

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

211 - Phone line to connect to local resources.
call 211 - [211.org](https://www.211.org)

Homeless Shelter Directory - A directory to find homeless shelters and free food resources near you.
[HomelessShelterDirectory.org](https://www.HomelessShelterDirectory.org)

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

FoodPantries.org - A directory to find food pantries near you.
[foodpantries.org/](https://www.foodpantries.org/)

Resources

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

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

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

Resources

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.