

Southeast TN COVID-19 Mental Health Resource Guide - Updated 5/28/2020

NOTE: The following list contains information about mental health providers in the southeast TN area who are providing services and resources during the COVID-19 pandemic.

Some of these services are offered on a case-by-case basis. Please reach out to providers directly to find out more information.

If you are provider who would like to be on this list, please complete this form: <https://forms.gle/8so4fYfzVPvrQyacA>

If you have insurance and are looking for mental health services (non-emergency):

- Check the phone number on the back of your card and contact your insurance company
- Ask what behavioral health services are covered and get a list of providers

If you are employed and have an Employee Assistance Program (EAP) and are looking for mental health services (non-emergency):

- Contact your EAP program to find what services are covered and get a list of providers

If you are uninsured and looking for mental health services (non-emergency):

- Reach out to the TDMHSAS Office of Consumer Affairs Helpline during regular business hours (800) 560-5767
- Call the Mental Health Association of East TN peer call center during regular business hours (877) 642-3866
- See list below for providers offering sliding scale, state safety net, or self-pay options

Crisis Services (Emergency):

Provider Name	Phone Number
Statewide Crisis Line	(855) 274-7471
Volunteer Behavioral Health Care System - Mobile Crisis (Adults)	(800) 704-2651
Youth Villages- Mobile Crisis (Ages 5-17)	1-866-791-9225
Centerstone 24/7 crisis line	800-681-7444
National Suicide Prevention Lifeline	(800) 273-8255
Crisis Text Line	Text TN to 741 741
Georgia Crisis and Access Line (GCAL)- Georgia residents	1-800-715-4225

Inpatient Services:

Erlanger Behavioral Health Hospital	(423) 498-4602
Parkridge Valley Hospital	(800) 542-9600
Tennova Healthcare	(423) 479-4673

Telehealth Outpatient Options for the Uninsured:

Provider Name	Phone Number	Age Groups	Notes:
Agape Youth Behavioral Health	(423) 443-3336	Pediatric (0-12) Adolescent (12-17)	Offers sliding scale
Catholic Charities	(423) 322-0057	Adult (18-64) Geriatric (65+)	Offers sliding scale
The Center for Individual and Family Effectiveness	(423) 265-7935	Adult (18-64)	Offers sliding scale
Centerstone	1-877-467-3123	Pediatric (0-12) Adolescent (12-17) Adult (18-64) Geriatric (65+)	Chattanooga office also offering limited in-person services. Offer self-pay and safety net options.
Covenant Family Connections	(423) 402-8256	Pediatric (0-12) Adolescent (12-17) Adult (18-64) Geriatric (65+)	Offers sliding scale. Bilingual (English/Spanish)
Earth & Soul Integrative Practice	(423) 503-2318	Adult (18-64) Geriatric (65+)	Offers sliding scale
Elbow Tree Christian Counseling	(423) 517-7070	Adult (18-64)	
Elu: Counseling, Consulting, and Coaching	(423) 486-0774	Pediatric (0-12) Adolescent (12-17) Adult (18-64) Geriatric (65+)	Offers sliding scale. Faith based services available.
Helen Ross McNabb Center (Adult, Chattanooga)	(800) 255- 9711	Adult (18-64), Geriatric (65+)	Offers sliding scale, grant, & state safety net programs
Helen Ross McNabb Center (Child, Chattanooga)	(800) 255- 9711	Pediatric (0-12) Adolescent (12-17)	Offers sliding scale, grant, & state safety net programs
Helen Ross McNabb Center (Athens)	(800) 255- 9711	Adult (18-64)	Offers sliding scale, grant, & state safety net programs
Hiwassee Mental Health-Cleveland	(423) 479-5454	Pediatric (0-12)	Offers sliding scale and state safety net program

		Adolescent (12-17) Adult (18-64) Geriatric (65+)	
Hiwassee Mental Health-Athens	(423) 745-8802	Pediatric (0-12) Adolescent (12-17) Adult (18-64) Geriatric (65+)	Offers sliding scale and state safety net program
Johnson Mental Health Center	(423) 634-8884	Adult (18-64) Geriatric (65+)	Only in-person appointments are with first-time appointments. Offers state safety net program.
Journey Psychotherapy Center	(423) 521-5678	Pediatric (0-12) Adolescent (12-17) Adult (18-64) Geriatric (65+)	Offers sliding scale
Lauren M Stevens, LPC-MHSP	(423) 763-1213	Adult (18-64)	Offering sliding scale and evening appointments
Lee University Marriage and Family Therapy Center	(423) 614-8112	Pediatric (0-12) Adolescent (12-17) Adult (18-64) Geriatric (65+)	No charge for telehealth during COVID-19 crisis, but can only see TN residents. This is a training clinic, so severe cases may be referred to other providers.
Mental Health Cooperative- Chattanooga	(423) 697-5953	Pediatric (0-12) Adolescent (12-17) Adult (18-64)	Offers sliding scale and state safety net program, limited in-person services
Mental Health Cooperative - Cleveland	(423) 728-6400	Pediatric (0-12) Adolescent (12-17) Adult (18-64)	Offers sliding scale and state safety net program, limited in-person services
River City Counseling	(423) 933-2575	Pediatric (0-12), Adolescent (12-17), Adult (18-64)	Offers sliding scale
Solia Farm	(423) 207-2409	Pediatric (0-12), Adolescent (12-17), Adult (18-64) Geriatric (65+)	One on one equine therapy sessions
Sound Living Counseling	(423) 505-5475	Pediatric (0-12), Adolescent (12-17) Adult (18-64)	Offers sliding scale
Victoria Davidson Play Therapy and Counseling	(423) 800-0668	Pediatric (0-12)	Offers sliding scale

Wild Oaks Counseling	(423) 715-8099	Pediatric (0-12) Adolescent (12-17) Adult (18-64) Geriatric (65+)	Offers sliding scale
----------------------	----------------	--	----------------------

To see the full up-to-date list of providers, click here: https://docs.google.com/spreadsheets/d/1d0uCB_ZVsfZ_Yvqr_JBsm-ImiVaPgWa8NKn23MZA13s/edit?usp=sharing

Other Self-Pay Options (no sliding scale or reduced fees):

Provider Name	Phone Number	Age Groups	Notes:
Behavioral Health Associates	(423) 899-0024	Adolescent (12-17) Adult (18-64)	
Center for EMDR Therapy	(423) 910-9430	Adult (18-64) Geriatric (65+)	
Deborah Lancaster LMFT	(423) 847-2130	Adult (18-64) Geriatric (65+)	
The Middle Path	(423) 269-8900	Adolescent (12-17) Adult (18-64) Geriatric (65+)	
Phoenix Health	(423) 208-8099	Adult (18-64), Geriatric (65+)	Telehealth only at this time.
Resonance	(706) 403-6148	Adult (18-64)	Georgia residents. LGBTQ+ affirming
River City Counseling	(423) 933-2575	Pediatric (0-12), Adolescent (12-17) Adult (18-64)	

Addiction Recovery

If you need help finding addiction recovery services, please call 1-800-889-9789

Online Therapy Options:

Talkspace <https://www.talkspace.com/>

- Offering free therapy for health workers battling COVID-19

Better Help www.betterhelp.com

- Offering reduced fees

Wellnite <https://www.wellnite.com/>

- Offering free mental health coaching sessions

Online Therapy <https://www.online-therapy.com/>

- Free access to worksheets, yoga and meditation videos, activity plan, journal, and tests
- Offering reduced therapy fees

Therapy Tribe www.therapytribe.com

Local Mental Health Support:

NAMI Chattanooga (Family support for families of loved ones with mental illnesses) <https://www.namichattanooga.org/> (423) 521-2590

Depression Bipolar Support Alliance <https://www.dbsachattanooga.org/>

Mental Health Association of East Tennessee Peer Recovery Call Center: 877-642-3866

Healthcare Professional Resources:

- Help for Helpers- Pandemic Crisis Services Response Coalition <https://www.covidmentalhealthsupport.org/help-for-helpers>
- For the Frontlines- Text “Frontlines” to 741 741 <https://www.forthefrontlines.org/>

Online Support Resources:

7 Cups: www.7cups.com

- Free online text chat with a trained listener for emotional support and counseling. Also offers fee- for-service online therapy with a licensed mental health professional. Service/website also offered in Spanish.

Emotions Anonymous: www.emotionsanonymous.org

- An international fellowship of people who desire to have a better sense of emotional well-being. EA members have in person and online weekly meetings available in more than 30 countries with 600 active groups worldwide. The EA is nonprofessional and can be a complement to therapy.

Support Group Central: www.supportgroupscentral.com

- Offers virtual support groups on numerous mental health conditions - free or low-cost. Website also offered in Spanish.

NAMI Discussion Groups www.nami.org

The Tribe Wellness Community: www.therapytribe.com

- Free, online peer support groups offering members facing mental health challenges and/or difficult family dynamics a safe place to connect. Support groups include Addiction, Anxiety, Depression, HIV/AIDS, LGBT, Marriage/Family, OCD and Teens.

SupportGroups.com: <https://online.supportgroups.com/>

- Website featuring 200+ online support groups.

For Like Minds: www.forlikeminds.com

- Online mental health support network that allows for individuals to connect with others who are living with or supporting someone with mental health conditions, substance use disorders, and stressful life events.

18percent: www.18percent.org

- Offers a free, peer-to-peer online support community for those struggling with a wide range of mental health issues.

Psych Central: www.psychcentral.com

- Offers online mental health resources, quizzes, news, an “Ask the Therapist” function, and online support communities.

The Mighty <https://themighty.com/>

- Online community for those living with various health conditions, including a community focused on mental health

Sanvello <https://www.sanvello.com/coronavirus-anxiety-support/>

- App for anxiety, stress, and depression
- Content, coping tools, peer support
- Offering free premium access during coronavirus crisis

Tricycle <https://tricycle.org/trikedaily/online-meditation/>

- Free online meditation sessions

Support through Facebook Groups:

Talkspace <https://www.facebook.com/pg/Talkspacetherapy/groups/>

- Currently offering 5 free therapist-led online support groups

You can also search key words like “COVID anxiety” on Facebook and find groups that provide support.

Helpful COVID-19 and Mental Health Resource Documents:

- State of Tennessee: <https://www.tn.gov/behavioral-health/covid19.html>
- Mental Health America: <https://mhanational.org/covid19>
- National Alliance on Mental Illness: <https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>
- PAR Partners International: <https://parpartnersinternationalinc.com/covid-19>
- UnifiED resource guide for Hamilton county students and caregivers: <https://www.unifi-ed.org/covid.html>

Youth Mental Health and Parenting Resources:

- CDC: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/for-parents.html>
- Child Mind Institute: <https://childmind.org/coping-during-covid-19-resources-for-parents/>
- National Federation of Families for Children's Mental Health's: <https://www.facebook.com/NationalFederationHomeResources/>
- Kid Central TN: <https://www.kidcentraltn.com/>

For questions or comments regarding this resource guide, please contact Rachel Gearing at rgearing@tspn.org or Eve Nite at eve@citconnect.org.

BEHAVIORAL HEALTH SAFETY NET



Department of
**Mental Health &
Substance Abuse Services**

**34,450 PEOPLE
SERVED IN FY2019**

Behavioral Health Safety Net of Tennessee provides essential mental health services to people who are uninsured, underinsured, or have no means to pay.

TOP SERVICES

- Assessment and Evaluation
- Case Management
- Psychiatric Medication Management
- Psychosocial Rehabilitation Services
- Therapeutic Interventions

CURRENT ELIGIBILITY REQUIREMENTS

- Primary Qualifying Mental Health Diagnosis
- No other behavioral health coverage
- Income at or below 138% FPL
- 18 Years of age or older
- Tennessee Resident

IMPORTANT FACTS

- 146 Office Locations Statewide
- Outpatient Services Only
- Behavioral health medication provided through CoverRx
- Is not insurance or part of TennCare

PROVIDER NETWORK

WEST

Alliance Healthcare Services
901-369-1400

Carey Counseling
800-611-7757

Case Management, Inc.
901-821-5600

Cherokee Health Systems
866-231-4477

LifeCare Family Services
901-800-4645

Pathways Behavioral Health
731-541-8200

Professional Care Services
877-727-2778

Quinco Community MHC
800-532-6339

MIDDLE

Centerstone of TN
888-291-4357

LifeCare Family Services
877-881-0359

Mental Health Cooperative
615-726-3340

Volunteer Behavioral Health
877-567-6051

EAST

Cherokee Health
866-231-4477

Frontier Health
855-336-9327

Peninsula Cooperative
865-970-9800

Ridgeview
800-834-4178

Helen Ross McNabb
865-637-9711
423-266-6751

Mental Health Cooperative
423-697-5950

Volunteer Behavioral Health
877-567-6051

Link for more information: tn.gov/behavioral-health/safety-net

{SUICIDE}

IS 100% PREVENTABLE

Reach out for
HELP.
Reach out for
HOPE.



Tennessee Suicide Prevention Network

CRISIS TEXT LINE

Text "TN" to
741 741



"Saving Lives in Tennessee"
www.tspn.org

**TENNESSEE
STATEWIDE
CRISIS LINE**

There is hope.

**855-CRISIS-1
(855-274-7471)**



Department of
**Mental Health &
Substance Abuse Services**

TN.gov/CrisisLine