

Nashville–Davidson County Community Resource Guide

*Housing • Food • Utilities • Domestic Violence • Sexual Assault • Human Trafficking •
Mothers • Childcare • Recovery • Legal Aid*

Prepared for community outreach and distressed-homeowner support

Important: If someone is in immediate danger, call 911 first. This guide prioritizes resources for women, mothers, children, and families escaping domestic violence, sexual abuse, trafficking, housing instability, and financial crisis.

Last reviewed: March 16, 2026. Web links included in this document were pulled from Metro Nashville, Tennessee state agencies, or official organization websites when available.

Use this guide in 3 steps: 1) stabilize the immediate crisis, 2) solve the next practical problem, 3) only then talk about housing options.

How to use this guide

- Start with the biggest immediate pain: safety, shelter, food, transportation, childcare, or utilities.
- For survivors of violence, do not pressure them to disclose details. Offer the hotline, shelter, and legal-advocacy options first.
- For families in housing distress, use the emergency and stabilization sections before discussing any sale, refinance, or move.
- Many programs have eligibility rules, hours, or limited funding. Call ahead before sending someone in person.

Disclaimer: This is an informational guide, not a guarantee of service or legal advice. Agencies change hours, funding, intake rules, and availability. Verify availability directly with the resource before relying on it.

Fast-start quick guide

This page is designed for door-knocking leave-behinds, text follow-up, or quick triage on a call.

Priority contact	Primary use
911	Immediate danger
YWCA Nashville: 800-334-4628 Text 615-983-5170	Domestic violence shelter / safety planning
Family Safety Center: 615-880-1100	One-stop local survivor support
Sexual Assault Center: 615-259-9055	Sexual assault crisis support
National DV Hotline: 800-799-7233	24/7 domestic violence support
RAINN: 800-656-4673	24/7 sexual assault hotline
TN Human Trafficking Hotline: 855-558-6484	Trafficking help / reporting
United Way 211	Food, shelter, utilities, healthcare
MDHA: 615-252-8400	Housing and rental assistance information
Metro Action: 615-862-8860	Utility and household assistance
NeedLink: 615-269-6835	Past-due rent, mortgage, utilities
Second Harvest: 615-329-3491	Food bank and pantry locator

Full verified resource guide

Entries are grouped by practical use case. Hyperlinks are included when a reliable official page was identified.

Immediate safety and first calls

Emergency

Helps with: Call immediately if someone is in danger right now.

Phone: 911

Website: call first / no verified direct web page included.

Suicide & Crisis Lifeline

Helps with: 24/7 mental health crisis support by call or text.

Phone: 988

Website: 988lifeline.org

United Way / Tennessee 211

Helps with: Live referral line for food, shelter, utilities, healthcare, and family support.

Phone: 211 or 615-255-8500

Website: www.211tn.org

National Domestic Violence Hotline

Helps with: 24/7 safety planning, crisis support, and referrals.

Phone: 800-799-7233

Website: www.thehotline.org

RAINN National Sexual Assault Hotline

Helps with: 24/7 sexual assault crisis support and referral.

Phone: 800-656-4673

Website: www.rainn.org

Tennessee Human Trafficking Hotline

Helps with: Tennessee hotline for suspected trafficking and survivor help.

Phone: 855-558-6484

Website: www.tn.gov/health/health-program-areas/fhw/get-involved-with-fhw/health-campaigns/human-trafficking/human-trafficking-resources.html

National Human Trafficking Hotline

Helps with: 24/7 confidential support in 200+ languages.

Phone: 888-373-7888 | Text 233733

Website: humantraffickinghotline.org

[hubNashville / Metro Customer Service](#)

Helps with: General Metro service routing, neighborhood issues, and department referrals.

Phone: 311 or 615-862-5000

Website: hub.nashville.gov

[MNPD Non-Emergency](#)

Helps with: Non-emergency police assistance.

Phone: 615-862-8600 | **Location:** Nashville-Davidson County

Website: www.nashville.gov/departments/police

Domestic violence, sexual assault, trafficking, and survivor support

[Family Safety Center](#)

Helps with: Metro one-stop hub for domestic violence, sexual assault, trafficking, and child abuse support.

Phone: 615-880-1100 | **Location:** 610 Murfreesboro Pike, Nashville, TN 37210

Website: ofs.nashville.gov/family-safety-center/

[YWCA Nashville & Middle Tennessee](#)

Helps with: Emergency shelter, safety planning, counseling, legal advocacy, and support for women and children.

Phone: 24/7 crisis line 800-334-4628 | Text 615-983-5170 | **Location:** 1608 Woodmont Blvd, Nashville, TN 37215

Website: www.ywcanashville.com/domestic-violence

[Jean Crowe Advocacy Center](#)

Helps with: Court-connected advocacy and support for survivors navigating protective orders and related systems.

Phone: 615-862-4767 | **Location:** Nashville-Davidson County

Website: www.nashvillecadv.com/resources

[MNPD Domestic Violence Division](#)

Helps with: Police domestic violence unit; can connect survivors to protective-order and safety resources.

Phone: 615-880-3000 | **Location:** 600 Murfreesboro Pike, Nashville, TN 37210

Website: www.nashvillecadv.com/resources

[Sexual Assault Center](#)

Helps with: Sexual assault advocacy, therapy, education, and accompaniment.

Phone: 24/7 local crisis line 615-259-9055 | Statewide 866-811-7473 | **Location:** 101 French Landing Dr, Nashville, TN 37228

Website: sacenter.org

Mary Parrish Center

Helps with: Housing and services for survivors of interpersonal violence and their children.

Phone: Housing line 615-955-0620 | **Location:** Nashville, TN

Website: www.maryparrish.org

Thistle Farms

Helps with: Long-term support, housing, employment, and community for women survivors.

Phone: 615-298-1140 | **Location:** 5122 Charlotte Ave, Nashville, TN 37209

Website: thistlefarms.org

AncoraTN (formerly End Slavery Tennessee)

Helps with: Aftercare, case management, advocacy, and training focused on human trafficking survivors.

Phone: 615-806-6899 | **Location:** Nashville, TN

Website: www.ancoratn.org

Morning Star Sanctuary / AGAPE

Helps with: Emergency shelter and support for survivors of domestic violence.

Phone: 24/7 hotline 615-860-0003 | **Location:** Madison, TN

Website: www.agapenashville.org

Safe at Home Tennessee

Helps with: Address confidentiality program for victims of domestic abuse, stalking, trafficking, rape, and related crimes.

Phone: 615-253-3043 | **Location:** Tennessee Secretary of State program

Website: sos.tn.gov/safeathome

Tennessee Coalition to End Domestic & Sexual Violence

Helps with: Statewide advocacy, legal/agency support, and survivor resource connections.

Phone: 615-386-9406 | **Location:** 2 International Plaza Dr, Suite 425, Nashville, TN 37217

Website: www.tncoalition.org

Nashville Coalition Against Domestic Violence

Helps with: Centralized local list of domestic violence legal, counseling, and crisis resources.

Phone: Resource page | **Location:** Nashville, TN

Website: www.nashvillecadv.com/resources

Davidson County District Attorney – Victim/Witness Services

Helps with: Victim support within criminal court processes.

Phone: 615-862-5500 | **Location:** 222 2nd Ave N, Suite 500, Nashville, TN 37201

Website: da.nashville.gov

Bridges Domestic Violence Center

Helps with: Nearby shelter, counseling, court advocacy, and prevention services.

Phone: 24/7 hotline 615-599-5777 | **Location:** Franklin, TN

Website: bridgesdvc.org

Domestic Violence & Sexual Assault Center of Rutherford County

Helps with: Nearby shelter and advocacy option for survivors leaving Davidson County.

Phone: 24/7 crisis line 615-896-7377 | **Location:** Murfreesboro, TN

Website: dvsacenter.org

Tennessee Bureau of Investigation – Human Trafficking Resources

Helps with: State anti-trafficking education, warning signs, and reporting resources.

Phone: 1-855-558-6484 | **Location:** Tennessee

Website: www.tn.gov/tbi/law-enforcement-resources/it-has-to-stop.html

Housing, shelter, rent help, and homelessness

Metropolitan Development and Housing Agency (MDHA)

Helps with: Affordable housing, housing counseling, and rental assistance administration for Nashville-Davidson County.

Phone: 615-252-8400 | **Location:** 701 S 6th St, Nashville, TN 37206

Website: www.nashville-mdha.org

MDHA Rental Assistance / Housing Choice Voucher Program

Helps with: Section 8 / Housing Choice Voucher information and waitlist updates.

Phone: 615-252-8400 | **Location:** Nashville-Davidson County

Website: www.nashville-mdha.org/rental-assistance-voucher-program/

Office of Homeless Services – Where to Turn in Nashville

Helps with: Comprehensive Metro-linked homeless resource directory.

Phone: Metro resource portal | **Location:** Nashville-Davidson County

Website: www.nashville-mdha.org/community-development-department/homeless-assistance/

Room In The Inn

Helps with: Emergency shelter, housing support, and services for people experiencing homelessness.

Phone: 615-251-9791 | **Location:** 705 Drexel St, Nashville, TN 37203

Website: www.roomintheinn.org

Nashville Rescue Mission

Helps with: Emergency shelter, meals, recovery services, and support.

Phone: 615-255-2475 | **Location:** 639 Lafayette St, Nashville, TN 37203

Website: nashvillerescuemission.org

Nashville Rescue Mission – Women’s Campus / Women’s Rescue Mission

Helps with: Emergency housing and recovery support for women.

Phone: 615-312-1574 | **Location:** 1716 Rosa L Parks Blvd, Nashville, TN 37208

Website: nashvillerescuemission.org

The Salvation Army – Nashville Area Command

Helps with: Emergency shelter and other emergency assistance.

Phone: 615-242-0411 | **Location:** 631 Dickerson Pike, Nashville, TN 37207

Website: southernusa.salvationarmy.org/nashville

Safe Haven Family Shelter

Helps with: Family homelessness prevention, shelter, and housing support.

Phone: 615-256-8195 | **Location:** 1234 3rd Ave S, Nashville, TN 37210

Website: safehaven.org

Urban Housing Solutions

Helps with: Affordable housing and supportive housing resources.

Phone: 615-726-2696 | **Location:** 822 Woodland St, Nashville, TN 37206

Website: urbanhousingsolutions.org

NeedLink Nashville

Helps with: Help with past-due rent, mortgage, and utility bills for Davidson County residents.

Phone: 615-269-6835 | **Location:** 3900 West End Ave, Nashville, TN 37205

Website: www.needlink.org

Catholic Charities of Tennessee

Helps with: Emergency assistance, case management, and stabilization support.

Phone: 615-352-3087 | **Location:** 2806 McGavock Pike, Nashville, TN 37214

Website: cctenn.org

Martha O’Bryan Center

Helps with: Rent, utility, family, and childcare-related support.

Phone: 615-254-1791 | **Location:** 711 S 7th St, Nashville, TN 37206

Website: marthaobryan.org

Metro Action Commission

Helps with: Utility assistance, household assistance, Head Start, and other anti-poverty programs.

Phone: 615-862-8860 | **Location:** 1281 Murfreesboro Pike, Nashville, TN 37217

Website: www.nashville.gov/departments/metro-action

Metro Social Services

Helps with: Emergency assistance and social-service navigation.

Phone: 615-862-6400 | **Location:** 3055 Lebanon Pike, Nashville, TN 37214

Website: www.nashville.gov/departments/social-services

Rooftop Nashville

Helps with: Rent and mortgage assistance for Davidson County residents.

Phone: 615-815-9012 | **Location:** 108 7th Ave S, Nashville, TN 37203

Website: www.rooftopnashville.org

Food, diapers, WIC, and basic-needs support

Second Harvest Food Bank of Middle Tennessee

Helps with: Regional pantry and meal locator plus food assistance access.

Phone: 615-329-3491 | **Location:** 331 Great Circle Rd, Nashville, TN 37228

Website: www.secondharvestmidtn.org/find-resources/find-food/

St. Luke's Community House

Helps with: Food, childcare, senior services, and family support.

Phone: 615-350-7893 | **Location:** 5601 New York Ave, Nashville, TN 37209

Website: www.stlch.org

The Help Center

Helps with: Food boxes and emergency assistance.

Phone: 615-750-2145 | **Location:** 3918 Dickerson Pike, Suite E, Nashville, TN 37207

Website: call first / no verified direct web page included.

Madison Church of Christ – Benevolence

Helps with: Food pantry and benevolence support.

Phone: 615-868-3360 | **Location:** 106 Gallatin Pike N, Madison, TN 37115

Website: www.madisonchurchtn.org

City Road Chapel UMC

Helps with: Food bags and community support.

Phone: 615-868-1673 | **Location:** 701 Gallatin Pike S, Madison, TN 37115

Website: www.cityroadchapel.org

Napier Community Center

Helps with: Community center with food-support connections.

Phone: 615-256-4474 | **Location:** 73 Fairfield Ave, Nashville, TN 37210

Website: www.nashville.gov/departments/parks/community-centers-and-recreation/napier-community-center

The Little Pantry That Could

Helps with: Community pantry and food support.

Phone: 615-260-5769 | **Location:** 2011 24th Ave N, Nashville, TN 37208

Website: www.thelittlepantrythatcould.org

Tennessee Department of Human Services – SNAP / Families First

Helps with: Apply for SNAP and public-benefit support.

Phone: 866-311-4287 | **Location:** Tennessee

Website: www.tn.gov/humanservices/for-families

Metro Public Health Department – WIC

Helps with: WIC, family clinics, and nutrition support.

Phone: 615-340-5616 | **Location:** 2500 Charlotte Ave, Nashville, TN 37209

Website: www.nashville.gov/departments/health

MotherToMother

Helps with: Diapers, cribs, car seats, and other child essentials for under-resourced families.

Phone: 615-512-2191 | **Location:** Nashville, TN

Website: www.mothersmother.org

Catholic Charities Family Resource Centers

Helps with: Basic-needs support and family stabilization.

Phone: 615-352-3087 | **Location:** Middle Tennessee

Website: cctenn.org

Utilities, money pressure, and household stability

Metro Action Commission – Utility Assistance Program

Helps with: Energy and household assistance for qualifying households.

Phone: 615-862-8860 | **Location:** 1281 Murfreesboro Pike, Nashville, TN 37217

Website: www.nashville.gov/departments/metro-action

NeedLink Nashville

Helps with: Past-due NES, gas, water, rent, and mortgage support for Davidson County residents.

Phone: 615-269-6835 | **Location:** 3900 West End Ave, Nashville, TN 37205

Website: www.needlink.org

Catholic Charities – Emergency Assistance

Helps with: Utility, rent, mortgage, and emergency household assistance.

Phone: 615-242-1554 | **Location:** 2013 25th Ave N, Nashville, TN 37208

Website: cctenn.org

Martha O’Bryan Center

Helps with: Utility, rent, and childcare-linked support.

Phone: 615-254-1791 | **Location:** 711 S 7th St, Nashville, TN 37206

Website: marthaobryan.org

Financial Empowerment Center

Helps with: Free one-on-one financial counseling, budgeting, debt, and cash-flow coaching.

Phone: 615-748-3620 | **Location:** 298 Foster St, Nashville, TN 37207

Website: www.nashville.gov/departments/planning/office-economic-and-community-development/financial-empowerment-center

Rooftop Nashville

Helps with: Rent and mortgage help for Davidson County residents.

Phone: 615-815-9012 | **Location:** Nashville, TN

Website: www.rooftopnashville.org/get-help/

Tennessee Justice Center

Helps with: Helps people access healthcare and public benefits, including TennCare issues.

Phone: 615-255-0331 | **Location:** 155 Lafayette St, Nashville, TN 37210

Website: www.tnjustice.org

MAC Connects Resource Portal

Helps with: Metro portal that routes users to housing, financial relief, employment, youth, and other supports.

Phone: Call website / main office | **Location:** Nashville-Davidson County

Website: www.nashville.gov/departments/metro-action/mac-connects

Healthcare, women’s health, dental, and coverage

Neighborhood Health

Helps with: Sliding-scale primary care, behavioral health, and related services.

Phone: 615-227-3000 | **Location:** 2711 Foster Ave, Nashville, TN 37210

Website: www.neighborhoodhealthtn.org

Nashville General Hospital

Helps with: Public hospital and specialty care access.

Phone: 615-341-4000 | **Location:** 1818 Albion St, Nashville, TN 37208

Website: nashvillegeneral.org

Matthew Walker Comprehensive Health Center

Helps with: Primary care, pediatrics, women's health, immunizations, and more.

Phone: 615-327-9400 | **Location:** 1035 14th Ave N, Nashville, TN 37208

Website: www.mwchc.org

Metro Public Health Department / Lentz Public Health Center

Helps with: Vaccines, STD/HIV testing, women's health programs, family clinics, and public health services.

Phone: 615-340-5616 | **Location:** 2500 Charlotte Ave, Nashville, TN 37209

Website: www.nashville.gov/departments/health

Siloam Health

Helps with: Whole-person healthcare with strong immigrant and refugee support.

Phone: 615-298-5406 | **Location:** 820 Gale Ln, Nashville, TN 37204

Website: www.siloamhealth.org

Interfaith Dental Clinic

Helps with: Dental care access for uninsured and underserved adults.

Phone: 615-329-4790 | **Location:** 1721 Patterson St, Nashville, TN 37203

Website: interfaithdental.com

Hope Clinic for Women

Helps with: Free pregnancy testing, ultrasounds, and decision support.

Phone: 615-321-0005 | **Location:** 1810 Hayes St, Nashville, TN 37203

Website: hopeclinicforwomen.org

TennCare

Helps with: Tennessee Medicaid coverage and eligibility information.

Phone: 800-342-3145 | **Location:** 310 Great Circle Rd, Nashville, TN 37243

Website: www.tn.gov/tenncare.html

CoverKids

Helps with: Free or low-cost coverage for eligible children and pregnant women.

Phone: 866-620-8864 | **Location:** Tennessee

Website: coverkids.com

Dispensary of Hope

Helps with: Medication access support through partner clinics/pharmacies.

Phone: 615-736-5075 | **Location:** 2700 Brick Church Pike, Nashville, TN 37207

Website: www.dispensaryofhope.org

Mental health, counseling, and emotional support

Family & Children's Service

Helps with: Counseling, family support, and emotional-health services.

Phone: 615-320-0591 | **Location:** 2400 Clifton Ave, Nashville, TN 37209

Website: www.fcsnashville.org

Centerstone

Helps with: Mental health and substance-use treatment.

Phone: 615-463-6600 | **Location:** 1101 6th Ave N, Nashville, TN 37208

Website: centerstone.org

Tennessee Voices for Children

Helps with: Family support and advocacy for children with emotional or behavioral health needs.

Phone: 615-269-7751 | **Location:** Nashville, TN

Website: tnvoices.org

988 Lifeline

Helps with: 24/7 crisis line for suicidal, mental health, or emotional distress.

Phone: 988

Website: 988lifeline.org

Sexual Assault Center

Helps with: Trauma counseling and advocacy after sexual assault.

Phone: 615-259-9055 | **Location:** 101 French Landing Dr, Nashville, TN 37228

Website: sacenter.org

YWCA Nashville & Middle Tennessee

Helps with: Trauma-informed support for domestic violence survivors and children.

Phone: 800-334-4628 | Text 615-983-5170 | **Location:** Nashville, TN

Website: www.ywcanashville.com/domestic-violence

Addiction recovery, treatment, and women-focused recovery

The Next Door Nashville

Helps with: Addiction treatment and reentry support for women.

Phone: 855-863-4673 | **Location:** 402 22nd Ave N, Nashville, TN 37203

Website: www.thenextdoor.org

Mending Hearts

Helps with: Recovery housing and services for women with addiction challenges.

Phone: 615-385-1696 | **Location:** Nashville, TN

Website: mendingheartsinc.org

Renewal House

Helps with: Family residential treatment and recovery housing for pregnant women and mothers parenting children.

Phone: 615-255-5222 | **Location:** Nashville, TN

Website: renewalhouse.org

Nashville Rescue Mission – Life Recovery Program

Helps with: Longer-term recovery support addressing addiction, homelessness, and broken lifestyles.

Phone: 615-255-2475 | **Location:** Nashville, TN

Website: nashvillerescuemission.org/services/life-recovery-program/

Middle Tennessee Treatment Center

Helps with: Medication-assisted treatment and recovery support.

Phone: 615-321-2575 | **Location:** 2410 Charlotte Ave, Nashville, TN 37203

Website: www.mettreatment.com

Alcoholics Anonymous – Nashville Area

Helps with: Peer recovery meetings and support for alcohol use disorder.

Phone: 615-831-1050 | **Location:** 176 Thompson Ln, Suite G1, Nashville, TN 37211

Website: aanashville.org

Centerstone

Helps with: Substance-use treatment and mental health support.

Phone: 615-463-6600 | **Location:** Nashville, TN

Website: centerstone.org

Pregnancy, mothers, childcare, and family support

Hope Clinic for Women

Helps with: Free pregnancy testing, ultrasounds, and options consultations.

Phone: 615-321-0005 | **Location:** 1810 Hayes St, Nashville, TN 37203

Website: hopeclinicforwomen.org

Ella's House

Helps with: Support, housing, community, and mental wellness resources for pregnant and parenting student moms.

Phone: 615-983-2203 | **Location:** Greater Nashville area

Website: ellashouse.org

MotherToMother

Helps with: Diapers, cribs, car seats, and child essentials for low-income families.

Phone: 615-512-2191 | **Location:** Nashville, TN

Website: www.mothers-to-mother.org

Mulier Care

Helps with: Pregnancy help and support for women with limited support networks.

Phone: 615-628-8200 | **Location:** Nashville, TN

Website: muliercare.org

Sunnyside Up Youth Pregnancy Services

Helps with: Support for pregnant and parenting youth.

Phone: 615-200-6463 | **Location:** 6339 Charlotte Pike #669, Nashville, TN 37209

Website: www.sunnysideupnashville.org

Head Start / Early Head Start – Metro Action

Helps with: Early childhood education and family support for qualifying households.

Phone: 615-862-8860 | **Location:** Nashville-Davidson County

Website: www.nashville.gov/departments/metro-action/head-start-and-early-head-start

Tennessee Child Care Resource & Referral – Central Region

Helps with: Childcare search support and family referrals.

Phone: 615-322-6408 | **Location:** Davidson County service area

Website: www.tnccrr.org/region/central

Tennessee DHS Child Care Payment Assistance

Helps with: Childcare payment assistance for qualifying families.

Phone: 615-532-4000 | **Location:** Tennessee

Website: www.tn.gov/humanservices/for-families/child-care-services.html

Family & Children's Service

Helps with: Family support and counseling.

Phone: 615-320-0591 | **Location:** Nashville, TN

Website: www.fcsnashville.org

CASA Nashville

Helps with: Advocacy for children involved in court systems.

Phone: 615-425-2383 | **Location:** 340 21st Ave N, Nashville, TN 37203

Website: www.casanashville.org

Davidson County Juvenile Court – Safe Baby Court

Helps with: Support structure for vulnerable infants and families in the court system.

Phone: 615-862-8066 | **Location:** 100 Woodland St, Nashville, TN 37213

Website: juvenilecourt.nashville.gov

Youth and teen support

Oasis Center

Helps with: Youth crisis intervention, homelessness response, counseling, college/career access, and leadership programs.

Phone: 615-327-4455 | **Location:** 1704 Charlotte Ave, Suite 200, Nashville, TN 37203

Website: oasiscenter.org

Oasis Center – Rapid Rehousing

Helps with: Housing support for young adults 18–24 experiencing homelessness.

Phone: 615-327-4455 | **Location:** Nashville, TN

Website: oasiscenter.org/for-youth/rapid-rehousing

Metro Action POWER Youth Program

Helps with: Youth job readiness and development programming.

Phone: 615-913-7291 | **Location:** 800 2nd Ave N, Nashville, TN 37201

Website: www.nashville.gov/departments/metro-action/power-youth

Youth Villages – Middle Tennessee

Helps with: Mental and behavioral health support for children, youth, and families.

Phone: 615-250-4260 | **Location:** 3310 Perimeter Hill Dr, Nashville, TN 37211

Website: youthvillages.org/about-us/locations/tennessee/middle-tennessee/

Nashville Freedom Schools

Helps with: Literacy and summer learning support for children.

Phone: 615-359-1656 | **Location:** Nashville, TN

Website: nashvillefreedomschools.org

Encompass Community School

Helps with: Tuition-free public community school model with family supports.

Phone: 615-931-0166 | **Location:** 4300 Park Ave, Nashville, TN 37209

Website: encompassnashville.org

RIP – Parenting That Works

Helps with: Parent training and family support.

Phone: 615-963-1177 | **Location:** 5020 Darlington Dr, Nashville, TN 37211

Website: www.tn.gov/parenting-that-works.html

Education, job training, and financial mobility

Urban League of Middle Tennessee

Helps with: Workforce development, education, and economic empowerment support.

Phone: 615-254-0525 | **Location:** 50 Vantage Way, Suite 201, Nashville, TN 37228

Website: www.ulmt.org

UpRise Nashville

Helps with: Free career training for adults seeking better-paying work.

Phone: 615-216-0968 | **Location:** 235 White Bridge Pike, Nashville, TN 37209

Website: www.uprisenashville.org

Goodwill Career Solutions – Nashville

Helps with: Free job search help, training, classes, and placement services.

Phone: 615-742-4151 | **Location:** 937 Herman St, Nashville, TN 37208

Website: giveit2goodwill.org/locations/nashville-goodwill-career-solutions-center/

American Job Center / Jobs4TN

Helps with: Job search, training, unemployment services, and workforce resources.

Phone: 877-872-5627 | **Location:** Tennessee

Website: jobs4tn.gov

Project Return

Helps with: Employment and reentry help for people returning from incarceration.

Phone: 615-327-9654 | **Location:** 1200 Division St, Suite 200, Nashville, TN 37203

Website: www.projectreturninc.org

Cohn Adult Learning Center

Helps with: Adult education, GED, and learning advancement.

Phone: 615-259-8400 | **Location:** 4805 Park Ave, Nashville, TN 37209

Website: www.mnps.org/adult_education

Community Career Center

Helps with: Adult education and career advancement support.

Phone: 615-298-6752 | **Location:** 3703 Park Ave, Nashville, TN 37209

Website: call first / no verified direct web page included.

Financial Empowerment Center

Helps with: Free money coaching, debt reduction, and financial planning support.

Phone: 615-748-3620 | **Location:** 298 Foster St, Nashville, TN 37207

Website: www.nashville.gov/departments/planning/office-economic-and-community-development/financial-empowerment-center

Legal aid, immigration, and rights protection

Legal Aid Society of Middle Tennessee and the Cumberland

Helps with: Free civil legal help including housing, family, and domestic violence matters for qualifying clients.

Phone: 615-244-6610 | **Location:** 1321 Murfreesboro Pike, Suite 400, Nashville, TN 37217

Website: las.org

Legal Aid Society – Get Help

Helps with: Main intake and legal-help access point.

Phone: 800-238-1443 | **Location:** Middle Tennessee

Website: las.org/get-help/

TN Justice for Our Neighbors

Helps with: Immigration legal support and consultations.

Phone: 615-835-2512 | **Location:** 2195 Nolensville Pike, Nashville, TN 37211

Website: www.tnjfon.org

Tennessee Immigrant and Refugee Rights Coalition (TIRRC)

Helps with: Immigrant rights advocacy, services, and community support.

Phone: 615-833-0384 | **Location:** 2195 Nolensville Pike, Nashville, TN 37211

Website: www.tirrc.org

Nashville International Center for Empowerment (NICE)

Helps with: Refugee and immigrant settlement support, employment, and community services.

Phone: 615-315-9681 | **Location:** 417 Welshwood Dr, Suite 100, Nashville, TN 37211

Website: www.empowernashville.org

Conexión Américas

Helps with: Support for Latino families including education, entrepreneurship, and family resource navigation.

Phone: 615-320-5152 | **Location:** 2195 Nolensville Pike, Nashville, TN 37211

Website: www.conexionamericas.org

Hispanic Family Foundation

Helps with: Support and resources for Hispanic families.

Phone: 615-562-2222 | **Location:** 3955 Nolensville Pike, Suite 107, Nashville, TN 37211

Website: www.hffus.org

Safe at Home Tennessee

Helps with: Address confidentiality protection for crime victims.

Phone: 615-253-3043 | **Location:** Tennessee Secretary of State

Website: sos.tn.gov/safeathome

Tennessee Justice Center

Helps with: Benefits and healthcare access advocacy, often critical when families are in crisis.

Phone: 615-255-0331 | **Location:** 155 Lafayette St, Nashville, TN 37210

Website: www.tnjustice.org

Transportation, veterans, seniors, and disability support

WeGo Public Transit

Helps with: Main public transit system for Nashville-Davidson County.

Phone: 615-862-5950 | **Location:** Nashville-Davidson County

Website: www.wegotransit.com

WeGo Access

Helps with: Door-to-door paratransit service for riders with disabilities who cannot use regular fixed-route service.

Phone: 615-880-3970 | **Location:** Davidson County

Website: www.wegotransit.com/ride/transit-services/access/

Journey Pass

Helps with: Fare-free transit program for eligible Davidson County residents.

Phone: See WeGo site | **Location:** Davidson County

Website: www.wegotransit.com/journey-pass/

Operation Stand Down Tennessee

Helps with: Housing, employment, benefits, and stabilization help for veterans.

Phone: 615-248-1981 | **Location:** 1125 12th Ave S, Nashville, TN 37203

Website: www.osdtn.org

FiftyForward

Helps with: Programs and support for older adults, caregivers, and aging households.

Phone: 615-743-3400 | **Location:** 174 Rains Ave, Nashville, TN 37203

Website: fiftyforward.org

Tennessee Disability Pathfinder

Helps with: Disability service directory and referral support across Tennessee.

Phone: 800-640-4636 | **Location:** Tennessee

Website: www.pathfinder.database.org

Outreach scripts you can use immediately

These are adapted for Nashville-Davidson County and meant to lead with help, not with a visible sales agenda.

Text to a prior lead

Hey [Name], it's [Your Name]. I put together a Nashville resource guide with local numbers for shelter, food, utilities, domestic violence support, and help for moms and families in crisis.

If it would help, I can send it over. No catch.

Text to a cold homeowner

Hi [Name], I work with Nashville homeowners going through hard situations like job loss, medical bills, foreclosure pressure, or family crisis. I made a free local guide with the main numbers for housing help, food, utility support, and survivor resources.

Want me to send it?

Call opener

What is the biggest thing stressing you out today — safety, food, bills, childcare, transportation, or the house?

Let's solve that first.

Bridge to the housing conversation

Now that we have the immediate issue a little more stable, can I ask a couple questions about the house so I don't miss anything important?

Permission-based options close

I can walk you through the main options people in your spot usually look at. Some are about keeping the home, some are about selling it, and some are just about buying time. You would decide what fits best.

Primary source set used to build this guide

- Metro Nashville MAC Connects resource directory
- Metro Nashville Family Safety Center / Office of Family Safety resources
- Metro Nashville Office of Homeless Services resource list
- MDHA housing and homeless assistance pages
- Tennessee state human-services, health, trafficking, and Safe at Home pages
- Official nonprofit or agency websites for the organizations listed above