

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

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| 211 - Phone line to connect to local resources. call 211 - 211.org |
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Basic Needs - Basic needs such as food pantries, meals, showers, or clothing.

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| <p>St. Lukes UMC - Also provides food pantry 480 S. Highland, Memphis, TN 38111 (901) 452-6262 - stlukesumc.org/hunger-ministries</p> <table border="0"> <tr> <td style="text-align: center;"><u>Breakfast</u> Sun 8am - 9am</td> <td style="text-align: center;"><u>Supper</u> Sat 4:30pm - 5:30pm</td> </tr> </table> | <u>Breakfast</u> Sun 8am - 9am | <u>Supper</u> Sat 4:30pm - 5:30pm | <p>First Presbyterian Church 166 Poplar Ave, Memphis, TN 38103 (901) 525-5619 - firstpresmemphis.org</p> <p style="text-align: center;"><u>Hot Lunch</u> Sun 1:15pm</p> |
| <u>Breakfast</u> Sun 8am - 9am | <u>Supper</u> Sat 4:30pm - 5:30pm | | |
| <p>Idlewild Presbyterian Church 1750 Union Avenue, Memphis, TN 38104 (901) 726-4681 - idlewildchurch.org/outreach-2</p> <p style="text-align: center;"><u>Dinner</u> Thur 4pm</p> | <p>St. John's UMC 1207 Peabody Ave., Memphis, TN 38104 (901) 726-4104 - stjohnsmidtown.org</p> <table border="0"> <tr> <td style="text-align: center;"><u>Dinner</u> Tue, Sat 3:30pm - 5:30pm</td> <td style="text-align: center;"><u>Pantry</u> 1st and 3rd Thur 10am - noon</td> </tr> </table> | <u>Dinner</u> Tue, Sat 3:30pm - 5:30pm | <u>Pantry</u> 1st and 3rd Thur 10am - noon |
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| <p>Grace-St. Luke's 1720 Peabody Ave., Memphis, TN 38104 (901) 272-7425 - gracestlukes.org/more-than-a-meal</p> <p style="text-align: center;"><u>Dinner</u> Sun 4pm - 5pm</p> | <p>Catholic Charities Midtown Outreach 85 N Cleveland Avenue, Memphis, TN 38104 (901) 722-4700 - ccwn.org/our-services/hungry</p> <p style="text-align: center;"><u>Meal Bags</u> Mon - Fri 8am - 10am</p> | | |
| <p>St. Patrick Catholic Church 277 S 4th St., Memphis, TN 38126 (901) 527-2542 - stpatsmemphis.org</p> <p style="text-align: center;"><u>Food Pantry</u> Tue/Wed/Thur 1pm - 2:30pm</p> | <p>Memphis Rox - Also provides after school program, free menstrual products 879 E McLemore Ave, Memphis, TN 38106 (901) 401-6104 - memphisrox.org/programs</p> <table border="0"> <tr> <td style="text-align: center;"><u>Lunch</u> Mon - Fri 11am - 1pm</td> <td style="text-align: center;"><u>Community Closet</u> Tue 10am - 1pm</td> </tr> </table> | <u>Lunch</u> Mon - Fri 11am - 1pm | <u>Community Closet</u> Tue 10am - 1pm |
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| <p>OUTMemphis 892 S Cooper St., Memphis, TN 38104 (901) 278-6422 - outmemphis.org</p> <p style="text-align: center;"><u>Community Meal</u> Thu 4pm - 6pm</p> | <p>Manna House 1268 Jefferson Avenue, Memphis, TN 38104 901-334-5832 - mannahousememphis.org</p> <table border="0"> <tr> <td style="text-align: center;"><u>Showers</u> Mon, Thur 8am - 10:30am</td> <td style="text-align: center;"><u>Meal</u> Mon 5pm</td> </tr> </table> | <u>Showers</u> Mon, Thur 8am - 10:30am | <u>Meal</u> Mon 5pm |
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| <p>FoodPantries.org - A directory to find food pantries near you. foodpantries.org/</p> | | | |

Emergency Shelters

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| <p>Memphis Union Mission - Serves: Men 383 Poplar Ave, Memphis, TN 38105 (901) 526-8403 - memphisunionmission.org</p> | <p>Calvary Rescue Mission - Serves: Men 960 S. Third St., Memphis, TN 38106 (901) 775-2570 - calvaryrescuemission.org</p> |
| <p>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</p> | <p>Salvation Army - Serves: Women, Women w/ Children 696 Jackson Ave, Memphis, TN 38105 (901) 543-8586 - southernusa.salvationarmy.org/memphis</p> |
| <p>Room in the Inn - Emergency Congregational Winter Shelter, Nov 1 - Mar 31 409 Ayers Street, Memphis, TN 38105 (901) 467-0122 - ritimemphis.org</p> | <p>Dorothy Day House - Serves: Families (901) 726-6760 - dorothydaymemphis.org</p> |
| <p>Living for Christ Restoration House - \$13 nightly 3095 Thomas Street, Memphis, TN 38127 (901) 791-4022 - lfcrestorationhouse.wixsite.com/shelter</p> | <p>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</p> |

Resources

Resources

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| <p>Tennessee Redline - Connects Tennessee residents with addiction treatment and recovery services. (800) 889-9789 - taadas.org/tn-redline</p> | <p>Hospitality Hub - A centralized hub of information and services for homeless persons. 590 Washington Ave, Memphis, TN 38105 (901) 730-1736 - hospitalityhub.org</p> |
| <p>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</p> | <p>Mission Possible - Clothing, non perishable food, counseling 2400 Poplar Avenue #428, Memphis, TN 38112 (901) 458-4357 - missionpossiblecosm.com</p> |
| <p>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</p> | <p>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</p> |
| <p>Livitup - Personal assistance for adults with disabilities 6949 Appling Farms Parkway Suite 112, Memphis, TN 38133 (901) 761-4277 - livitupinc.org</p> | <p>Memphis Addiction Help (901) 272-0003 - memphisaddictionhelp.org</p> |
| <p>Christ Community Health Services 1325 Jefferson Ave, Memphis, TN 38104 (901) 842-3167 - christcommunityhealth.org/services/operation-outreach</p> | <p>Wellness and Stress Clinic 3915 Tchulahoma Road, Memphis, TN 38118 (901) 306-5433 - wellness901.org</p> |
| <p>Memphis Health Center 360 E E.H. Crump Blvd, Memphis, TN 38126 (901) 261-2000 - memphishealthcenter.org</p> | <p>US Department of Veterans Affairs - 24/7 Homeless Call Center Hotline (877) 424-3838 - va.gov/homeless</p> |
| <p>National Suicide Prevention Lifeline - Provides 24/7, free and confidential support for people in distress (800) 273-8255 - SuicidePreventionLifeline.org</p> | <p>National Domestic Violence Hotline - 24-hour confidential service for survivors, victims and those affected by domestic violence (800) 799-7233 - TheHotline.org</p> |
| <p>National Runaway Safeline - 24/7 crisis line for runaway and homeless youth (800) 786-2929 - 1800runaway.org</p> | <p>National Human Trafficking Hotline - Call if you or someone you know is a victim of human trafficking (888) 373-7888 - HumanTraffickingHotline.org</p> |
| <p>Free Mobile Phone Service - The FCC's Lifeline program provides free mobile phone service for qualifying low income individuals. SafeLinkWireless.com AssuranceWireless.com</p> | <p>FindTreatment.gov - Directory of providers treating substance use disorders, addiction, and mental illness (800) 662-4357 - FindTreatment.gov/</p> |
| <p>FreeDentalCare.us - Directory of free and low cost dental clinics FreeDentalCare.us/</p> | |

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.