

# Resources to Assist Your Mental Health in Tennessee and Beyond

## **Tennessee Department of Mental Health & Substance Abuse Services**

- 911 - 24 HR LifeSaving Emergency
- 988 - 24 HR Suicide Prevention Urgent Crisis & Family Support
- Text TN to 741741 Urgent Mental Health Crisis or 855-274-7471 or call 855-274-7471
- Text 911 for Emergencies; Text 988 to Chat; Text AYUDA to 988 for Spanish
- Nashville/Davidson County Tennessee 24 HR Walk-In Crisis Center 250 Cumberland Bend, Nashville, TN 37228

**Metro Public Health (Behavioral Health and Wellness) and Suicide Prevention in the African American Faith Community Coalition:** Learn more at [spaafcc.org](https://spaafcc.org)

**Vanderbilt Memory and Alzheimer's Center:** Upcoming event with Meharry Vanderbilt Alliance, “Finding God in Alzheimer’s,” with guest speaker Dr. Fayron Epps from Alter Dementia Foundation. <https://www.eventbrite.com/e/2024-finding-god-in-alzheimers-tickets-758039465447>

**NAMI - National Alliance on Mental Illness (Davidson County):** Learn more at <https://namidavidson.org>

**TAADAS - Tennessee Association of Alcohol, Drugs, and other Addiction Services**  
Learn more at <https://www.taadas.org/about-us>

**Tennessee Respite Coalition:** Learn more at <https://tnrespite.org>

**Triumph Over Trauma:** Curriculum and training for trauma-informed community care.  
Learn more at <https://TriumphOverTrauma.INFO>