. (map pg. 35)  (901)522-1808
A centralized hub of information and services for homeless persons in Memphis and Shelby County. Provides services including but not limited to:
- A telephone for local and long-distance calls
- Resource identification and referrals
- A temporary mailing address
- Access to computers
- Lockers for storage
- Counseling
- Traveler’s aid
- Shelter vouchers
- Access to clergy

Getting Identification (ID)
You can get help obtaining an ID by going to the the Hospitality Hub (above, map 35) to fill out paperwork. First Presbyterian Church (pg. 9, map 35) provides a ride to get the ID once paperwork is completed.

Getting a Phone
You can order a government-sponsored phone online from a location such as the Hospitality Hub (above) or a public library (pg. 27.) You will need to submit proof of government assistance such as food stamps or Medicaid. You will also need an address to mail the phone to (see Hosp. Hub.)

You can often obtain a government-sponsored phone at Shelby County TDHS (food stamp) office, located at 2003 Corporate Ave off Nonconnah Blvd. Check with the Hospitality Hub for other ideas on obtaining a phone.
If you are stopped by police for questioning:
- DO stay calm and be polite.
- DO move slowly and deliberately during the encounter.
- DO keep your hands visible at all times.
- DO NOT resist arrest, even if you think the arrest is unfair. Resisting arrest is a punishable offense.
- DO NOT run from or argue with the police, even if you are innocent.
- DO NOT interfere with, obstruct, or resist the police, even if you think they are violating your rights.
- DO NOT make sudden movements or put your hands into a pocket or waistband.
- DO NOT threaten to file a formal complaint.
- DO NOT lie to or give false documents to police.

It is important to know and understand your rights! Regardless of your citizenship status, you are entitled to these rights:

- You have the right to remain silent. If you wish to exercise that right, make it clear by saying so out loud. In some states, you may have to give your name if asked to identify yourself, but you cannot be punished for refusing to answer any further questions.
- You have the right to refuse to consent for a search of yourself, your car, or your home. Police may “pat down” your clothing if they suspect a weapon. Do not resist being patted down. You have the right to refuse any search beyond this, unless an officer has a warrant.
- You have the right to know if you are under arrest. Ask the officer politely if you are free to leave.
Manna House (pg. 2)

**Neighborhood Christian Centers, Inc.**
785 Jackson Ave, 223 Scott St. ncclife.org
(901)881-6013  Tu-Th 9AM-5PM
Food pantry and clothes closet, emergency assistance, Christmas outreach (food and toys) and referrals to other services. 8 locations. Call for details.

**Greater Harvest COGIC** greaterharvestcogic.org
3509 Boxdale (901)794-5683  M-F 8AM-4PM
Provides canned goods, food, community, and rent assistance.

**Bellevue Baptist Church, Frayser**
3759 N. Watkins (901)358-3391  9AM-4PM
Income-based food pantry for residents of 38127 and 38107.

**Highland Heights United Methodist Church**
3476 Summer Ave.  (901)458-5966
Monday meals at noon, and pantry outreach for those who live in 38122, 38112, and 38108.

**Brinkley Heights Ministries: Emergency Services**
3277 Rosamond  (901) 458-0617  (901)324-3022
Provides a clothes closet, food pantry, and spiritual counseling to those who live in 38134, as well as referrals.

**Family Safety Center**
1750 Madison Ave. # 600  (901)222-4400
Provides one location that combines civil, criminal, health and social services for victims of family violence.

**Refuge Memphis** refuge-memphis.com
3683 Austin Peay Hwy  (901)410-8724
Food, clothing, and counseling every 4th Saturday of each month at the Raleigh location. Must bring ID and proof of income or food stamp/letter card. Pantry open for emergencies on most Wednesdays from 6-7PM.

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**Know Your Rights!**

If you are not under arrest, you have the right to calmly leave.

If you are under arrest:
- You have the right to know why. Clearly ask the officer.
- You have the right to remain silent. Anything you say can be used against you in a court of law.
- You have the right to a lawyer, and should ask for one immediately. You do not need give an explanation.
- You should not say anything, sign anything, or make any decisions without your lawyer. It is a good idea to memorize the phone number of your lawyer.
- If you cannot afford a lawyer, you have the right to a free lawyer known as a public defender.
- You have the right to a local phone call. Police cannot listen to the phone call if you are calling your lawyer.

Prepare yourself and your family in case you are arrested by memorizing the phone numbers of key family members and your lawyer.

If you feel your rights have been violated:
- Remember that police misconduct cannot be handled on the street.
- Do not resist arrest or threaten to file a complaint.
- Pay attention to details of the encounter, including the officer’s name, agency, badge number, and car number.
- Write down everything you remember, and get the contact information of witnesses of the encounter.
- If you are injured, seek medical help and take pictures of any injuries.
- You can file a formal complaint over the phone or in writing with one of the agencies below:

**Memphis Police Department**
Internal Affairs Bureau
2714 Union Ave Ext. Ste 600
Confidential Hotline: (901)576-4979
Office Number:  (901)636-4955

**Civilian Law Enforcement Review Board**
(901)576-6840

**ACLU of Tennessee**
(615)320-7142

*This information is not intended as legal advice.*
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
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</thead>
<tbody>
<tr>
<td>St. Mary’s Catholic Church (pg. 8, map 32)</td>
<td>7:15-10AM</td>
<td>7:15-10AM</td>
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<tr>
<td>St. Vincent DePaul Mission (pg. 8, map 32)</td>
<td>9:30-11AM</td>
<td>9:30-11AM</td>
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<tr>
<td>Memphis Union Mission (pg. 8, 14)</td>
<td>10:45AM</td>
<td>10:45AM</td>
</tr>
<tr>
<td>First Congregational Church (pg. 8, map 33)</td>
<td>11:30AM-1PM</td>
<td>Food Pantry 11:30AM-1PM</td>
</tr>
<tr>
<td>St. John UME (pg. 8, 9)</td>
<td>MIFA Basket* 8:30AM-11AM</td>
<td>Soup Kitchen 4:30-5:30 PM</td>
</tr>
<tr>
<td>St. Luke’s UME (pg. 8)</td>
<td>Breakfast 7:45 AM</td>
<td></td>
</tr>
<tr>
<td>Good Samaritan 550 Poplar Ave. (901)859-1689</td>
<td>11AM-12PM</td>
<td>MIFA Basket* 9:30AM-1PM</td>
</tr>
<tr>
<td>St. Mary’s Episcopal Cathedral (pg. 8, map 34)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>First Presbyterian Church (pg. 9, map 35)</td>
<td>Pantry 9AM Soup Kitchen 2-3 PM</td>
<td></td>
</tr>
<tr>
<td>Groups listed in this section of the table serve the community on one day per week.</td>
<td>Grace St. Luke’s 1720 Peabody (901)272-7425 4PM</td>
<td>Highland Heights UME 3476 Summer Lunch 12PM Pantry (pg. 28)</td>
</tr>
<tr>
<td>*All MIFA food baskets require prior MIFA referral</td>
<td>Calvary Episc. 102 N. 2nd St. (901)525-6602 7:30-8:30AM 2:30-3:30PM</td>
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</tbody>
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**Libraries for Internet**

<table>
<thead>
<tr>
<th>Benjamin L. Hooks</th>
<th>Bartlett</th>
<th>Cherokee</th>
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</thead>
<tbody>
<tr>
<td>3030 Poplar Ave. M-Sa 9AM-6PM Su 1PM-5PM (901)415-2700</td>
<td>5884 Stage Rd. M-Th 10AM-8PM F-Sa 10AM-6PM Su 1PM-5PM (901)386-8968</td>
<td>3300 Sharpe Ave. M-Sa 10AM-6PM Closed Su (901)415-2762</td>
</tr>
<tr>
<td>Cordova 8457 Trinity Rd. M-Sa 10AM-6PM Closed Su (901)415-2764</td>
<td>Cornelia Crenshaw 532 Vance Ave. M-Sa 10AM-6PM Closed Su (901)415-2765</td>
<td>Cossit/ Downtown 33 S. Front St. M-Sa 10AM-6PM Closed Su (901)415-2766</td>
</tr>
<tr>
<td>East Shelby 7200 S Shelby Dr. M-Sa 10AM-6PM Closed F and Su (901)415-2767</td>
<td>Frayser 3712 Argonne St. M-Sa 10AM-6PM Closed Su (901)415-2768</td>
<td>Gaston Park 1040 S. Front St. M-Sa 10AM-6PM Closed Su (901)415-2769</td>
</tr>
<tr>
<td>Hollywood 1530 Hollywood St. M-Sa 10AM-6PM Closed Su (901)415-2772</td>
<td>Levi 3676 Hwy 61 S. (S. 3rd) M-Sa 10AM-6PM Closed Su (901)415-2773</td>
<td>North 1192 Vollintine M-Sa 10AM-6PM Closed Su (901)415-2775</td>
</tr>
<tr>
<td>Whitehaven 4120 Millbranch Rd. M-Th 10AM-8PM F-Sa 10AM-6PM Su 1PM-5PM (901)415-2781</td>
<td>Poplar-White Station 5094 Poplar Ave M-Th 10AM-8PM F-Sa 10AM-6PM Su 1PM-5PM (901)415-2777</td>
<td>Raleigh 3157 Powers Rd. M-Th 10AM-8PM F-Sa 10AM-6PM Su 1PM-5PM (901)415-2778</td>
</tr>
<tr>
<td>Randolph 3752 Given Ave. M-Sa 10AM-6PM Closed Su (901)415-2779</td>
<td>South Library 1929 S. Third St. M-Sa 10AM-6PM Closed Su (901)415-2780</td>
<td>Parkway Village 4655 Knight Arnold M-Sa 10AM-6PM Closed Su (901)415-2776</td>
</tr>
</tbody>
</table>
City of Memphis & Shelby County
Emergency Housing Partnership (see inside of front cover)

LINC (see inside of front cover)

Metropolitan Inter-Faith Association (MIFA)
910 Vance Ave. (901)527-0208
mifa.org M-F 7:30AM-5PM
Prevents homelessness by providing assessment and referrals to transitional housing, emergency shelters, rental assistance, and re-housing. Food vouchers can be obtained from 7:30AM-10:30AM, and referral applications take place from 10:30AM to 12:30PM.

Habitat for Humanity of Greater Memphis
7136 Winchester Rd. (901)761-4771 M-F 9AM-5PM
Provides homes to those who meet the needs as ascertained by Habitat.

RHD Memphis
1600 Bonnie Lane, Suite 101 (901)377-7511
Assists individuals with intellectual disabilities by supporting their physical and financial safety for maximum quality of life.

St. Peter Manor
108 Auburndale (901)278-8200
Independent living facility for low income individuals aged 62 or older.

Shelby Co. Community Services Agency FREE
3772 S. Hickory Ridge Mall (901)222-4200
M-F 8AM-4:30 PM
Short term rental assistance and housing supportive services program for households that are about to become homeless. Places families in housing with goal of self-sufficiency within three months, with support by the Salvation Army and MIFA.

<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>7:15-10AM</td>
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<td>7:15-10AM</td>
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<td>9:30-11AM</td>
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<td>10:45AM</td>
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<tr>
<td>Food Pantry 11:30AM-1PM</td>
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<td>11:30AM-1PM</td>
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<tr>
<td>MIFA Basket* 8:30AM-11AM</td>
<td>MIFA Basket* 8:30AM-11AM</td>
<td>Soup Kitchen 4:30-5:30 PM</td>
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<tr>
<td>11AM-12PM</td>
<td>MIFA Basket * 9:30AM-1PM</td>
<td>11AM-12PM</td>
<td>Sack Lunches 9AM</td>
</tr>
<tr>
<td>Breakfast 8:30AM-1PM</td>
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</tr>
<tr>
<td>Urban Bike Burrito Minist. 204 N. 2nd on Poplar &amp; Main (901)703-7542 8-10PM</td>
<td>Team Laeth 204 N. 2nd St. 6PM</td>
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<td></td>
</tr>
<tr>
<td>St. Andrew AME 1369 Miss. Blvd. (901)948-3441 Food/Clothes Pantry 5-7PM</td>
<td>Idlewild Church (pg. 9) 5:30 PM</td>
<td></td>
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</tbody>
</table>
Meal Locations

St. Mary’s Catholic Church
155 Market St. (map pg. 32) (901)522-9420

St. Vincent DePaul Society Food Mission
1306 Monroe Ave. (map pg. 32) (901)722-4703

Memphis Union Mission
282 Poplar Ave. (map pg. 33) (info pg. 14) (901)522-8819

First Congregational Church (info pg. 9)
1000 S. Cooper St. (901)278-6786

St. Mary’s Episcopal Cathedral (map pg. 34)
700 Poplar Ave. (901)527-3361

St. John’s United Methodist Church
1207 Peabody Ave. (map pg. 33) (901)726-4104

Education/Jobs

Literacy Mid-South
66 Cooper St. Suite 400 (901)327-6000 Provides educational programs for adults and families.
The Collective changeiscollective.org (901)672-6573 apply@thememphiscollective.org Serves young adults, ages 18-30 who have been out of work and school by providing education/workforce development, health, and life planning.
The Bridge: Memphis’ Street Newspaper (901)-800-9245 info@thememphisbridge.com A monthly paper spotlighting issues of homelessness. Vendors get 20 free papers & can buy more for 25 cents each, selling them for $1. Vendors keep 100% of profit. Training sessions, every Thurs, 2PM at St. Mary’s, Episcopal Cathedral (pg. 8, map 34.) No experience is necessary.
Hope Works (901)-272-3700 whyhopeworks.org 1930 Union Ave M-F 8:30 - 4:30 pm 13 week personal and career development class from M-F. Also provides health and hygiene products every Tuesday. Also has a GED program with referral.
Labor Force (901)-372-1004 laborforce.com 5021 Stage Rd. M-F 7am - 5pm Assistance for people who are seeking employment.
Goodwill (901)323-6221 M-F 8am-5pm 6899 Stage Rd. goodwillmemphis.org Trains and employs workers at rehab center, which is located at 3830 Austin Peay
Phyllis Brunson Workforce Investment Network workforceinvestmentnetwork.com 480 Beale St. (901)636-7971 Disability employment initiative to increase the employment opportunities and self-sufficiency of people with disabilities.
City of Memphis/Shelby Co. Second Chance 1362 Mississippi Blvd. (901)222-4550 (901)545-0343 The Office of Reentry provides service for individuals seeking a second opportunity at gainful employment after a felony conviction.
Public Health

Memphis/Shelby County Health Department
Provides care to Shelby County Residents who have ID.

Immunization Clinic
814 Jefferson  (901)222-9000 M-F 8AM-4PM

Hickory Hill Public Health
6590 Kirby Center Cv. (901)222-9980 8AM-4:30 PM

Cawthon Public Health
1000 Haynes St.  (901)222-9980 M-Sa 8AM-4:30PM

Shelby Crossing Public Health
6170 Macon Rd.  (901)222-9800 M-F 8AM-4:30 PM

Memphis Child Advocacy Center
1805 Poplar Ave.  (901)525-2377 M-F 8:30AM-5PM
Counseling, medical referral through LeBonheur Children’s Hospital.

American Red Cross
1399 Madison Ave. (901)726-1690 M-F 8:30AM-5PM
Services for those who have relocated to Memphis due to natural disasters.

Tennessee Justice Center
(615)255-0331  tnjustice.org
Advocates for individuals and families to help them access healthcare.

HIV/AIDS Assistance

Friends for Life Corporation
43 N. Cleveland St.  (901)272-0855
M-Th 8:30-5PM, F 8:30-4PM
Provides HIV education, testing, a food pantry for those with HIV, transportation to medical appointments, shelter, apartments and rental assistance.

Phone numbers for support with HIV/AIDS
National AIDS Hotline   1-800-232-4636
HIV/AIDS Care Hotline   1-800-525-AIDS
(2437)
Memphis Crisis Center   (901)274-7477
Shelby Co. Health Department   (901)222-9000

Midsouth Food Bank  midsouthfoodbank.org
239 S. Dudley  (901)527-0841
M-Th 8AM-5PM, F 8AM-12PM
Partners with various agencies and churches to provide food and other grocery items to qualified recipients for free. Note: the location on Dudley does not distribute food. Call or visit the website for info about the center that serves your area.

Catholic Charities of West Tennessee
1325 Jefferson Ave.  (901)722-4702  ccwtn.org
Provides the following services:
- Fig Tree Emergency Services (clothes and food)
- St. Sebastian housing ministry for veterans
- Genesis homeless services for those with mental illness
- Driving the Dream path from poverty to self-sufficiency
- Immigration Services providing education and hope

First Presbyterian Church  firstpresmemphis.org
166 Poplar Ave. (map pg. 35)  (901)525-5619
Provides the following services:
- Food pantry Su at 9AM (proof of food stamps required)
- Soup kitchen, clothing closet, and hygiene kits Su at 2PM
- Help getting birth certificate on 1st and 2nd Su at 2PM
- Assistance getting food stamps on M and W at 9AM
- Help with transportation to get an ID (see pg. 3.)

First Congregational Church
1000 South Cooper (pg. 8)  (901)278-6786
Closes Closet Tu & Th  2PM–3:15PM
Food Pantry M, W, F from 2PM-2:30PM
Food for Families every fourth Sunday, for those from 38104, 38111, 38114. Call for more info.

Idlewild Presbyterian Church
1750 Union Ave  (901)726-4681
Thursday night worship service at 5PM, followed by dinner at 5:30 for all.

Caritas Village
2509 Harvard Ave.  (901)327-5246  M-Sa 9AM-8PM
Soup and sandwiches and a place to relax. Medical clinic on the 2nd, 3rd, and 4th Tuesday of every month with ID. Serves Binghampton.
Agape Child and Family Services  FREE
3160 Directors Rd.  agapemeanslove.org
(901)323-3600  (901)324-5436  (901)345-6403
Serves homeless women, pregnant women, and mothers with up to 3 children with transitional housing and support.

Families in Transition (FIT)  FREE
111 Racine St.  (901)323-3600
An effort to serve homeless women and mothers fleeing domestic violence through transitional housing and support.

Missionaries of Charity Shelter  FREE
700 N. 7th Street  (901)526-5456
For women and children to stay from 3PM-8AM and receive breakfast for up to three weeks.

Salvation Army Purdue Center of Hope  FREE
696 Jackson Ave.  (901)543-8586
Provides long term (up to two year) transitional housing for women with up to three children. Please call first.

Salvation Army Single Women’s Lodge  FREE
696 Jackson Ave.  (901)543-8586
Lodge for single women who suffer from mental health issues, substance abuse, job loss, or displacement.

Her Faith Ministries, Inc.  FREE
herfaithministries.org  3396 Park Ave.
(901)324-3705  Tu-F 9AM-4PM
Provides transitional housing, support, food, clothing, bus passes, GED assistance.

YWCA Shelter & Abused Women’s Services  FREE
766 S. Highland St.  memphisywca.org
Main: (901)278-2728  Intake: (901)260-4663
Hotline: (901)725-4277  Job Training: (901)948-8899
Office: (901)725-5861
Providing transitional housing for homeless mothers and their children, as well as emergency shelter for victims of domestic abuse and their children.

Substance Abuse

Teen Challenge Memphis
33 N. Cleveland St.  (901)272-2308
M-F 8AM-5PM  teenchallengeusa.com/center/1615
Long-term rehabilitation program for men with drug addiction and/or alcoholism. Offers spiritual, social, educational and occupational development.

The Father’s House  (901)354-6246
1835 Portland Ave.  thefathershouseprogram.com
Provides a one-year drug and alcohol free environment that provides transitional housing, spiritual development, and learning opportunities to the poor, the homeless, the addicted, the ex-prisoner, and others.

Synergy Treatment Centers  (901) 332-2227
2305 Airport Interchange Ave.  (844) 779-0820
One year program to individuals who have a primary alcohol and drug and/or co-occurring problem and a desire to overcome their addiction.

Websites
Alcoholics Anonymous  aa.org
Narcotics Anonymous  na.org
Drug addictions- leaving your durg addictions behind: drug-addiction.com/moving_on.htm

Phone Numbers for Help with Substance Addiction
Substance Abuse & Mental Health Services Admin.
1-800-662-4357
Alcoholics Anonymous Hotline  (901)454-1414
(901) 726-6750
Cocaine Anonymous Hotline  1-800-347-8998
Marijuana Anonymous Hotline  1-800-766-6779
Holistic Addiction Treatment Ctr.  1-800-559-9503
Alcoholics Anonymous of Memphis
3540 Summer Ave. #104  memphis-aa.org
(901) 454-1414  (901) 726-6750
MWF 8AM-4PM, Tu & Th 10AM-6PM. Closed 1PM-2PM.
Provides information on alcoholism and AA meetings to
those who are ready to achieve and maintain sobriety.

Lighthouse Mission Ministries at Safe
Harbor  safeharbormemphis.org
3630 Jackson Ave.  (901)382-0966
Program to help individuals make a smooth transition from
homelessness, addiction, and crime to a life of purpose,
faith, and love.

Mission Global Ministries
898 S Third St.
(901) 948-9333  (901) 948-8629
Intake:(901)948-8111  (901)947-2296
Non-denominational church providing a six month program to
assist those who have problems with alcohol or drug abuse.

Grace House of Memphis
329 N. Bellevue Blvd.  (901)722-8460
M-F 8AM-2PM
Long-term substance abuse treatment for women. Insurance
is required.

Serenity Recovery Centers  serenityrecovery.org
1094 Poplar Ave.  (901)521-1131  M-F 8AM-5PM
Substance abuse counseling and rehabilitation.

Harbor House  harborhousememphis.org
1979 Alcy Rd.  (901)743-1836
Drug and alcohol treatment for men only, including housing/
sheelter for residential treatment, integrated risk assessment/
screening, assistance, and referrals.

Cocaine Alcohol Awareness Program (pg. 13)

Alliance Healthcare Services (pg. 20)

Memphis Union Mission Iron on Iron
Program (pg. 14)

Shelters/Transitional Housing for Men

Calvary Rescue Mission  $5
960 Third St.  (901)775-2570  calvaryrescuemission.org
Men’s shelter (21+) offering 2 meals per day and clothing.
The first three stays are free. Check in is at 4PM.

Memphis Union Mission
Men’s Emergency Shelter and Opportunity Center (pg. 14)

Shelters/Transitional Housing for Anyone

Room in the Inn-Memphis  FREE
212 N. 2nd Street  (901)246-8052
Provides emergency shelter and meals between November
and March at congregations across Memphis. Guests are
screened and given vouchers for overnight stays, then are
picked up at and driven to the congregation providing the
stay. Call for details.

SHIELD, Inc.  $10 with MIFA referral
2552 Poplar Ave. Suite 215  (901)454-9755
shieldmidsouth.org/content/shelters.htm
Provides shelter for families and single parents for 30 days.
Assists in case management, food vouchers, linkage, and
referral for housing and jobs.

Dorothy Day House  FREE
1429 Poplar Ave.  (901)726-6760
A small shelter that keeps homeless families together,
creating a safe haven and a community for entire families.

Living for Christ Restoration House  $10/night, $3/day
3095 Thomas St.  (901)791-4022
Feeding, housing, and clothing homeless men and women.

Memphis Union Mission Intact Family Ministry (pg. 14)
Veterans Affairs Homeless Services
Connects you with VA services for homeless and at-risk veterans 24/7
National Hotline: 1-877-4AID-VET (1-877-424-3838)
Website: va.gov/homeless/

VA Medical Center
1030 Jefferson Ave (901)523-8990
Open 24/7

Memphis Vet Center
1407 Union Ave. Suite 410 (901)522-3950
Open M & F 8AM-4:30 PM
Tu 8AM-9PM, W & Th 8AM-7PM
Sa 8AM-1PM, Closed Su

VA Health Care for Homeless Veterans (HCHV) program. (901)-523-8990 Ext. (dial 1)
Jackie Taylor Mays, Program Manager 7112
General Homeless Information 5661
Provides:
• Healthcare enrollment referrals
• Clinical assessment and referrals for needed medical, mental health and substance abuse assistance services
• Referral to employment training programs with job placement potential.
• Referral to VA and non-VA disability benefit services
• Referral to short and long-term shelter, with transitional home program
• Assistance with permanent housing
• Referral to food, clothing and hygiene services
The program serves veterans who are homeless or at risk of homelessness. Intake hours are:
• M-F 10AM-12PM at the VA Medical Center (1030 Jefferson Ave.) on the 4th floor of the Bed Tower.
• Tuesdays 9AM-2PM at the Drop-In Center (600 Poplar)
The Health Care for Homeless Veterans (HCHV) program is composed of the Grant and Per Diem program (G&PD), the Transitional Supported Housing and the Housing and Urban Development-Veterans Affairs Permanent Supportive Housing program (HUD-VASH.)

Behavioral Health Initiatives, Inc.
55 S. Barksdale (901)722-3668 bhilco.org
1816 Jackson Ave. (901)722-3558 M-F 8AM-4:30 PM
Permanent supportive housing for 8 men suffering from mental illness with 24-hour on-site staff.

Lowenstein House, Inc. lowensteinhouse.com
821 S. Barksdale St. (901)274-5486
M-F 7:30AM-4:30 PM
Support, assistance, education for individuals diagnosed with mental illnesses to help achieve independence and self-sufficiency through counseling, skills training, job placement, housing, etc. Requires insurance.

Church Health Center Behavioral Health (pg. 17)

Catholic Charities Genesis Housing Services
(See pg. 9)

Ascent Health, Inc. ascentlife.org
1407 Union Ave. (901)206-2222
M-F 8:30AM-4:30PM
Services to children who are experiencing psychiatric symptoms that place them at risk for foster care, juvenile detention, or incarceration.

Phone numbers for help with behavioral health issues
National Suicide Prevention Lifeline 1-800-273-8255
American Psychological Association 1-800-374-2721
National Alliance on Mental Illness 1-800-969-6642
Post-Traumatic Stress Disorder Line (802)296-6300
Statewide Crisis Telephone Number 1-855-274-7471
AHS (pg. 20) Adult Crisis Line (901)577-9400
AHS (pg. 20) Children's Line 1-866-791-9226
Alliance for the Mentally Ill (901)274-7477, (901)577-9400
Alliance Healthcare Services
The largest mental health system in Memphis, which provides comprehensive behavioral healthcare, including mobile crisis services at hospitals, alcohol/drug therapy including detox, children’s mental health services, geriatric mental health services, peer wellness groups, cognitive behavioral therapy, and more. Also provides individual, group, trauma, and family therapy.

**Main line (appointments)** (901)369-1410
AHS Adult Crisis Line (901)577-9400
AHS Children’s Line 1-866-791-9226

**Locations:**
2579 Douglass Ave. (901)369-1400
3628 Summer Ave. (901)369-1400
2100 & 2150 Whitney Ave. (901)353-5440
3810 Winchester Ave. (901)369-1400
951 Court Ave. (901)259-8913

**Special Services**
Peer Support Center, 4088 Summer (901)458-4553
Crisis Services Continuum, 951 Court (901)577-9400

**National Alliance for Mental Illness (NAMI)**
namimemphis.org (901)725-0305
5830 Mt. Moriah Rd. Suite 6 M-F 9AM-5PM
Education and advocacy for those suffering from mental illness

**Case Management, Inc.**
14 N. Bellevue (901)821-5600 M-F 8AM-5PM
24/7 crisis response, referral services for immediate and long-term needs.

**Shelby County Victims Assistance Center**
Call for location (901)545-4357
Assistance for victims of violent crimes,

**Victims to Victory, Inc.** victimstovictory.org
1548 Poplar (901)274-6828 M-F 9AM-5PM
Assists victims of crime and their families in moving from crisis to comfort through Christ. Provides trauma counseling, assistance with victim compensation claims, assists with victim statements and goes with victims to court.

**Veterans’ Services**

**The Grant and Per Diem (G&PD)**
The Transitional Home Program provides alternative time-limited housing (up to 24 months) for homeless veterans. The goal is to help homeless veterans to increase their skill levels and/or income, exhibit greater self-sufficiency and achieve residential stability.

**The Housing and Urban Development-Veterans Affairs Permanent Supportive Housing Program (HUD-VASH)**
Provides permanent housing and ongoing case management treatment services for homeless veterans, and their immediate families who would not be able to live independently without the support of case management. Their Section 8 Vouchers are designated to eligible veterans.

**Other Veterans’ Services in Memphis**

**Catholic Charities: St. Sebastian Veteran Services** (see pg. 9)

**Barron Heights Transitional Center**
1385 Lamar Ave. (901)728-5873 bhcdc.com
Medical referrals to VA hospitals, job counseling and preparations, and transitional housing for up to 40 veteran males.

**Alpha Omega Veterans Services** aovs.org
1183 Madison Ave. (901)726-6820 M-F 9AM-5PM
Offers transitional housing for homeless veterans referred by the VA.

**Cocaine Alcohol Awareness Program (CAAP)**
3375 Wynbrook (901)360-0442 (901)346-1140 caapincorporated.com M-F 8:30AM-5PM
Provides transitional support for vets struggling with drug or alcohol abuse.

**Operation Stand-Down Midsouth, Inc.**
3290 Getwell Rd. Suite 108 (901)305-6410
M-F 9AM-5PM osdmidsouth.org
Referral agency to the VA, which also does work in disability benefit claims, counseling, veteran transition workshops, and job counseling.
Memphis Union Mission
A group that attends to the physical, spiritual, and emotional needs of people who are homeless, addicted, or in crisis
Main Phone: (901)526-8403 memphisunionmission.org

Men’s Programs
Men’s Emergency Shelter
383 Poplar Ave.  (901)526-8434
Offers free lunches every day at 11AM. Dinner and showers are reserved for overnight guests. Overnight stays are free 4 times per month, then cost $6 per night. Stays are also free any time temperatures are below freezing.

Opportunity Center
600 Poplar Ave.  (901)526-8403, ext. 1008.
Shelter facility with smaller, quieter dorm rooms and a positive environment for those who have demonstrated responsibility at the Emergency Shelter.

Iron on Iron Program
memphisunionmission.org/iron-iron-recovery
One-year intensive residential program, where the emphasis is on healing the total person, recovery from life-controlling problems, and preparation for successful living.

Re-Entry Program  (901) 746-8902, ext.1202.
90 day Christ-centered program offered to incarcerated men who are transitioning back into the community.

Women’s Program- Moriah House  (901) 526-8403
A long-term recovery program for women who have dealt with domestic abuse, depression, drug or alcohol abuse, or prostitution and their children. The ultimate objective is to encounter new life through a relationship with Jesus Christ and emerge as fulfilled, productive members of the community.

Intact Family Ministry  (901)357-9641, ext. 3001.
Provides short-term transitional housing for homeless families, allowing Memphis Union Mission to minister to families as they reside in a fully-furnished three-bedroom home for three to six months. The program is for legally married couples (with or without kids) who must have their own transportation.

Christ Community Health Services
Provides comprehensive medical care, including adult and pediatric primary care, behavioral health, OB/GYN, dentistry, HIV care, and pharmacy.
Main Office, 2592 Central Ave.
Medical (901)842-3160

Frayser Medical: (901)842-3162 Dental: (901)842-3172
Hickory Hill Medical: (901)842-3163 Dental: (901)842-3173
Orange Mound Medical (901)842-3164

Third Street Medical: (901)842-3166 Dental: (901)842-3175

Raleigh Medical: (901)842-3165 Dental: (901)842-3174

Women’s Health Center See “Women’s Health” (pg. 17)

Operation Outreach Mobile Clinic  (901)842-3167 8AM-4PM
Mobile clinic that provides free primary and acute healthcare, education, vision screening, and glasses to the homeless.
M & Tu Memphis Union Mission (pg. 14)
W & Th First Baptist Church, 2861 Broad Ave.
2nd W/month AM St. Mary’s Episcopal (pg. 8, map 34)
2nd W/month PM Memphis/Shelby Office of Re-Entry 1362 Mississippi Blvd.

Regional One Health MedPlex Clinic
880 Madison Ave.  (901)545-7185 (901)545-7399
New patients: (901)545-6969 M-F 8AM-4:30 PM
Regional one outpatient clinic, providing a wide range of specialty and subspecialty clinics, medical imaging, and diagnostic testing.

The Healing Center Baptist Church
3885 Tchulahoma Rd  (901)370-4673
Offers free primary care, medication management, substance abuse and mental health counseling. Also may assist with housing, employment, stress management, and legal issues.
Church Health Center
All clinics 1350 Concourse Ave.  (901)272-0003
All clinics require an appointment, except the Urgent Care Clinic.

Urgent Care Clinic  First floor of Claybrook Entrance
Sees the uninsured who are not established Church Health Center patients. Photo ID is required.

Medical Clinic  Second floor of West Atrium
Provides full spectrum of care to uninsured residents of Shelby County who work 20+ hours per week, those whose insurance (including Memphis Plan) assigns them to CHC, and to primary child caregivers. Visit the website to fill out new patient form. There is a wait period (usually months.)

Dental Clinic  Second floor of West Atrium
Dental care to those meeting the same requirements as the Medical Clinic.

Physical Therapy Clinic  Second floor of Claybrook Ent.
Provides care to current CHC patients, Memphis Plan members, and those referred to CHC Physical Therapy by an outside medical facility.

Eye Clinic  Focal Point
Provides care to current CHC patients and Memphis Plan members.

Behavioral Health  Suite 142, Fl. 3
Provides full spectrum psychological and psychiatric care to CHC patients.

Memphis Health Center
Provides full spectrum primary care, including immunizations, screenings, OB/GYN, dental, medical laboratory, and pharmacy.

Crump  360 EH Crump Blvd.  (901)261-2000
M&W 7:30AM-7:30PM  Tu&Th 7:30AM-5:30PM
F 7:30AM-11:30AM

Towne Center  915 E. McLemore Ave.  (901)261-7370
M-Th 7:30AM-5:30PM  F 7:30AM-11:30AM

Rossville  4940 Highway 57  (901)261-7303
M-Th 7:30AM-5:30PM  F 7:30AM-11:30AM

Whitehaven  4593 Elvis Presley #101  (901)261-7338
M-Th 7:30AM-5:30PM  F 7:30AM-11:30AM

Youth Villages - Project Safe Place
1582 Poplar Ave.  (901)276-7233
youthvillages.org/what-we-do/project-safe-place.aspx

Youth Villages Poplar Group Home, provides community based help to young people with emotional and behavioral problems and is also a part of the Project Safe Place Network. It is the only emergency shelter for runaway and homeless teens within a 200-mile radius of Memphis.
For directions, call (901)276-7233 or text SAFE and your location to 69866

Porter-Leath  porterleath.org
868 N. Manassas St.  (901)577-2500
Resource for Memphis’s at-risk children and families. Empowering children and families to achieve a healthy and optimal independent lifestyle.

Memphis City/Shelby County Displaced Student Services
3782 Jackson Ave.  (901)416-4250
M-F 8AM-4:30 PM
Provides youth counseling, support, and treatment programs for homeless children and youth, mandated by the McKinney-Vento Homeless Education Act to assist youth in accessing free education and other support services.

Phone/Website Resources for Runaways

National Runaway Switchboard 1-800-786-2929
Youth Villages Teen Crisis Line (901)276-7233
Young Adult Crisis Hotline 1-877-702-2463
Teens dealing with addiction: kidshealth.org/en/teens/addictions.html
Birthright of Memphis  birthrightofmemphis.org
115 Alexander St.  Also at Hickory Ridge Mall
Main: (901)327-8109  Hotline: 1-800-550-4900
M, Tu, Th 8:30AM-5PM, W 10AM-5PM, F 8:30AM-12PM
Free counseling for pregnant women, resources for raising children, pregnancy tests, prenatal information, shelter referrals, parenting classes, and adoption information.

Hannah's Hope  hannahs-hope.org
5676 Stage Road  (901)327-5560
Help with raising your child, even as a single parent. Offers family counseling, temporary care for you and your baby, and help identifying financial resources for you and your baby. Provides adoption information for your child should you choose adoption for your child into a loving, caring home.

Memphis Union Mission: Moriah House
(pg. 14)

Karat Place
558 Boyd St.  (901)525-4055
Residential rehab program for women ex-offenders and their children.

Restore Corps  restorecorps.org
1548 Poplar Ave.  (901)410-3590
Eradicating human trafficking by empowering survivors and seeking justice through systemic community change.

Worried you may be pregnant?
Life Choices (pg. 17) 24 hour Hotline  (901)388-6262
Birthright of Memphis (above) Hotline  1-800-550-4900
SecretSafePlaceTN pregnancy Line  1-866-699-7233

Other Phone Resources for Women
National Domestic Violence Line  1-800-799-7233
National Sexual Assault Hotline  1-800-656-4673
CAAP (pg. 13) Domestic Violence Line  (901)272-2221
TN Breastfeeding Assistance Hotline  855-423-6667
Women’s Resource & Rape Assistance Program  1-800-273-8712
TN Coalition Against Domestic/Sexual Violence  1-800-356-6767

Christ Community Health Services:
Women’s Health
2861 Broad Ave.  (901)842-3168  M-F 8AM-5PM
Provides comprehensive women's health services, including gynecological exams, routine care, family planning information/methods, pregnancy testing and counseling, prenatal care, and STI testing and treatment.

Life Choices of Memphis
2400 Poplar Ave.  (901)452-8991
5575 Raleigh-LaGrange  (901)388-1172
24-hour hotline  (901)388-6262
Offers safe, confidential, and free pregnancy help. Also provides free STI diagnosis and treatment, education on sexual health, pregnancy testing, pregnancy options counseling, adoption planning, and grief counseling for those who have had a previous abortion.

Memphis Morning Center Pregnancy Clinic
3638 Macon Rd.  (901) 209-0195  M, W, Th 10AM-4PM
Provides comprehensive pregnancy, delivery, and post-partum care to moms in need, in the name of Jesus Christ, at no charge.

Planned Parenthood of Greater Memphis
2430 Poplar Ave.  (866)711-1717
Provides sexual healthcare, including sex ed, women’s healthcare appointments, pregnancy testing, birth control, STD testing and treatment, HIV services, and LGBT care.

CHOICES Center for Reproductive Health
1726 Poplar Ave  (901)274-3550
Provider of women’s routine reproductive health visits, fertility assistance, birth control, and LGBT health visits. Also provides HIV testing, referrals, and services.

Rape Crisis Center  M-F 8AM-4:30 PM
1750 Madison Ave. # 100  (901)222-3950
Empowering and caring for victims of sexual violence by providing free confidential comprehensive forensic nursing, advocacy, and counseling services regardless of whether an individual is reporting to law enforcement.