

# Community Resource Guide

## Sumner County

### Medical Needs:

#### **Neighborhood Health**

556 Hartsville Pk, Suite 200, Gallatin, TN

615-451-0038

Hours: Mon –Fri 8:00AM-3:00PM

\*They offer services to anyone! They will see you regardless of if you do or do not have insurance or if you are an undocumented individual. They offer a wide range of services and those can be found here on their website. <https://www.neighborhoodhealthtn.org/>

### Mental Health Needs:

#### **Volunteer Behavioral Health**

510 E Main St

Gallatin, TN 37066

(615) 452-1354

- Income Based
- Long Term
- Virtual and In-person options

Students can call 877-567-6051 or complete their contact form online (<https://www.vbhcs.org/contact/>). A representative will contact the student to determine if they are eligible for the safety net grant and then set up their first appointment. Volunteer Behavioral Health has 21 locations across Middle Tennessee, including Livingston, Springfield, Cookeville, and Gallatin. Volunteer Behavioral Health is a great option for students. They offer long-term counseling that can be in person or virtual, based on a sliding scale. You can also have this information for

#### **Matters of the Heart Counseling**

170 W. Franklin St

Gallatin, TN 37066

(615) 557-5500

<https://www.mattersoftheheartcounseling.org>

\*Discounted services for students working with our graduate interns

\*3 Locations (Gallatin, Hendersonville and Goodlettsville) in person and virtual sessions

\*Support and guidance with career counseling (Trained at TREVECCA)

# Support:

## **Family Support**

### **Families First**

Dist. 3, City. #83

393 Maple Street, Suite 200

Gallatin, TN 37066-6342

Office Hours: 8:00 am - 4:30 pm

(615) 451-5814

FIELD MANAGEMENT DIRECTOR 1 - Nancy Lisic

- Services: Food Stamp; Families First; Childcare Certificate; Medicaid; and TennCare

### **Our Chance**

Allison Huckaby

[Ahuckaby@cctenn.org](mailto:Ahuckaby@cctenn.org)

615-693-1098

Caitlyn Harper

[Charper@cctenn.org](mailto:Charper@cctenn.org)

615-693-1098

Provides coaching and financial counseling to help you increase your income and achieve your goals.

Will work with you to create a plan that considers your unique circumstances and provides the guidance and support you need every step of the way. <https://www.ourchancetn.org/eligibility>

### **Cumberland Crisis Pregnancy Center**

2229 Nashville Pike

Gallatin, TN 37066

(615) 451-1717

After Hours line: 1-800-712-4357

Ccpc@ccpchope.org Office Hours 10am- 5pm

Services: Pregnancy Tests, Parenting Education, Adoption Referrals, STD/ STI Information, Men's Programs, Pre-Natal classes, Mentoring Program, Baby Supplies, Maternity Clothing.

### **Tennessee Voices for Children**

500 Professional Park Drive

Goodlettsville, TN 3072

(615) 269-7751

1-800-670-9882

## **Career Services**

### **American Job Center**

(615) 451-5800

1598 Green Lea Blvd, Gallatin, TN 37066

Helps in finding employment and a career in the American work force. Students are encouraged to apply for their services in the summer or after July since that is when funding is most up to date.

## **Prevention:**

## **Suicide Prevention**

### **Mobile Crisis Services**

\*If a student is having thoughts of suicide, please have them call 911 or contact Mobile Crisis Services 1-855-274-7471, or 1-800-784-2433.

Services Telephone Services provided by trained crisis specialists Face-to-face or Telehealth Assessment Referral for additional services & treatment Stabilization of Symptoms Follow-up services

### **Crisis Text Line**

Text HELLO to 741741

Free, 24/7, Confidential

## **Drug/Alcohol Abuse**

### **Cumberland Heights**

8283 River Road Pike

Nashville, TN 37029

(615) 356-2700

Cumberlandheights.org 24/7 Services

## **Domestic Violence/Sexual Assault**

### **Home Safe (Robertson, Sumner, & Wilson Counties)**

Domestic Violence Helpline: (615) 452-4315

Español: (615) 969-3260

To Join a Support Group (615) 452-5439

**Services:** Emergency Shelter Counseling Support groups Court & Law (advocacy & accompaniment) Help with Order of Protection Case Management Child/ Youth Services Domestic Violence Education  
\*Resources are free of charge.

## **Financial Assistance/Food Pantry**

### **Society of St. Vincent De Paul**

Please Call (615) 452-2977, ext. 11

**Services:** Emergency Assistance Food Clothing Prescription Medication Furniture Household Items  
Utilities Rent Money

\*Must meet qualifications. Will refer to other resources also.

### **Gallatin Cares**

330 Durham N. Ave

Gallatin, TN 37066

(615) 452-5732

<https://www.gallatincares.org/>

Services Clothing, household goods, and furniture at discounted prices

Food Pantry- every Wednesday 9-11am

### **Unlimited Potential, CDC**

260 East Winchester P.O. Box 1294

Gallatin, TN 37066

<https://www.unlimitedpotentialcdc.org/>

**Services:** Youth Education Senior/ Elderly Services Housing Shelter Human Services Sports Programs  
Food Programs \*Must meet income guidelines.

## **Homelessness**

### **Nashville Rescue Mission**

(Family Life Center for Women & Children)

\*Provides women and children emergency shelter. Food and clothing can also be provided.

1716 8th Ave North

Nashville, TN 37208

(615) 312-1574

24 Hour Shelter

# Upper Cumberland

## Livingston

### Prevention

#### **Cumberland Plateau Recovery**

106 Elm Grove Rd, Livingston, TN 38570

931-403-3577

Rehab facility that specializes in treating alcoholism, drug addiction, opioid addiction, and substance abuse. They also help create a plan for recovery in the aftercare phase. This can include sober living arrangements, career counseling, and setting up AA meetings.

#### **Overton County Anti-Drug Coalition**

312 W Broad St, Suite 13 Livingston, TN 38570

931-823-3797

Monday-Friday 8:00am-2:00pm

The mission of OCADC is to reduce youth substance use; to educate and raise awareness of alcohol, tobacco and other drug issues; to promote community involvement; and to strengthen community partnerships and prevention strategies in Overton County.

<https://www.overtoncountyadc.org/>

#### **Adult & Teen Challenge of the Upper Cumberland**

200 Freedom Lane, Livingston, TN 38570

931-823-3496

Monday, Tuesday, Thursday, Friday 9:00am-4:00, Wednesday 9:00am-11:30pm

Adult and Teen Challenge of the Upper Cumberland offers a residential recovery program for adult women who want freedom from addiction. They also offer referral and placement services for men, adolescents, and families. They assist them with completing the requirements needed for placement into a long-term Adult and Teen Challenge center. They also offer Hope for Life, non-residential weekly addiction recovery classes for the local community.

<https://teenchallengeuc.org/>

## **Domestic Abuse/Sexual Violence**

#### **Genesis House**

269 S Willow Ave Suite E, Cookeville, TN 38501

931-528-1512

Monday-Friday 9:00am-4:00pm

Promote the general welfare of victims of domestic and sexual violence by providing shelter, goods, and services while helping them find safety in their lives and the self-sufficiency and healing needed to become independent.

<https://genesishouseinc.com/>

**National Domestic Violence Hotline 1-800-799-7233**

## **Suicide Prevention**

**Suicide Prevention Hotline 1-800-273-8255**

## **Medical Needs**

### **Livingston Regional Hospital**

315 Oak St, Livingston, TN 38570

931-823-5611

Open 24 hours a day

Regional hospital with 24-hour emergency room and provides services in areas like digestive health, birth, behavioral health, and sports medicine.

<https://www.mylivingstonhospital.com/>

### **Fast-Paced Health Urgent Care**

817 W Main St, Livingston, TN 38570

931-735-6772

Monday-Saturday 8:00am-8:00pm, Sunday 1:00pm-5:00pm

Provides a vital health resource for those seeking immediate medical attention without the need for an ER visit. They accept most major insurances and offer competitive self-pay options. They also offer a comprehensive range of health services, including treatment for conditions like the flu, asthma, minor fractures and more.

<https://fastpacehealth.com/location/livingston-tn/>

### **Livingston OB/GYN**

529 Medical Dr, Livingston, TN 38570

931-823-2663

Monday-Friday 8:00am-4:30pm

Specializes in female reproductive health. From treating conditions like STIs to ensuring a healthy and safe birth, they offer a wide and comprehensive list of services to ensure women and their health are taken care of.

### **Livingston Family Dentistry**

215 Oak St, Livingston, TN 38570

931-823-5517

Monday, Tuesday, Thursday, Friday 8:00am-5:00pm, Wednesday 8:00am-12:00pm

Provides their patients with the best and most complete dental care. Some services include general dentistry, oral surgery, root canals, Lumineers, and partials.

[https://www.patientconnect365.com/Dentists/Tennessee/Livingston/38570/Upper\\_Cumberland\\_Family\\_Dentistry](https://www.patientconnect365.com/Dentists/Tennessee/Livingston/38570/Upper_Cumberland_Family_Dentistry)

### **Eye Centers of Tennessee**

802 W Main St, Livingston, TN 38570

800-766-2728

Monday, Tuesday, Wednesday, Friday 7:30am-4:30pm

This location provides a spectrum of eye care services, including basic eye exams and contact lens fittings. They're committed to providing their patients with access to the latest and most innovative procedures for eye health and vision.

<https://ecotn.com/locations/livingston-eye-doctor/>

## **Mental Health**

### **Volunteer Behavioral Health**

501 Spruce St, Livingston, TN 38570

931-823-5678

Monday, Wednesday, Thursday 8:00am-5:00pm

Serves individuals, families, and communities through prevention, treatment, and recovery services.

Some available programs include addiction recovery, tele-health, mobile crisis response, and psychiatric medication management.

<https://www.vbhcs.org/locations/livingston/>

### **Health Connect America**

550 N Church St Suite 10, Livingston, TN 38570

931-403-3577

This office helps support individuals with their mental health and well-being. Part of their mission is to ensure clients are positively growing, developing healthy coping skills, and preserving and repairing natural support systems. They are able to help with substance abuse disorders, outpatient mental health, and intensive in-home care.

<https://www.healthconnectamerica.com/locations/hca-livingston-tn/>

## **Support:**

### **Family Support**

#### **The Stephens Center**

616 N Church St B, Livingston, TN 38570

931-823-6432

The mission of The Stephens Center is to promote healthy, nurturing families through appropriate home-visiting, parenting classes, and community education programs.

<https://stephenscenter.org/>

### **Department of Human Services**

411 W Main St, Livingston, TN 38570

931-823-5695

Monday-Friday 8:00am-4:30pm

### **Families First**

Families First is a workforce development and employment program. The Families First program emphasizes work, training, and personal responsibility. It is temporary and has a primary focus on gaining self-sufficiency through employment. The Families First program helps participants reach this goal by providing temporary cash assistance, transportation, childcare assistance, educational support, job training, employment activities, and other support services.

### **Smart Steps Childcare Payment Assistance**

The Smart Steps Childcare Assistance Program is available to income-eligible working parents and parents pursuing post-secondary educational goals that have children ages six weeks to kindergarten. Families that participate in Smart Steps are responsible for a portion of their childcare costs or co-pay based on a sliding income scale. As part of the program, children will be enrolled in quality, affordable, childcare facilities and the Imagination Library.

<https://www.tn.gov/humanservices.html>

### **Housing Authority**

620 E 7<sup>th</sup> St, Livingston, TN 38570

931-283-6423

Provides low-income housing for residents of Overton County.

## **Financial Support**

### **Department of Human Services**

411 W Main St, Livingston, TN 38570

931-823-5695

Monday-Friday 8:00am-4:30pm

### **Tennessee Supplemental Nutrition Assistance Program**

The Supplemental Nutrition Assistance Program, formerly known as the Food Stamp Program, is a federal government program that provides food-purchasing assistance for low- and no-income people to help them maintain adequate nutrition and health.



<https://www.tn.gov/humanservices.html>

## **Career Services**

### **Prospect Inc**

960 Maddox Simpson Pkwy, Lebanon, TN 37087  
615-444-0597

Prospect exists to provide support services and employment to individuals who have disabilities or other barriers to personal independence.

<https://www.easterseals.com/tennessee/>

### **Tennessee Department of Labor and Workforce**

220 French Landing Dr, Nashville, TN 37243  
844-224-5818

Monday-Friday 8:00am-4:30pm

The mission of the Tennessee Department of Labor and Workforce Development is to advance workforce development and improve workplace safety. They also help people find jobs and assist with unemployment.

<https://www.tn.gov/workforce.html>

### **UCHRA**

106 W Henson St, Livingston, TN 38570  
931-823-7323

Tuesday-Friday 8:00am-4:30pm

Their goal is to promote a strong sense of community and family values by administering programs designed to provide tools, knowledge and resources to improve the quality of life, promote a positive sense of individual self-worth, encourage responsible decision-making and provide opportunities for individuals to become productive and independent.

<https://www.justserve.org/overtoncountyhra>