

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.

Community Care Fellowship - Also provides showers, laundry, mail, phone, wifi

511 South 8th Street, Nashville, TN 37206

(615) 227-1953 - ccfnashville.org/get-help

Breakfast

Mon-Fri 9am -
9:30am

Lunch

Tue/Thur/Fri
11:30am - 12:30pm

Clothing

Mon-Fri 1pm - 3pm

Harvest Sound

1419 Clinton St., Nashville, TN 37203

(615) 327-1200 - harvestsoundinternational.com

Meal

Thursday 5pm-7pm

City Road Chapel

701 Gallatin Pike S, Nashville, TN 37115

(615) 868-1673 - cityroadchapel.org

Meal

4th Sunday 5pm

Showers

Mon / Wed 9am - 1pm

Second Harvest Food Bank

(615) 329-3491 - secondharvestmidtn.org

Nashville Community Fridge

1411 Buchanan Street, Nashville, TN 37208

linktr.ee/nashvillecommunityfridge

The Store - Free grocery store

2009 12th Avenue South, Nashville, TN 37204

(615) 460-8331 - thestore.org/need-assistance.html

Adventist Community Services - Food Pantry, Clothing, Hygiene Kits

403 Gallatin Pike S., Madison, TN 37115

(615) 860-6001 - acsgreaternashville.com

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

Madison Church of Christ Benevolence Center - Food Pantry, Clothing, Meals on Wheels
106 Gallatin Pike North, Madison, TN 37115
(615) 868-3360 - madisonchurchtn.org/benevolence/

One Generation Away - Mobile Pantry
(844) 642-4673 - onegenaway.com/mobile-pantry/

Shower Up - Mobile shower truck
(888) 210-0777 - showerup.org

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

Emergency Shelters

Nashville Rescue Mission - Serves: Men
639 Lafayette Street, Nashville, TN 37203
(615) 255-2475 - nashvillerescuemission.org

Room in the Inn - Winter Shelter, Transitional Housing
705 Drexel Street, Nashville, TN 37203
(615) 251-9791 - roomintheinn.org

Cold weather overflow shelter
3230 Brink Church Pike, Nashville, TN 37207
(615) 862-6391 - nashville.gov/departments/office-homeless-services/initiatives-and-programs/extreme-weather

Nashville Launch Pad - Serves: Ages 18 to 24
nashvillelaunchpad.com

Bridges Domestic Violence Shelter
(615) 599-5777 - bridgesdvc.org

The Mary Parrish Center - Providing survivors of interpersonal violence and their children safe, accessible and compassionate housing
(615) 955-0620 - maryparrish.org

AGAPE - Domestic violence helpline, emergency shelter
(615) 860-0003 - agapenashville.org/domestic-violence-care/get-help/

Emergency Shelters

YWCA Domestic Violence Center

(800) 334-4628 - ywcanashville.com/domestic-violence

Resources

Tennessee Redline - Connects Tennessee residents with addiction treatment and recovery services.

(800) 889-9789 - taadas.org/tn-redline

The Next Door - Treatment program for women struggling with addiction

402 22nd Avenue N., Nashville, TN 37203

(615) 251-8805 - thenextdoor.org

Neighborhood Health - serving as a healthcare home without regard to the ability to pay.

(615) 227-3000 - neighborhoodhealthtn.org

Primary Care & Hope Clinic - medical home for patients in Middle Tennessee, regardless of their ability to pay

(615) 893-9390 - hopeclnc.org

Hope Station - Temporary rent and utility assistance for single mothers

(615) 480-2765 - hopestationtn.org/

Interfaith Dental - Provides comprehensive and emergency dental services for low-income, uninsured individuals.

(615) 329-4790 - interfaithdental.com

Legal Aid Society

1321 Murfreesboro Pike Suite 400, Nashville, TN 37217

(615) 244-6610 - las.org

Where to turn in Nashville - Directory of resources

wttin.org

US Department of Veterans Affairs - 24/7 Homeless Call Center Hotline

(877) 424-3838 - va.gov/homeless

National Suicide Prevention Lifeline - Provides 24/7, free and confidential support for people in distress

(800) 273-8255 - SuicidePreventionLifeline.org

Resources

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.