

FREE Community Resources to Assist You

Resource	Agency	Address	Phone	Hours/Appointments
COVID-19 Call Center				
	Shelby County Health Department COVID-19 Call Center		833.943.1658	Mon.-Sun.; 8 a.m.-4:30 p.m.
COVID-19 Online Resources				
	<p>Help for Memphians Shelby County Health Department</p> <p>City of Memphis</p> <p>Shelby County Government</p> <p>State of Tennessee</p> <p>Green & Healthy Homes COVID-19 Response</p> <p>Centers for Disease Control and Prevention</p> <p>Johns Hopkins Public Health On Call Podcast</p> <p>University of Tennessee Health Sciences Center</p>	<p>http://coronavirushelpmemphis.org/</p> <p>http://www.shelbytnhealth.com</p> <p>https://insight.livestories.com/s/v2/shelby-county-health-department-covid-19/db01f01b-3f9d-460a-9548-1db37ed0ccbd</p> <p>www.memphistn.gov</p> <p>www.shelbycountyttn.gov</p> <p>www.tn.gov</p> <p>www.greenandhealthyhomes.org</p> <p>www.cdc.gov/coronavirus/2019-ncov</p> <p>http://johnshopkinssph.libsyn.com\</p> <p>https://uthsc.edu/coronavirus/?utm_source=Unknown+List&utm_campaign=849d9e75e1-EMAIL_CAMPAIGN_2018_08_03_04_22_COPY_01&utm_medium=email&utm_term=0_-849d9e75e1-</p>		
Financial Assistance				
	TANF Emergency Cash Assistance	https://faonlineapp.dhs.tn.gov		

	Additional TANF Cash Assistance	https://tdhs.service-now.com		
	Filing for Unemployment	Jobs4TN.gov	844.224.5818	Mon.-Fri., 8 a.m.-4:30 p.m.
	Tennessee Talent Exchange (for laid-off employees in grocery, retail & logistics industries)	https://www.tn.gov/workforce/covid-19/jobs.html		
Industry Specific Assistance				
	Memphis Virtual Tip Jar	https://docs.google.com/form/d/e/1FAIpQLSd50axYGcCPOn5NRE_gw52n36hgJDLw5vhDCDDOC1AILkB_eg/viiewform		
	Memphis Service Industry Tips	https://docs.google.com/form/d/e/1FAIpQLSdMUxwOvTsmAnxvTRW1h-X5iBe9ftCCpHi9ap3VfK9fSrmqw/viiewform		
	Memphis Food Industry Emergency Worker Assistance	http://www.gofundme.com/f/memphisfoodworkers		
	Memphis Bartender Emergency Assistance	https://www.usbgfoundation.org/beap?fbclid=IwAR3wBpdvYGOEruPkEGUzckKiXea9AWUVSx_L172oQiVM14txamDbxwigGYs		
Child Care				
	Shelby County Child Care Resource & Referral Line		901.287.4748	Mon.-Fri.; 8 a.m.-6 p.m.
	YMCA of Memphis & the Mid-South		901.766.7677	Mon.-Sun.; 6 a.m.-8 p.m. (Children of health care workers & first responders; Ages 3 to 12)
Rent				
	Shelby County Community Services Agency	Hickory Ridge Mall (Corner of Winchester & Hickory Hill)	901.535.2200	Call Wednesdays 8-10:30 a.m.
	Metropolitan Inter-Faith Association (MIFA)	910 Vance Ave.	901.527.0208	
	Mid-South Relief Call Center		888-709-0630	
	Welcome Home Memphis	www.home901.org		
Mortgage				
	United Housing, Inc. (Also offers HUD-Certified Counseling)	2750 Colony Park Dr.	901.272.1122	Mon.-Fri.; 8 a.m.-4:30 p.m.

Utilities				
	Shelby County Community Services Agency	Hickory Ridge Mall (Corner of Winchester & Hickory Hill)	901.222.4299	Only call on Mondays for appointments starting at 8 a.m.
Solid Waste				
	City of Memphis	Note: Out of the garbage cart service is suspended with the exception of yard waste; Any COVID-19 contaminated waste should be double-bagged.	Call 311 for additional cart	
Property Tax Relief				
	Shelby County Trustee's Office	Note: New deadline for Tax Freeze/Tax Relief application is May 6, 2020	901.222.0200	Call to request application
Food Assistance				
	Mid-South Food Bank Coronavirus Distribution Schedule (various locations; check daily online)	https://www.midsouthfoodbank.org	901.527.0841	
	Memphis & Shelby County Health Department (basic medical care and food)	757 Galloway	901.544.7600	
	Tennessee Department of Human Services (Food Stamps)	2003 Corporate Ave.	901.320.7200	
	WIC (Women, Infants & Children)	Call for locations	901.528.0044	
	Burger King (2 free kids meals for every adult meal purchased through the Burger King App & online ONLY.)	All Locations		
	Fig Tree Food Pantry	1325 Jefferson Ave.	901.722.4797	
	Neighborhood Christian Centers (mobile food pantry)	785 Jackson Ave.	901.881.6013	
	Memphis Rox (100 sack lunches)	879 E. McLemore Ave.		Mon.-Fri., 11 a.m.-2 p.m.
	Carita Village Community Center and Café	2509 Harvard Ave.		Mon.-Fri., 11 a.m.-2 p.m.
	Red Zone Ministries \$50 gift cards to families with "food instabilities" (for Orange Mound residents)	2876 Park Ave.	901.729.2931	

Money Management				
	Greater Memphis Financial Empowerment	254 Court Ave.	901.390.4200	Call for an appointment; Later hours on Tues. & Thurs.
Health Services				
	Le Bonheur Children's Hospital		901.287.5437	
	Methodist Le Bonheur Healthcare	https://yourhealth.methodisthealth.org		
	Methodist Le Bonheur Spiritual Care Helpline		Adults: 901.516.7877 Children: 901.297.2388	Available 24/7
	CMI Healthcare Services		901.821.5600	Mon-Fri.; 8 a.m.-5 p.m.
	Athena Project (University of Memphis)			Email Dr. Gayle Beck (igbeck@memphis.edu)
	Memphis Crisis Center		901.274.7477	Available 24/7
	Kindred Place (counseling for adults and children)	2180 Union Ave.	901.276.2200	Mon.-Thurs.; 9 a.m.-5 p.m.
	The HART Center (substance abuse/mental health)	1384 Madison Ave.	901.726.4213	Mon.-Thurs.; 11 a.m.-7 p.m.
	TennCare (Tennessee Medicaid Program)	https://www.tn.gov/tenncare/members-applicants/eligibility/tenncare-medicaid.html		
	RxAssist (free and low-cost medicine program)	www.rxassist.org		
	GoodRx (discount prescriptions)	http://www.goodrx.com		
	Crisis Text Line	Text "TN" to 741741		
	National Suicide Prevention Lifeline	https://suicidepreventionlifeline.org	800.273.8255	Available 24/7
	Care For Your Coronavirus Anxiety	https://www.virusanxiety.com/		
GED/H.S. Diploma	HopeWorks (GED)	3337 Summer Ave.	901.396.8800	Mon.-Fri.; 8:30 a.m.-4:30 p.m.
	HiSet (H.S. Diploma)		901.396.8800	Call for next Orientation date.
	The Excel Center – Adult School	1490 Norris Rd.	901.726.3100	Mon.-Fri.; 8 a.m.-6:15 p.m.
Legal Matters				
	Memphis Area Legal Services	22 W. Front St.	901.523.8822	Mon.-Fri.; 8:30 a.m.-5 p.m.
	Shelby County Pretrial Services		901.222.4000	Mon.-Fri.; 8 a.m.-4:30 p.m.
Transportation				
	Mid-South Area Transportation Services		901.475.1460	Call 3 days in advance; Evenings until 6 p.m.; No Weekends; \$5 roundtrip
	Commute Options App	https://commuteoptionsmemphis.com		

	(Offered by Memphis Area Transit Authority)			
Education Resources				
	Shelby County Schools (learning guides & video lessons)	https://www.scsk12.org/instructionalresources/index		
	Shelby County Schools & WMC Action 5 (TV lessons)	https://www.wmcactionnews5.com/news/education		
	Shelby County Child Care Resource and Referral	600 Jefferson Ave.	901.287.4748	
	STEP, Inc. (Support and Training for Exceptional Parents) Offers children's education rights during school closures; English and Spanish resources available	www.tnstep.org	423.639.0125	
	Free Comcast Internet (60 days)	https://corporate.comcast.com/covid-19?linkId=84300755	855.846.8376	
	AT&T (low-cost internet via SNAP)	https://accessatt.solixcs.com/#/home		
Elderly Services				
	Aging Commission of the Mid-South	2670 Union Ave. Extended, Suite 1000	901.222.4111	Mon.-Fri.; 8 a.m.-4:30 p.m.
	Memphis Salvation Army (food bank for seniors)	877 Blythe	901.729.8084	
Poison Control				
	National Poison Control Center		800.222.1222	Available 24/7
Domestic Violence				
	Family Safety Center (intimate partners)	1750 Madison Ave.	901.222.4400	Mon.-Fri.; 8 a.m.-4:30 p.m.
	Crime Victims & Rape Crisis Center (non-intimate partners)	1060 Madison Ave.	901.222.3950	Mon.-Fri.; 8 a.m.-6 p.m.
	YWCA (women and children)	Warriors Center 634 Semmes St.	901.725.4277	Mon.-Fri.; 8 a.m.-6 p.m.
	24-Hour Crisis Line		901.249.7611	
Assistance for Vets				
	Veterans Services (A part of Shelby County Community Services)	1060 Madison Ave.	901.222.4237	Mon.-Fri.; 8 a.m.-4:30 p.m. by appointment only
Employment Services				
	American Job Center – Memphis	155 Angelus St.	901.707.8426	Mon.-Fri.; 8 a.m.-4:30 p.m.
	A One Staffing, LLC	3855 Watman Ave.	901.367.5757	

	Adecco Staffing	2948 Covington Pike	901.801.6370	
	Encadria Staffing Solutions, Inc.	4370 S. Mendenhall Rd.	901.547.2521	
	First Choice Staffing Solutions	5134 Millbranch Rd.	901.344.9900	
	Labor Finders Memphis	1682 N. Shelby Oaks Dr., Suite 14	901.794.1404	
	ProLogistix	5425 E. Raines Rd., Suite 11	901.794.9998	
	Pyramid Staffing	7444 Winchester Rd., Suite 108	901.453.3475	
	Randstad Memphis	5050 Poplar Ave., 19 th Floor	901.766.9305	
	Resources Link Staffing Inc.	1331 Union Ave.	901.255.3390	