Anxiety and stress are on the rise as families suffer from job loss, isolation, and the fear of contracting the virus or how to care for their families. People already struggling emotionally, financially, and those with substance abuse or existing mental health issues are especially vulnerable. Help is available to those who need it. Below is a list of Mental Health and Behavioral Health resources assembled by the Division of Community Services.

HOTLINES AND EMERGENCY MENTAL HEALTH

Call 911
Adult Crisis Line: 901-577-9400
Crisis Line for Children: 866-791-9226
Statewide Crisis Number: 855-CRISIS-1

The Tennessee REDLINE: 800-889-9789,
Children’s Mental Health, 800-670-9882, TNvoices.org
Crisis TEXT Line: text TN to 741741
For Veterans: 800-273-8255

COMMUNITY HEALTH CENTERS

ALLIANCE HEALTH SERVICES
http://www.alliance-hs.org/
901-369-1400

CASE MANAGEMENT INC
http://www.cmiofmemphis.org/
901-821-5600

ALCOHOL AND DRUG TREATMENT CENTERS

First Steps Recovery Center, 901-522-1002
www.firststepsrecovery.com
Moriah House, 901-522-8819
www.memphisunionmission.org
Grace House Of Memphis, 901-722-8460
www.gracehouseofmemphis.org
Fresh Start For Women, 901-937-8077
www.freshstartwomencenter.org

Memphis Recovery Center, 901-272-7751
www.memphisrecovery.org
Serenity Recovery Center, 901-521-1131, EXT 0
www.serenityrecovery.com
Synergy Treatment Center, 901-332-2227
www.synergytc.org
Caaps, Inc, 901-367-7550
www.caapincorporated.com

Full list of treatment centers at website below

INPATIENT FACILITIES

Crestwyn Behavioral Health Hospital
www.crestwynbehavioral.com, 901-759-0273
Delta Specialty Hospital, 877-593-4509
www.deltaspecialtyhospital.com
Lakeside Behavioral Health
www.lakesidebhs.com, 901-377-4700

Memphis Mental Health Institute, 901-577-1800
https://www.tn.gov/behavioral-health/hospitals/memphis.html
Parkwood Behavioral Health
www.parkwoodbhs.com, 662-895-4900
St Francis Hospital
www.stfrancishosp.com, 901-765-1400
GENERAL INFORMATION

For tips and national resources on managing stress and anxiety during this challenging time.

Managing Stress and Anxiety During Coronavirus
Coping with a Disaster or Traumatic Event
Coping with Stress During an Infectious Disease Outbreak
Mental Health Resources during Covid-19
Mental Health Considerations during COVID-19 Outbreak

These mental health considerations were developed by the WHO Mental Health Department as support for mental and psychological well-being during COVID-19 outbreak.

Frequently Asked Questions on Mental Health, Mental Illness, and COVID-19

The National Alliance on Mental Illness (NAMI) created a document to help guide individuals that have specific questions about their mental health situations.

Living With Mental Illness During COVID-19 Outbreak – Preparing For Your Wellness

This webpage provides information and wellness tips for individuals living with mental health conditions during the COVID-19 outbreak.

Managing anxiety

FOR PARENTS OF CHILDREN

Watch for behavior changes in your child. Not all children and teens respond to stress in the same way. Ways to support your child:
Talk with your child or teen about the COVID-19 outbreak.

Answer questions and share facts about COVID-19 in a way that your child or teen can understand. Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you. Limit your family’s exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.

Caring for Children and Helping Children Cope
Helping Children Cope with Emergencies
Tips for Families during Coronavirus
Sesame Street Responds to Covid-19

COVID-19 UPDATES from the Shelby County Health Department shelbytnhealth.com or call 833-943-1658 for the COVID-19 Call Center. Or visit cdc.gov/coronavirus