

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

211 - Phone line to connect to local resources. call 211 - <a href="http://211.org">211.org</a>
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**Basic Needs** - Basic needs such as food pantries, meals, showers, or clothing.

<p><b>Community Care Fellowship</b> - Also provides showers, laundry, mail, phone, wifi 511 South 8th Street, Nashville, TN 37206 (615) 227-1953 - <a href="http://ccfnashville.org/get-help">ccfnashville.org/get-help</a></p> <table border="1"> <tr> <td><u>Breakfast</u> Mon-Fri 9am - 9:30am</td> <td><u>Lunch</u> Tue/Thur/Fri 11:30am - 12:30pm</td> <td><u>Clothing</u> Mon-Fri 1pm - 3pm</td> </tr> </table>	<u>Breakfast</u> Mon-Fri 9am - 9:30am	<u>Lunch</u> Tue/Thur/Fri 11:30am - 12:30pm	<u>Clothing</u> Mon-Fri 1pm - 3pm	<p><b>Harvest Sound</b> 1419 Clinton St., Nashville, TN 37203 (615) 327-1200 - <a href="http://harvestsoundinternational.com">harvestsoundinternational.com</a></p> <p><u>Meal</u> Thursday 5pm-7pm</p>
<u>Breakfast</u> Mon-Fri 9am - 9:30am	<u>Lunch</u> Tue/Thur/Fri 11:30am - 12:30pm	<u>Clothing</u> Mon-Fri 1pm - 3pm		
<p><b>City Road Chapel</b> 701 Gallatin Pike S, Nashville, TN 37115 (615) 868-1673 - <a href="http://cityroadchapel.org">cityroadchapel.org</a></p> <table border="1"> <tr> <td><u>Meal</u> 4th Sunday 5pm</td> <td><u>Showers</u> Mon / Wed 9am - 1pm</td> </tr> </table>	<u>Meal</u> 4th Sunday 5pm	<u>Showers</u> Mon / Wed 9am - 1pm	<p><b>Second Harvest Food Bank</b> (615) 329-3491 - <a href="http://secondharvestmidtn.org">secondharvestmidtn.org</a></p>	
<u>Meal</u> 4th Sunday 5pm	<u>Showers</u> Mon / Wed 9am - 1pm			
<p><b>Nashville Community Fridge</b> 1411 Buchanan Street, Nashville, TN 37208 <a href="http://linktr.ee/nashvillecommunityfridge">linktr.ee/nashvillecommunityfridge</a></p>	<p><b>The Store</b> - Free grocery store 2009 12th Avenue South, Nashville, TN 37204 (615) 460-8331 - <a href="http://thestore.org/need-assistance.html">thestore.org/need-assistance.html</a></p>			
<p><b>Adventist Community Services</b> - Food Pantry, Clothing, Hygiene Kits 403 Gallatin Pike S. , Madison, TN 37115 (615) 860-6001 - <a href="http://acsgreaternashville.com">acsgreaternashville.com</a></p>	<p><b>Madison Church of Christ Benevolence Center</b> - Food Pantry, Clothing, Meals on Wheels 106 Gallatin Pike North, Madison, TN 37115 (615) 868-3360 - <a href="http://madisonchurchtn.org/benevolence/">madisonchurchtn.org/benevolence/</a></p>			
<p><b>One Generation Away</b> - Mobile Pantry (844) 642-4673 - <a href="http://onegenaway.com/mobile-pantry/">onegenaway.com/mobile-pantry/</a></p>	<p><b>Shower Up</b> - Mobile shower truck (888) 210-0777 - <a href="http://showerup.org">showerup.org</a></p>			
<p><b>FoodPantries.org</b> - A directory to find food pantries near you. <a href="http://foodpantries.org/">foodpantries.org/</a></p>				

**Emergency Shelters**

<p><b>Nashville Rescue Mission</b> - Serves: Men 639 Lafayette Street, Nashville, TN 37203 (615) 255-2475 - <a href="http://nashvillerescuemission.org">nashvillerescuemission.org</a></p>	<p><b>Room in the Inn</b> - Winter Shelter, Transitional Housing 705 Drexel Street, Nashville, TN 37203 (615) 251-9791 - <a href="http://roomintheinn.org">roomintheinn.org</a></p>
<p><b>Cold weather overflow shelter</b> 3230 Brink Church Pike, Nashville, TN 37207 (615) 862-6391 - <a href="http://nashville.gov/departments/office-homeless-services/initiatives-and-programs/extreme-weather">nashville.gov/departments/office-homeless-services/initiatives-and-programs/extreme-weather</a></p>	<p><b>Nashville Launch Pad</b> - Serves: Ages 18 to 24 <a href="http://nashvillelaunchpad.com">nashvillelaunchpad.com</a></p>
<p><b>Bridges Domestic Violence Shelter</b> (615) 599-5777 - <a href="http://bridgesdvc.org">bridgesdvc.org</a></p>	<p><b>The Mary Parrish Center</b> - Providing survivors of interpersonal violence and their children safe, accessible and compassionate housing (615) 955-0620 - <a href="http://maryparrish.org">maryparrish.org</a></p>
<p><b>AGAPE</b> - Domestic violence helpline, emergency shelter (615) 860-0003 - <a href="http://agapenashville.org/domestic-violence-care/get-help/">agapenashville.org/domestic-violence-care/get-help/</a></p>	<p><b>YWCA Domestic Violence Center</b> (800) 334-4628 - <a href="http://ywcannashville.com/domestic-violence">ywcannashville.com/domestic-violence</a></p>

**Resources**

<p><b>Tennessee Redline</b> - Connects Tennessee residents with addiction treatment and recovery services. (800) 889-9789 - <a href="http://taadas.org/tn-redline">taadas.org/tn-redline</a></p>	<p><b>The Next Door</b> - Treatment program for women struggling with addiction 402 22nd Avenue N., Nashville, TN 37203 (615) 251-8805 - <a href="http://thenextdoor.org">thenextdoor.org</a></p>
<p><b>Neighborhood Health</b> - serving as a healthcare home without regard to the ability to pay. (615) 227-3000 - <a href="http://neighborhoodhealthtn.org">neighborhoodhealthtn.org</a></p>	<p><b>Primary Care &amp; Hope Clinic</b> - medical home for patients in Middle Tennessee, regardless of their ability to pay (615) 893-9390 - <a href="http://hopeclnc.org">hopeclnc.org</a></p>

## Resources

<p><b>Hope Station</b> - Temporary rent and utility assistance for single mothers            (615) 480-2765 - <a href="http://hopestationtn.org/">hopestationtn.org/</a></p>	<p><b>Interfaith Dental</b> - Provides comprehensive and emergency dental services for low-income, uninsured individuals.            (615) 329-4790 - <a href="http://interfaithdental.com">interfaithdental.com</a></p>
<p><b>Legal Aid Society</b>            1321 Murfreesboro Pike Suite 400, Nashville, TN 37217            (615) 244-6610 - <a href="http://las.org">las.org</a></p>	<p><b>Where to turn in Nashville</b> - Directory of resources  <a href="http://wttin.org">wttin.org</a></p>
<p><b>US Department of Veterans Affairs</b> - 24/7 Homeless Call Center Hotline            (877) 424-3838 - <a href="http://va.gov/homeless">va.gov/homeless</a></p>	<p><b>National Suicide Prevention Lifeline</b> - Provides 24/7, free and confidential support for people in distress            (800) 273-8255 - <a href="http://SuicidePreventionLifeline.org">SuicidePreventionLifeline.org</a></p>
<p><b>National Domestic Violence Hotline</b> - 24-hour confidential service for survivors, victims and those affected by domestic violence            (800) 799-7233 - <a href="http://TheHotline.org">TheHotline.org</a></p>	<p><b>National Runaway Safeline</b> - 24/7 crisis line for runaway and homeless youth            (800) 786-2929 - <a href="http://1800runaway.org">1800runaway.org</a></p>
<p><b>National Human Trafficking Hotline</b> - Call if you or someone you know is a victim of human trafficking            (888) 373-7888 - <a href="http://HumanTraffickingHotline.org">HumanTraffickingHotline.org</a></p>	<p><b>Free Mobile Phone Service</b> - The FCC's Lifeline program provides free mobile phone service for qualifying low income individuals.  <a href="http://SafeLinkWireless.com">SafeLinkWireless.com</a>  <a href="http://AssuranceWireless.com">AssuranceWireless.com</a></p>
<p><b>FindTreatment.gov</b> - Directory of providers treating substance use disorders, addiction, and mental illness            (800) 662-4357 - <a href="http://FindTreatment.gov/">FindTreatment.gov/</a></p>	<p><b>FreeDentalCare.us</b> - Directory of free and low cost dental clinics  <a href="http://FreeDentalCare.us/">FreeDentalCare.us/</a></p>

Available services can change often. Please email [support@HelpSheets.org](mailto: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.