

Mental Health, Substance Use and Addiction, and Child Development Resources in the Upper Cumberland, TN
Compiled by the [Tennessee Tech Addiction Prevention & Support Coalition](#)

Updated: April 2023*

Crisis Hotlines

Name of Service	Contact/Phone Number
988 Suicide & Crisis Lifeline	1-800-273-8255 or 988
Tennessee Redline	1-800-889-9789
SAMHSA's Crisis Text Line	Text HOME to 741741
Tennessee Mobile Crisis	1-855-274-7471 or Text "TN" to 741-741
National Domestic Violence Hotline	1-800-799-7233
Tennessee Domestic Violence Hotline	1-800-356-6767
Genesis House 24-Hour Domestic Violence Hotline	1-800-707-5197

Name of Service	Organization Name	Service Description	Contact Info	Counties Available
A Step Ahead Middle TN	A Step Ahead Middle TN	We cover a free birth control consultation, wellness exam, STI test, Pap test, and contraceptive device of their choice. We will also cover transportation to and from appointments if needed.	P: 615-671-7837 E: megan@astepaheadmiddletn.org Link: https://www.astepaheadmiddletn.org/	Cannon DeKalb Macon Putnam Smith
Ombudsman	Aging Services of the Upper Cumberland, Inc.	Advocacy services to residents in long-term care facilities such as nursing homes, assisted care living facilities, and homes for the aged. Example services include investigating complaints and assistance in resolution of issues	580 South Jefferson Avenue Suite B Cookeville, TN 38501 P: 931-432-4210 E: ombud@twinlakes.net Link: https://ucdd.org/aaad/legal-assistance-ombudsman/	Cannon Clay Cumberland DeKalb Fentress Jackson Macon Overton Pickett Putnam Smith Van Buren Warren White
Legal Assistance	Aging Services of the Upper Cumberland, Inc.	Free advice, counseling, and representation in areas of law including, but not limited to, social security, supplemental social security income (SSI), insurance problems, Medicare, TennCare, elder abuse and other legal matters.	580 South Jefferson Avenue Suite B Cookeville, TN 38501 P: 931-432-4210 E: eldlaw@twlakes.net Link: https://ucdd.org/aaad/legal-assistance-ombudsman/	Cannon Clay Cumberland DeKalb Fentress Jackson Macon Overton Pickett Putnam Smith Van Buren Warren White
Agricultural Extension Service Office (Jackson)	Agricultural Extension Service	UT Extension serves the citizens of Jackson County with educational programs in the areas of Agriculture, Family and Consumer Sciences, Community Resource Development, and 4-H Youth Development. We are an outreach branch of the University of Tennessee Institute of Agriculture, providing research-based solutions and information to the citizens of Tennessee.	757 S. Grundy Quarles Hwy. Suite D Gainesboro, TN 38562 P: 931-268-9437 E: dhughes2@tennessee.edu Link: https://jackson.tennessee.edu/	Jackson

Name of Service	Organization Name	Service Description	Contact Info	Counties Available
Agricultural Extension Service Office (Putnam)	Agricultural Extension Service	UT Extension Program		Putnam

Name of Service	Organization Name	Service Description	Contact Info	Counties Available
Safety Planning	Avalon Center	An advocate will provide assistance to survivors of Domestic Violence and Sexual Assault with education on the dynamics of power-based violence, education on the effects on children, the development of safety plans, assessing lethality, and crisis intervention. The advocate will provide the survivor with information of options for restoring physical sense of safety and support them to assess their level of safety after victimization.	196 10th St. Crossville, TN 38557 P: 931-456-0747 E: Use the contact form- https://www.avaloncentertn.org/contact-us Link: www.avaloncentertn.org	Cumberland
Sexual Assault Exam	Avalon Center	An advocate will be available to provide immediate crisis intervention and other services to survivors of Sexual Violence who are seeking medical attention or Sexual Assault Exams through any hospital or physician's office in the Avalon Center service area.	196 10th St. Crossville, TN 38557 P: 931-456-0747 E: Use the contact form- https://www.avaloncentertn.org/contact-us Link: www.avaloncentertn.org	Cumberland
Financial Advocacy	Avalon Center	An advocate will provide financial		

Name of Service	Organization Name	Service Description	Contact Info	Counties Available
Material Assistance	Avalon Center	Avalon Center can provide and/or work with community resources to supply survivors of Domestic or Sexual Violence with access to needed essentials, such as gas, toiletries, clothes, food, replacement identification, etc.	196 10th St. Crossville, TN 38557 P: 931-456-0747 E: Use the contact form- https://www.avaloncentertn.org/contact-us Link: www.avaloncentertn.org	Cumberland
Bradford Health Services	Bradford Health Services	Bradford Health Services provides effective and affordable drug and alcohol addiction treatment. Through our top-rated inpatient rehab centers and innovative outpatient rehab programs, we offer real, lasting recovery to those affected by substance use disorders.	1330 Neal St., Suite D Cookeville, TN 38501 P: 931-528-6803 Speak with a care coordinator 24/7 at 888-762-3740 E: N/A, website has a "Chat with us" feature Link: https://bradfordhealth.com/locations/cookeville-tn-regional-office/	Cannon Clay Cumberland DeKalb Fentress Jackson Macon Overton Pickett Putnam Smith Van Buren Warren White
Clinic	Bread of Life Homeless Shelter and Clinic	The Bread of Life provides free medical care for the uninsured, including help with prescription medications and dental assistance for those in need. The Bread of Life provides Substance Abuse placement and advocacy with the local court system, Christian 12-Step programs, support counseling and mentoring.	281 4th St. Crossville, TN 38555 P: 931-707-0503 E: breadoflife@benlomand.net Link: www.breadofliferescue.org	Cumberland
TennCare Advocacy	Bureau of TennCare	Help customers apply for, use, and keep TennCare. Serving low-income individuals including pregnant women, children, caretaker relatives of young children, older adults, and adults with disabilities.	310 Great Circle Road, Nashville, TN 37243 P: 1-800-758-1638 E: Use the contact form- https://www.tenncareadvocacy.com/contact-us Links: https://www.tenncareadvocacy.com/ https://www.tn.gov/tenncare.html	Cannon Clay Cumberland DeKalb Fentress Jackson Macon Overton Pickett Putnam Smith Van Buren Warren White

Name of Service

Organization Name

Service Description

Contact Info

Counties Available

Name of Service

Organization Name

Service Description

Contact Info

Counties Available

Name of Service

Organization Name

Service Description

Contact Info

Counties Available

Name of Service	Organization Name	Service Description	Contact Info	Counties Available
Gender Specific Services	Evolve Behavioral Health	Ensuring that treatment interventions and levels of care ensure that especially women receive services with only other women and that specialized women's only interventions are provided. Allows for an em		

Name of Service

Organization Name

Service Description

Contact Info

Counties Available

Name of Service	Organization Name	Service Description	Contact Info	Counties Available
Health Link	Health Connect America	The main objective of Health Link is to coordinate health care services for TennCare members with the highest behavior health needs. The program is built to encourage the integration of physical and behavioral health, as well as mental health recovery. This service gives every member a chance to reach his or her full potential for living a rewarding and increasingly independent life in the community. The Health Link program provides whole-person and patient-centered services to consumers with TennCare.	236 Miller Ave. Crossville, TN 38555 P: 931-456-7551 E: infocrossvilletn@www.healthconnectamerica.com Link: https://www.healthconnectamerica.com/locations/hca-	

Name of Service	Organization Name	Service Description	Contact Info	Counties Available
Life Skills	HOPE Center of Warren County	Job interview skills and training; Resume building and cover letters; Financial management; Banking and budgeting; Purchasing and couponing; Literacy advancement; GED preparation; Healthy living	203 W Main St. Suite 12 McMinnville, TN 37110 P: 931-507-7800 E: hopecenterwc@yahoo.com Link: www.hopecenterwc.org	Warren
House of Hope	House of Hope	Cumberland Children's Center, better known as the "House of Hope," is a short-term care facility providing care and services for drug-endangered, abused, and at-risk children of Cumberland County.	165 Bob Tollett Loop Crossville, TN 28555 P: (931)707-2273 E: info@houseofhopetn.org Link: https://www.houseofhopetn.org/	Cumberland

Sober Living

Independence Again

A non-profit organization dedicated to helping combat addiction by providing a unique and specialized service that is not offered in traditional sober living facilities

Name of Service	Organization Name	Service Description	Contact Info	Counties Available
Sparta Head Start	L. B. J. & C. Head Start	Since its inception in 1965, the success of Head Start has been grounded in general values. These values frame all our work, whether our focus is on optimizing child health, enhancing our facilities, assessing our communities, pursuing strategic goals - or creating, expanding and enriching school readiness initiatives.	430 North Spring St. Sparta, TN 38583 P: 931-836-2615 E: sparta@lbjc.org Link: https://www.lbjc.org/about-us.html	White
L. B. J. & C. Central Office	L. B. J. & C. Head Start	L.B.J.& C. Head Start's vision is to be a model program by collaborating internally and partnering externally with the community to measurably improve the school readiness skills of children that will strengthen our families and communities.	1150 Chocolate Dr. Cookeville, TN 38501 P: 931-528-3361 E: information@lbjc.org Link: https://www.lbjc.org/about-us.html	Cannon Clay Cumberland DeKalb Fentress Jackson Macon Overton Pickett Putnam Smith Van Buren Warren White
Assistance for Visual Impaired	Lions Club of Tennessee	Assisting the visually impaired and working with local youth and disaster relief efforts. Lions Clubs provides assistance with eye exams and eye wear.	Headquarters: 505 Fesslers Lane Nashville, TN 37210 P: 615-690-8644 E: tennesseelionsocialmedia@gmail.com Link: www.lionsofennessee.com	Cannon Clay Cumberland DeKalb Fentress Jackson Macon Overton Pickett Putnam Smith Van Buren Warren White

Name of Service	Organization Name	Service Description	Contact Info	Counties Available
Intensive Care Management	Mental Health Cooperative	MHC offers varying intensity levels of care management depending on the specific needs of the child or adolescent.	418 N. Willow Ave. Cookeville, TN 38501 P: 931-646-5600 E: Use the contact form- https://www.mhc-tn.org/contact-us/ Link: https://www.mhc-tn.org	Cannon Clay Cumberland DeKalb Fentress Jackson Macon Overton

Name of Service	Organization Name	Service Description	Contact Info	Counties Available
-----------------	-------------------	---------------------	--------------	--------------------

Name of Service	Organization Name	Service Description	Contact Info	Counties Available
-----------------	-------------------	---------------------	--------------	--------------------

Name of Service

Organization Name

Service Description

Contact Info

Counties Available

Name of Service	Organization Name	Service Description	Contact Info	Counties Available
Center Youth Activities	Teens Against Drugs	The TAD Center offers many different activities, including arts and crafts, game rooms, a gymnasium for basketball and volleyball, a weight room, and even a concession stand. The center is available for activities by other groups that also help our youth find a drug-free life style, such as churches, schools, Boy Scouts, and Girl Scouts.	261 Yvonne Ave	

Name of Service

Name of Service	Organization Name	Service Description	Contact Info	Counties Available
Respite Care – Assistance for Caregivers	Tennessee Respite Coalition	Relief to families and caregivers from the extraordinary and intensive demands of providing ongoing care.	2685 North Mt. Juliet Rd. Mt. Juliet, TN 37122 To apply for our Respite Voucher Program, please call our office at 888-579-3754 for assistance. Additional phone: 615-269-8687 E: info@tnrespite.org Link: https://tnrespite.org/about/	Cannon Clay Cumberland DeKalb Fentress Jackson Macon Overton Pickett Putnam Smith Van Buren Warren White
Temporary Shelter	The Emmanuel House	Temporary shelter where homeless women and children can find temporary housing, spiritual mentorship, transportation, life skill training, education and access to recover and social services. This will enable these women to find jobs or go back to school to better themselves	P: 615-588-1995 E: theemmanuelhouse@outlook.com Links: www.theemmanuelhouse.org www.facebook.com/the.emmanuel.house	Smith
Addiction and Mental Health Services	The Next Door	The Next Door is a non-profit organization dedicated to serving women in crisis, equipping them for lives of wholeness and hope. The Next Door provides services to women who are impacted by addiction, mental illness, trauma and/or incarceration. We provide a continuum of evidence-based substance abuse and mental health services for women in an environment of faith and healing to restore hope and a lifetime of recovery.	402 22nd Ave. Nashville, TN 37203 P: 855-863-4673 E: Use the contact form- https://thenextdoor.org/contact/ Link: https://thenextdoor.org	Cannon Clay Cumberland DeKalb Fentress Jackson Macon Overton Pickett Putnam Smith Van Buren Warren White

Organized Unit Activities

Name of Service

Organization Name

Service Description

Contact Info

Counties Available

Name of Service

Organization Name

Service Description

Contact Info

Counties Available

Name of Service	Organization Name	Service Description	Contact Info	Counties Available
Juvenile Community Intervention	Upper Cumberland Human Resource Agency	Designed for juvenile offenders, the Community Intervention Services Program for Juvenile Offenders helps reduce the number of youths committed to institutions by allowing them to remain in their community under intensive supervision with alcohol and drug		

Name of Service	Organization Name	Service Description	Contact Info	Counties Available
Empower Upper Cumberland	Upper Cumberland Human Resource Agency	Empower Upper Cumberland is a new initiative brought to the region to reimagine how we support families in reaching their full potential. Throughout the next three years, we will be enrolling and working with eligible low-income families throughout the Upper Cumberland and helping them navigate their unique journey to increase their chances of success. Specifically, we are looking to help remove barriers along their educational and employment pathways while also helping them increase their sense of community along the way.	580 S. Jefferson Ave. Ste. B Cookeville, TN 38501 P: 833-367-9782 E: Use the contact form- https://empoweruppercumberland.org/contact-us/ Link: https://empoweruppercumberland.org	Cannon Clay Cumberland DeKalb Fentress Jackson Macon Overton Pickett Putnam Smith Van Buren Warren White
Putnam County Health Department	Upper Cumberland Regional Health Departments	Services vary by location. Core services include: Child Health, Immunization Shots, Primary Care, Family Planning, STD Control, Tuberculosis Control, Nutrition, WIC, Prenatal, Vital Records, Health Ed, and more.	701 County Services Dr. Cookeville, TN 38501 P: 931-528-2531 E: Call to schedule appointment Links: http://www.putnamcountyttnhealthdept.com https://www.tn.gov/health/health-program-areas/localdepartments.html https://www.tn.gov/health.html	Putnam
Clay County Health Department	Upper Cumberland Regional Health Departments	Services vary by location. Core services include: Child Health, Immunization Shots, Primary Care, Family Planning, STD Control, Tuberculosis Control, Nutrition, WIC, Prenatal, Vital Records, Health Ed, and more.	115 Guffey St. Celina, TN 38551 P: 931-243-2651 E: Call to schedule appointment Links: https://www.tn.gov/health/health-program-areas/localdepartments.html https://www.tn.gov/health.html	Clay
Jackson County Health Department	Upper Cumberland Regional Health Departments	Services vary by location. Core services include: Child Health, Immunization Shots, Primary Care, Family Planning, STD Control, Tuberculosis Control, Nutrition, WIC, Prenatal, Vital Records, Health Ed, and more.	600 N. Murray St. Gainesboro, TN 38562 P: 931-268-0218 E: Call to schedule appointment Links: https://www.tn.gov/health/health-program-areas/localdepartments.html https://www.tn.gov/health.html	Jackson

Name of Service	Organization Name	Service Description	Contact Info	Counties Available
White County Health Department	Upper Cumberland Regional Health Departments	Services vary by location. Core services include: Child Health, Immunization		

Name of Service	Organization Name	Service Description	Contact Info	Counties Available
Overton County Anti-Drug Coalition	Upper Cumberland Substance Abuse Coalitions	The Overton County Anti-Drug Coalition (OCADC) is a non-profit organization working to reduce substance use and abuse through environmental strategies and community opportunities, while training local people to better encourage a healthy Overton County, in order to create a safe, caring, and drug-free community.	312 W. Broad St Suite 13 Livingston, TN 38570 P: 931-823-3797 E: overtoncountyadc@gmail.com E: ashley.ocadc@gmail.com Link: https://www.overtoncountyadc.org/	Overton
Power of Putnam	Upper Cumberland Substance Abuse Coalitions	Power of Putnam (POP) is a coalition of educators and other community leaders who are concerned about the issue of substance abuse in Putnam County. POP seeks to unite the community in the development and implementation of strategies to prevent and lessen the progression of substance abuse, particularly underage drinking. We seek to support the efforts of other community agencies and fill the gap in services to address the problem.	25 West Broad St. Suite 12 Cookeville, TN 38501 P: 931-520-7531 E: https://powerofputnam.org/contact-us/ Link: https://powerofputnam.org/	Putnam
Smith County Drug Prevention Coalition	Upper Cumberland Substance Abuse Coalitions	The Smith County Drug Prevention Coalition is a growing group of Smith County Citizens, businesses and organization that realize the issue of substance abuse is affecting all domains of our society.	115 Water St. Carthage, TN 37030 P: 615-588-1622 E: Tammy@SmithCoDrugPrevention.org Links: http://smithcodrugprevention.org/ https://www.facebook.com/pages/Smith-County-Drug-Preven	

Name of Service	Organization Name	Service Description	Contact Info	Counties Available
Volunteer Behavioral Health Center/Plateau Mental Health	Volunteer Behavioral Health Care System	Our Mission is to serve individuals, families and communities through prevention, treatment and recovery services, ensuring that help today leads to a better tomorrow. Offering: Adult Services, Addiction & Co-occurring Disorders, Children & Youth Services, Crisis Services and Peer Recovery Programs.	<p>1200 S. Willow Ave. Cookeville, TN 38501</p> <p>First time appointments call 1-877-567-6051</p> <p>P: 931-432-4123</p> <p>E: jstamps@vbhcs.org</p> <p>Link: https://www.vbhcs.org/</p>	<p>Cannon</p> <p>Clay</p> <p>Cumberland</p> <p>DeKalb</p> <p>Fentress</p> <p>Jackson</p> <p>Macon</p> <p>Overton</p> <p>P.12 136. 136.7 rm0 g0463.0@s.</p>