2015 Mental Health Resources

The resources included on this list are not affiliated with Jackson State Community College. The list is for informational purposes only and is not intended to be an endorsement of any agency. Availability of the resources listed will depend upon the individual agency. Jackson State Community College is not responsible for any transactions that occur between individuals utilizing this list and the agencies included. Individuals utilizing this list will be responsible for any cost that may be incurred with the use of these services.

COMMUNITY MENTAL HEALTH CENTERS

Community Mental Health Centers (by appointment):

- Cary Counseling Centers (Benton, Carroll, Gibson, Henry, Obion counties) – (731) 641-0626
- Quinco Mental Health Centers (Chester, Decatur, Hardeman, Henderson, McNairy, Madison counties) - First time clients must call 1-800-532-6339
- Pathways Behavioral Health Services – (731) 541-8265

EMERGENCY MENTAL HEALTH CRISIS COUNSELING

Crisis Counseling and Suicide Prevention:

- Carey Counseling Center - 1-800-353-9918
- Quinco Mental Health Centers - 1-800-467-2515
- Pathways Behavioral Health Services – 1-800-372-0693
- National Suicide Prevention Hotline – 1-800-273-8255
- National Suicide Prevention Hotline for Veterans – 1-800-273-8255 (press 1)
- National Suicide Prevention Hotline for the Deaf and Hearing Impaired – TTY-800-799-4889
- Lifeline Crisis Chat (online discussion)
- I am Alive Chat (online discussion)

Assistance for Victims of Domestic Violence or Sexual Assault:

- Women/Men Resource and Rape Assistance Program - 1-800-273-8712
- National Sexual Assault Assistance - 1-800-656-4673
- DoD Safe Help Line for Military Sexual Trauma 1-877-995-5247 (for Veterans Only)
- National Domestic Violence Assistance -1-800-799-7233 or TTY: 1-800-787-3224
- National Network to End Domestic Violence - (202) 543-5566
- Tennessee Coalition to End Domestic & Sexual Violence - 1-800-289-9018
Crisis Resources for Children and Youth:

- [Exchange Club's Carl Perkins Center for the Prevention of Child Abuse](tel:1-800-249-7379)
- [Tennessee Child Abuse Hotline](tel:1-877-237-0004)
- [TN Department of Children's Services – Southwest Region](tel:(731) 421-2000)
- [TN Department of Children's Services – Northwest Region](tel:(731) 364-3149)
- [Youth Villages](tel:(866) 791-9226) in Memphis area
- [Youth Villages](tel:(866) 791-9227) in Rural West TN

Online Resources:

- [Anxiety Disorder Association of America](https://www.anxietydisorder.org) – This online resource provides general information on anxiety disorders, treatment and referrals.
- [Compassionate Friends International Support](https://www.compassionatefriends.org) – This online resource provides support for families who have experienced the death of a child.
- [Depression and Bipolar Alliance (DBSA)](https://www.dbsa.org) – This online resource provides information about support groups, offers advice as well as tips on living with a family member with a mood disorder.
- [JSCC ULifeline](https://www.jedfoundation.org/ulifeline) – Mental health resources for college students sponsored by the Jed Foundation
- [Transition Year](https://www.transitionyear.org) – This is an online resource center that is designed to assist both students and parents focus on their emotional health before, during and after college.
- [Tennessee Mental Health Consumers’ Association](https://www.tennmentalhealth.org)

Mental Health Support Groups:

- [Pathways Behavioral Health Services Mental Health Groups](https://www.pathways-bhs.com/mental-health-groups) – This online resource provides a listing and description of mental health education and support groups offered by Pathways.
- [NAMI of Tennessee](https://tn.nami.org) - A nonprofit, support and advocacy organization of consumers, families and friends of people with severe mental illness such schizophrenia, major depression, bipolar disorder, obsessive compulsive disorder and anxiety disorders.