

DIVISION OF COMMUNITY SERVICES

Mental and Behavioral Health Resources during COVID-19

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

Memphis Crisis Center Hotline: 901-274-7477

Adult Crisis Line: 901- 577-9400

Crisis Line for Children: 866-791-9226

The Tennessee REDLINE: 800-889-9789,

Children's Mental Health, 800-670-9882, TNvoices.org

Crisis TEXT Line: text TN to 741741

National Suicide Prevention Hotline: 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.freshstartwomenscenter.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

shelbycountyttn.gov/community-services

901-222-3990

CommunityServicesInfo@shelbycountyttn.gov



**SHELBY COUNTY DIVISION
OF COMMUNITY SERVICES**

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How to Access Services Remotely During COVID-19

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](#)

[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 that they're safe. Let them know it's 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 don't understand.

SHELBY COUNTY SCHOOLS SOCIAL EMOTIONAL LEARNING SUPPORT

<http://www.scsk12.org/instructionalresources/sel#/>

24-HOUR INFORMATIONAL LINE - 901.416-2266

LIVE SEL SUPPORT LINE - 901.416.8484

[Caring for Children](#) and [Helping Children Cope](#)

[Helping Children Cope with Emergencies](#)

[Tips for Families during Corovirus](#)

[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

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