



Mid-South Community Resources

We strongly recommend calling before visiting any of the organizations listed to ensure all information is accurate and current.

You can also dial 211 from your cell phone to inquire about any additional resources.

SOUP KITCHENS

Memphis Union Mission
901-526-8403
memphisunionmission.org

Grace St. Luke's Episcopal Church
901-272-7425
gracestlukes.org

St. Mary's Soup Kitchen
901-522-9420
stmaryssoupkitchen.org

SHELTERS

Homeless Hotline
901-260-4663

Memphis Union Mission- Men Only Shelter
901-526-8403
memphisunionmission.org

Grace St. Luke's Episcopal Church 901-272-7425
gracestlukes.org

Salvation Army
901-543-8586
salvationarmyusa.org/usn/provide-shelter/

Darkness II Light Homeless Shelter
901-585-8657
darkness2lightshelter.com

Door of Hope
901-552-5331
doorofhopememphis.org

Dorothy Day House
901-726-6760
dorothydaymemphis.org

Moriah House- Memphis Union Mission- Women Only
901-526-8403
memphisunionmission.org/who-we-are/our-locations/moriah-house/

Youth Villages
901-276-7233
youthvillages.org

FOR VETERANS

Alpha Omega Veterans Services
901-726-5066
alphaomegaveterans.org

Memphis Day Shelter
901-526-8826
memphisunionmission.org

Grace St. Luke's Episcopal Church
901-272-7425
gracestlukes.org

VA Memphis Health Center
901-523-8990
va.gov/memphis-health-care/

DOMESTIC ABUSE

Sexual Assault Hotline
901-222-4350

Domestic Violence Hotline
1-800-985-5990

National Suicide Prevention LIFELINE
1-800-273-TALK

Memphis Crisis Center
901-274-7477

COMMUNITY HEALTH CLINICS

Christ Community
901-842-3160
christcommunityhealth.org

Church Health Center
901-272-0003
churchhealth.org

Memphis Health Center
901-261-2000
memphishealthcenter.org

DRUG OR ALCOHOL REHABILITATION

Alcoholics Anonymous
901-454-1414
memphis-aa.org

Narcotics Anonymous
901-276-LIVE
na-wt.org

Lakeside
901-377-4700
lakesidebhs.com

Grace House for Women
901-722-8460
gracehouseofmemphis.org

Serenity Recovery Center
901-521-1131
serenityrecoverycenter.org

Substance Abuse

Grace House for Women
901-722-8460
gracehouseofmemphis.org

Serenity Recovery Center
901-521-1131
serenityrecoverycenter.org

TRANSPORTATION

Memphis Area Transit Authority
901-274-6282
matatransit.com

MATA- American Way Transit Center
901-722-0322

MIFA- Transportation for Seniors
901-529-4512

RENT/MORTGAGE ASSISTANCE

Families First
901-320-7200
tn.gov/humanservices/for-families/families-first-tanf.html

Friends for Life
901-272-0855
fflmemphis.org

MIFA
901-527-0208
mifa.org

St. Vincent de Paul
901-722-4703
svdpmemphis.org

UTILITY ASSISTANCE

MIFA
901-527-0208
mifa.org

Millington Crisis Center
901-872-4357
millingtoncrisiscenter.com

Shelby County Community Services Agency
901-222-4200
shelbycountycsa.org

MENTAL HEALTH

Note: These referrals may be out of your health insurance network.

You are responsible for compensating the Mental Health Providers listed below.

Paul M Hambrick Counseling
Paul M. Hambrick: Counselor, MEd, MAC
2932 Altruria Rd., Bartlett, TN 38134
901-310-1789
Paul@paulhambrickcounseling.com

Harris Psychological Services
Mekel S. Harris: Psychologist, Ph.D., HSP, NCSP
2932 Altruria Rd., Bartlett, TN 38134
901-545-2605
drmekelharris@gmail.com

Sanctuary Counseling Center
4933 William Arnold Rd., Memphis, TN 38117
901-672-8119
sanctuarycounselingcenter.org/our-counselor

GOODS

Sweet Cheeks Diaper Ministry
ineediapers@sweetcheeksdiaperministry.org
sweetcheeksdiaperministry.org

Her Faith Ministries
901-324-3705
herfaithministries.org/home
Child Car Seat Program-Shelby County Health Department 901-222-9276
shelbytnhealth.com/270/Child-Car-Seat-Program

Neighborhood Christian Centers, Inc.
901-881-6013
ncclife.org

Shekinah Prison Ministries
901-848-2914
shekinahprisonministries.org

Habitat for Humanity
901-761-4771
memphishabitat.com

LEGAL ASSISTANCE

Memphis Area Legal Services
901-523-8822
malsi.org

Community Legal Center
901-543-3395
clcmemphis.org

Memphis Bar Association
901-527-3573
memphisbar.org/public-resources/free-legal-advice