

# MENTAL HEALTH, SUBSTANCE USE, AND CRISIS RESOURCES FOR TENNESSEANS



**988** SUICIDE & CRISIS  
**LIFELINE**

**24/7 CALL, TEXT, CHAT**

Call or text 988 to speak with a counselor when you are facing mental health struggles, alcohol or drug use concerns, or need someone to talk to. (Accessible services for Deaf/HOH; Spanish Interpretation Available)



Department of  
**Mental Health &  
Substance Abuse Services**

## BEHAVIORAL HEALTH SAFETY NET

For individuals who are 3 years of age or older, have a qualifying mental health diagnosis, and have no behavioral health insurance, you may qualify for the Behavioral Health Safety Net (BHSN) of TN program. Services provided by this program include assessment, evaluation, diagnostic, therapeutic intervention, case management, transportation, peer support services, psychosocial rehabilitation services, psychiatric medication management, labs related to medication management and pharmacy assistance, and coordination.

**National  
Maternal  
Mental Health  
Hotline**



Pregnant or just had a baby? The National Maternal Mental Health Hotline is free, confidential, and here to help, 24/7.

**1-833-TLC-MAMA**



**STATEWIDE**

**CRISIS LINE**

HELP IN A MENTAL HEALTH CRISIS

**855-CRISIS-1** [TN.gov/CrisisLine](https://www.tn.gov/CrisisLine)  
**855-274-7471** 

Obtain up-to-date information on alcohol, drug, problem gambling, and other addictions.

**TN  
REDLINE**   
**1.800.889.9789**

**CALL OR TEXT** 

Referral resource for Tennesseans seeking help for these conditions as well as co-occurring mental health challenges.

**TN** Department of  
**Finance &  
Administration**

**TN STRONG FAMILIES  
GRANT PROGRAM  
FAMILY ADVOCACY UNIT**

**T** SWORPS

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