

Access Points - Entry points to find and access local resources.

211 - Phone line to connect to local resources.
call 211 - 211.org

Basic Needs - Basic needs such as food pantries, meals, showers, or clothing.

St. Lukes UMC - Also provides food pantry
480 S. Highland, Memphis, TN 38111
(901) 452-6262 - stlukesumc.org/hunger-ministries

Breakfast
Sun 8am - 9am

Supper
Sat 4:30pm - 5:30pm

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

Hot Lunch
Sun 1:15pm

Idlewild Presbyterian Church
1750 Union Avenue, Memphis, TN 38104
(901) 726-4681 - idlewildchurch.org/outreach-2

Dinner
Thur 4pm

St. John's UMC
1207 Peabody Ave., Memphis, TN 38104
(901) 726-4104 - stjohnsmidtown.org

Dinner
Tue, Sat 3:30pm - 5:30pm

Pantry
1st and 3rd Thur 10am - noon

Grace-St. Luke's
1720 Peabody Ave., Memphis, TN 38104
(901) 272-7425 - gracestlukes.org/more-than-a-meal

Dinner
Sun 4pm - 5pm

Basic Needs - Basic needs such as food pantries, meals, showers, or clothing.

Catholic Charities Midtown Outreach
85 N Cleveland Avenue, Memphis, TN 38104
(901) 722-4700 - ccwtn.org/our-services/hungry

Meal Bags
Mon - Fri 8am - 10am

St. Patrick Catholic Church
277 S 4th St., Memphis, TN 38126
(901) 527-2542 - stpatsmemphis.org

Food Pantry
Tue/Wed/Thur 1pm - 2:30pm

Memphis Rox - Also provides after school program, free menstrual products

879 E McLemore Ave, Memphis, TN 38106
(901) 401-6104 - memphisrox.org/programs

Lunch
Mon - Fri 11am - 1pm

Community Closet
Tue 10am - 1pm

OUTMemphis
892 S Cooper St., Memphis, TN 38104
(901) 278-6422 - outmemphis.org

Community Meal
Thu 4pm - 6pm

Manna House
1268 Jefferson Avenue, Memphis, TN 38104
901-334-5832 - mannahousememphis.org

Showers
Mon, Thur 8am - 10:30am

Meal
Mon 5pm

FoodPantries.org - A directory to find food pantries near you.
foodpantries.org/

Emergency Shelters

Memphis Union Mission - Serves: Men
383 Poplar Ave, Memphis, TN 38105
(901) 526-8403 - memphisunionmission.org

Emergency Shelters

Calvary Rescue Mission - Serves: Men
960 S. Third St., Memphis, TN 38106
(901) 775-2570 - calvaryrescuemission.org

Agape Child and Family Services - Serves homeless women, pregnant women, and mothers with up to 3 children with transitional housing and support.
3160 Directors Row, Memphis, TN 38131
(901) 323-3600 - agapemeanslove.org/how-we-love/homeless

Salvation Army - Serves: Women, Women w/ Children
696 Jackson Ave, Memphis, TN 38105
(901) 543-8586 - southernusa.salvationarmy.org/memphis

Room in the Inn - Emergency Congregational Winter Shelter, Nov 1 - Mar 31
409 Ayers Street, Memphis, TN 38105
(901) 467-0122 - ritimemphis.org

Dorothy Day House - Serves: Families
(901) 726-6760 - dorothydaymemphis.org

Living for Christ Restoration House - \$13 nightly
3095 Thomas Street, Memphis, TN 38127
(901) 791-4022 - lfcrestorationhouse.wixsite.com/shelter

Youth Emergency Center - Wrap-around support for LGBTQ+ young adults ages 16-24 in crisis.
2055 Southern Ave, Memphis, TN 38114
(901) 278-6422 - outmemphis.org/metamorphosis-2

Resources

Tennessee Redline - Connects Tennessee residents with addiction treatment and recovery services.
(800) 889-9789 - taadas.org/tn-redline

Hospitality Hub - A centralized hub of information and services for homeless persons.
590 Washington Ave, Memphis, TN 38105
(901) 730-1736 - hospitalityhub.org

Resources

Her Faith Ministries - Provides rent assistance, clothing, emergency food, support, and transportation. - Serves: Women w/ Children
3396 Park Avenue, Memphis, TN 38111
(901) 324-3705 - herfaithministries.org

Mission Possible - Clothing, non perishable food, counseling
2400 Poplar Avenue #428, Memphis, TN 38112
(901) 458-4357 - missionpossiblecosm.com

Asha's Refuge - Support for the rights of refugees from other countries, community and client education, assistance learning English
200 East Parkway North 3rd floor, Memphis, TN 38112
(901) 500-9200 - ashasrefuge.org

Latino Memphis - Education, justice, health services, and advocacy for the betterment of the Memphis Hispanic Community.
6041 Mt Moriah Ext. Suite #16, Memphis, TN 38115
(901) 366-5882 - latinomemphis.org

Livitup - Personal assistance for adults with disabilities
6949 Appling Farms Parkway Suite 112, Memphis, TN 38133
(901) 761-4277 - livitupinc.org

Memphis Addiction Help
(901) 272-0003 - memphisaddictionhelp.org

Christ Community Health Services
1325 Jefferson Ave, Memphis, TN 38104
(901) 842-3167 - christcommunityhealth.org/services/operation-outreach

Wellness and Stress Clinic
3915 Tchulahoma Road, Memphis, TN 38118
(901) 306-5433 - wellness901.org

Memphis Health Center
360 E E.H. Crump Blvd, Memphis, TN 38126
(901) 261-2000 - memphishealthcenter.org

US Department of Veterans Affairs - 24/7 Homeless Call Center Hotline
(877) 424-3838 - va.gov/homeless

Resources

National Suicide Prevention Lifeline - Provides 24/7, free and confidential support for people in distress
(800) 273-8255 - [SuicidePreventionLifeline.org](https://www.suicideline.org)

National Domestic Violence Hotline - 24-hour confidential service for survivors, victims and those affected by domestic violence
(800) 799-7233 - [TheHotline.org](https://www.thehotline.org)

National Runaway Safeline - 24/7 crisis line for runaway and homeless youth
(800) 786-2929 - [1800runaway.org](https://www.1800runaway.org)

National Human Trafficking Hotline - Call if you or someone you know is a victim of human trafficking
(888) 373-7888 - [HumanTraffickingHotline.org](https://www.humantraffickinghotline.org)

Free Mobile Phone Service - The FCC's Lifeline program provides free mobile phone service for qualifying low income individuals.
[SafeLinkWireless.com](https://www.safelinkwireless.com)
[AssuranceWireless.com](https://www.assurancewireless.com)

FindTreatment.gov - Directory of providers treating substance use disorders, addiction, and mental illness
(800) 662-4357 - [FindTreatment.gov/](https://www.findtreatment.gov/)

FreeDentalCare.us - Directory of free and low cost dental clinics
[FreeDentalCare.us/](https://www.freedentalcare.us/)

Available services can change often. Please email support@HelpSheets.org with any updates to the information provided.

HelpSheets.org does not manage any of the organizations listed, please contact each agency for details.