Jackson State Community College Counseling and Career Center

2013-2014
Resource Directory

This is a directory of community, state, and national resources that you may find helpful. The resources included on this directory are not affiliated with Jackson State Community College. The directory 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 directory and the agencies listed. Individuals utilizing this directory will be responsible for any cost that may be incurred with the use of these services.
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Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS)

- **TDMHSAS Statewide Toll-Free Crisis Lines**
  - Adults - 1-855-274-7471
  - Youth – 1-866-791-9226 (Memphis Region) 1-866-791-9227 (Rural West TN)

- **TDMHSAS Mandatory Pre-screening Agent (MPA) Requirement**

- **TDMHSAS Mobile Crisis Services**:
  - Carey Counseling Center - 800-353-9918 (Benton, Carroll, Gibson, Henry counties)
  - Pathways Behavioral Services - 800-372-0693 (Crockett, Dyer, Haywood, Henderson, Lake, Madison, Obion, Weakley counties)
  - Quinco Community Mental Health Center 800-467-2515 (Chester, Decatur, Hardin, Hardeman, McNairy)

Community Mental Health Centers (by appointment):

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

Telephone Hotlines for Crisis and Suicide Prevention:

- Quinco Mental Health Center: 1-800-532-6339
- Pathways Behavioral Health Services: 1-800-372-0693
- National Suicide Prevention Hotline: 1-800-273-8255
- National Hope Line Network: 1-800-784-2433
- National Hotline for Those with Hearing and Speech Impairments: 1-800-799-4889
- National Sexual Assault Hotline 1-800-656-HOPE (1-800-656-4673)
- S.A.F.E. Alternatives for Cutting and Self Harm: 1-800-DONTCUT (1-800-366-8288)
- Women/Men Resource and Rape Assistance Program 1-800-273-8712

Online Resources for Crisis and Suicide Prevention:

- National Sexual Assault Online Hotline – This online resource provides free anonymous crisis support for victims of sexual violence and is available 24 hours a day 7 days a week.
- Crisis Chat
- I am Alive Chat
- TREVOR Project (for lesbian, gay, bisexual and transgender individuals)
- Tennessee Suicide Prevention Network
- Suicide Prevention Resource Center
- American Foundation for Suicide Prevention
- Mental Health America - Suicide Prevention
DOMESTIC VIOLENCE PREVENTION

Programs and Hotlines:

- **Women/Men Resource and Rape Assistance Program**
  - Alamo Office – (731) 696-3291
  - Brownsville Office – (731) 772-2291
  - Camden Office – (731) 584-1100
  - Huntingdon Office – (731) 986-3215
  - Jackson Office – (731) 668-0411
  - Lexington Office – (731) 967-9669
  - Parsons Office – (731) 847-3396
  - Savannah Office – (731) 925-1552
  - Selmer – (731) 645-4357
  - Trenton – (731) 855-2522

- **National Domestic Violence Hotline**: 1-800-799-7233 or TTY: 1-800-787-3224
- **National Network to End Domestic Violence** (202) 543-5566
- **TN Domestic Violence Hotline**: 1-800-356-6767
- **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** 1-800-273-4747
  - Where to report suspected child abuse.
  - Exchange Club's Carl Perkins Center Locations
- **Youth Villages** - Memphis area (866) 791-9226  Rural West TN (866) 791-9227
- **Tennessee Voices for Children**

OTHER MENTAL HEALTH RESOURCES

Online Resources:

- **Anxiety Disorder Association of America** – This online resource provides general information on anxiety disorders, treatment and referrals.
- **Compassionate Friends International Support** – This online resource provides support for families who have experienced the death of a child.
- **Depression and Bipolar Alliance (DBSA)** – This online resource provides information about support groups, offers advice as well as tips on living with a family member with a mood disorder.
- **Help Guide** – This online resource provides some great information and additional resources in the following areas: mental and emotional health, health lifestyles, children and family, as well as aging.
- **JSCC ULifeline** – Mental health resources for college students sponsored by the Jed Foundation
- **Transition Year** – 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 Association of Mental Health Organizations (TAMHO)**
- **Tennessee Mental Health Consumers’ Association**
Grief and Mental Health Support Groups:

- **Grief Support Groups:**
  - **Suicide** – The following support groups are for individuals who lost someone to suicide:
    - Living in Suicide’s Aftermath (L.I.S.A.) (731)664-7324 (after 5:00 p.m.)
    - Survivors of Suicide (517) 841-6982 ext. 3569 (meets in Jackson)
  - **Homicide** – The following support group is for individuals who lost someone to homicide:
    - Loved Ones of Homicide Victims (731) 661-5564
  - **General Grief Support Groups** – The following support groups are for individuals who lost someone to death:
    - Baptist Memorial Home Care and Hospice of Huntingdon (731) 986-3220 1-800-273-9649
    - Bodkin Funeral Home (Milan) (731) 668-9698
    - Passages Grief Support Group (731) 664-4244
    - Living with Grief (517) 841-6982 ext. 3569 (meets in Jackson)
    - McNairy Regional Hospital (731) 645-3221
    - Shackelford Funeral Home (731) 645-3481 (McNairy County)
    - Grief Support Group (731) 541-5950 (Terry Berry meets in Jackson)
  - **Grief Support Groups for Individuals Who Lost a Child to Death:**
    - Bereaved Parents (517) 841-6982 ext. 3569 (meets in Jackson)
    - Compassionate Friends of Jackson (731) 787-6491
    - Coping with Pregnancy and Infant Loss (517) 841-6982 ext. 3569 (meets in Jackson)
    - Supporting Parents Experiencing Death (SPED) (731) 425-6954

- **Mental Health Support Groups:**
  - **Depression and Bipolar Alliance (DBSA)** – *A Better Tomorrow* is a local support group of DBSA and is for anyone suffering from depression or bipolar disorder. The group meets 6:30 p.m. on Thursdays at Jackson Madison County General Hospital in the Medical Founders Room A.
  - **West TN (Region VI) Peer Support Centers** - Individuals with mental health or co-occurring conditions develop their own programs to supplement existing mental health and support services, and provide opportunities for socialization, education, and support activities.
  - **Pathways Behavioral Health Services Mental Health Groups** – This online resource provides a listing and description of mental health education and support groups offered by Pathways.
  - **NAMI of Tennessee** - 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. The following are links to the NAMI support groups in West Tennessee:
    - NAMI - Carroll County
    - NAMI - Dyer County
    - NAMI - Hardeman County
    - NAMI - Henry County
    - NAMI - Madison County
    - NAMI - Weakley County
Detox/Treatment Facilities:

- TDMHSAS 2012/2013 SAPT Block Grant Co-Occurring Disorders Treatment Providers and Services
- TDMHSAS 2012/2013 SAPT Block Grant Substance Abuse Treatment Providers and Services
- Aspell Recovery Centers
- Baptist Memorial Hospital Behavioral Healthcare - Union City
- Buffalo Valley Inc. - Hohenwald TN
- Jackson Area Council On Alcoholism and Drug Dependency (JACOA)
- Lakeside Behavioral Health System - Memphis TN
- West TN Healthcare - Pathways Behavioral Health Services
- Quinco Mental Health Centers - Hardeman County – First time clients must call 1-800-532-6339
  Other Quinco Locations (Chester, Decatur, Hardeman, Henderson, Madison, McNairy counties)

Methadone Clinics:

- TDMHSAS State Opioid Treatment Authority Information – Tennessee has 10 methadone clinics which are all for profit. The following is a list of the clinics located in West TN (excluding Shelby County):
  - Mid-South Treatment Center - Dyersburg
  - Solutions of Savannah

Compulsive Gambling:

- TDMHSAS Problem Gambling Program 1-800-889-9789 24/7

Addiction Recovery Support Groups:

- **Alcoholics Anonymous** - Alcoholics Anonymous (AA) is a fellowship of men and women who share their experience, strength and hope with each other such that they may solve common problems and help others to recover from alcoholism. There are no fees or dues for membership. AA is not affiliated with any sect, denomination, politics, organization, or institution. For additional information and meeting locations call 1-877-426-8330 24hr.
- **Narcotics Anonymous (NA)** - Narcotics Anonymous (NA) provides support to those individuals who wish to pursue and maintain a drug free lifestyle. Membership is free and there is no affiliation with any sect, denomination, politics, or institution.
- **NA Meetings in West Tennessee**
- **Al-Anon Family Groups** - Al-Anon is a community resource that provides support to those individuals who are affected by someone else’s drinking or drug addiction. The following is a list of Al-Anon groups in West Tennessee.
  - Al-Anon Family Meetings in West Tennessee
  - Online Al-Anon Outreach
  - Al-Anon - Alateen
Disability Law and Advocacy:

- **Americans with Disabilities Act (ADA)** – This site provides information about the ADA law and how to obtain assistance.
- **Disability Law and Advocacy Center of Tennessee** 1-800-342-1660 – This organization advocates for the rights of Tennesseans with disabilities to ensure that they have an equal opportunity to be productive and respected members of society.
- **Tennessee Human Rights Commission (THRC)** – The mission of the THRC is to safeguard individuals from discrimination through enforcement and education.
  - Tennessee Human Rights Act & Tennessee Disability Act
  - Tennessee Human Rights Commission Complaint Form
- **Tennessee Department of Human Services Adult Protective Services** (1-888-277-8366) – Adult protective Services investigates reports of abuse, neglect or financial exploitation of adults who are unable to protect themselves due to a physical or mental limitation.
- **Tennessee Disability Coalition** – This is an alliance of organizations and individuals who work to promote the full and equal participation of men, women, and children with disabilities in all aspects of life.
- **Tennessee Family Support Program** – This program works to assist individuals with severe disabilities and their families to remain together in their homes and communities.
- **U.S. Department of Education - Office for Civil Rights (OCR)** – OCR works to ensure access to education for student populations including disabled students and promotes excellence through vigorous enforcement of civil rights.

Disability Determination Services:

- **Tennessee Disability Determination Services (DDS)** – The DDS services operates by agreement between the state of Tennessee and Social Security Administration to process social security and supplemental security income disability claims.

Assisted Technology and Educational Resources:

- **STAR Center** – This organization assists children and adults with disabilities or special needs with gaining their independence through assistive technology and other therapies
  - Star Center Locations
- **Tennessee Technology Access Program (TTAP)** – TTAP provides Tennesseans who have disabilities comprehensive information related to assistive technology including the following:
  - Funding Assistance
  - Device Demonstration
  - Device Loan
  - Device Reutilization
- **Vocational Rehabilitation** – This is a federal and state funded program that provides services to help individuals with disabilities enter or return to employment.
  - Vocational Rehabilitation Eligibility Information
  - Vocational Rehabilitation Order of Selection and Fact Sheet
Resources for Individuals Who Are Blind and Visually Impaired:

- **Tennessee Blind and Visually Impaired Services** – The state of Tennessee provides the following services to individuals who are blind and visually impaired:
  - Vocational Rehabilitation
  - Independent Living Services
  - Deaf-Blind Services
  - Newsline for the Blind and Visually Impaired
  - Register for the Blind
  - Tennessee Business Enterprises

- **Tennessee Library for the Blind and Physically Handicapped** – A free library program of braille, recorded and large print materials available to residents of Tennessee who are not able to use standard print materials due to a visual or physical disability.

Resources for Individuals Who Are Deaf and Hard of Hearing:

- **Tennessee Deaf and Hard of Hearing Services** – The state of Tennessee provides numerous services to individuals who are deaf or hard of hearing.

- **Tennessee Relay Center Services** – This Tennessee Relay Center provides free state-wide assisted telephone services for the deaf-blind, hard of hearing, and hearing speech impaired community.

Resource for Non-English Speaking Disabled Individuals:

- **Tennessee Disability Pathfinder - Multicultural Outreach Program** – This program attempts to alleviate barriers to accessing disability resources, provide cultural awareness, training, information, and assistance to families with diverse cultural backgrounds.

Resources for Individuals with Brain Injuries:

- **Brain Injury Association of Tennessee** – This association provides information about brain injury prevention, awareness, and education. It serves as an advocate for survivors and their families.
  - Brain Injury Support Group - Jackson

- **Brain Line** – This organization offers a great deal of information and resources on brain injuries as well as how it relates to the individual and family.

Resources for Individuals With Intellectual and Developmental Disabilities:

- **C.S. Patterson Training Center** (731) 855-2316 – Serving Benton, Carroll, Crockett, Dyer, and Gibson counties, this organization supports individuals with intellectual and developmental disabilities by providing numerous services including adult day services and supported employment.

- **Community Development Services (CDS) of Martin Tennessee** (Carroll, Henry, Lake, Obion, and Weakley counties) – This agency works with individuals who are developmentally disabled helping them live normal lives within the community.
- **Hardin County Skills, Inc.** – This agency provides day, residential, supported living, and employment services to disabled individuals who are enrolled in the Department of Intellectual and Development Disabilities Medicaid Waiver program.
- **Madison-Haywood Developmental Services** – Provides services with intellectual and developmental disabilities.
- **Tennessee Department of Intellectual and Developmental Disabilities (DIDD)** (731) 426-1821 – This state agency provides services and supports Tennessean in intellectual disabilities.
  - DIDD's From the Heart of Tennessee Program
- **The Arc** – This agency is for people with intellectual and developmental disabilities.
  - The Arc of the Mid-South – this is the local chapter of the Arc.
- **The Family Village** – This is a global community of disability related resources for individuals with cognitive and other disabilities.

**General Resource Information for Individuals with Disabilities and the Elderly:**

- **Disability.gov** – This online resource provides information on an array topics and issues as it pertains to individuals with disabilities.
- **Epilepsy Foundation** – This foundation assists individuals and families affected by epilepsy and related neurological impairments by providing education, advocacy, and services.
- **L.A.U.G.H. (Loving Autism Using God's Help)** – This is a support group. For more information contact April Burke at (731) 267-5373.
- **Northwest Tennessee Economic Development Council (NWTEDC) - Linkage Companionship and Assessment Services** (Benton, Carroll, Crockett, Dyer, Gibson, Henry, Lake, Obion, and Weakley counties) – NWTEDC provides individualized case management services that are based on a family needs assessment. Services include companionship and advocacy for the elderly, isolated, and disabled in order to assist these individuals in helping them reach their own potential and self-sufficiency. Individuals will need to contact their local NWTEDC office.
- **Southwest Human Resource Agency - Senior Services**
- **Tennessee Commission on Aging and Disabilities** – This resource brings together and leverages programs, resources, and organizations to protect and ensure the quality of life of older Tennesseans and adults with disabilities.
- **Tennessee Disability Pathfinder** – This is a statewide clearinghouse of disability-related resources.

**Resources for Individuals Who Have Children and Youth with Special Needs:**

- **Ayer's Children's Medical Center - The Therapy and Learning Center** (formally Kiwanis Center for Child Development) – This center assists children with all types of disabilities while also extending support to their families.
- **Ayer's Children's Medical Center - Child Care Resource and Referral Center** (formally Kiwanis Center for Child Development) – This service was established to provide services, referral, training, and materials to childcare providers in Chester, Decatur, Fayette, Hardeman, Hardin, Haywood, Henderson, Lauderdale, Madison, McNairy, and Tipton counties.
- **Family Voices of Tennessee** – This organization is affiliated with the Tennessee Disability Coalition and is a health information center for families who have children with special needs.
- **National Information Center for Children and Youth With Disabilities** – This online resource provides information on disabilities in infants, toddlers, children, and youth.
• **PALs of Northwest Tennessee** – This is a parent led support group for families with special needs children.

• **Sibshops of TN** – This is a support group for 8-13 year old brothers and sisters of children who have special needs. For more information, please refer to the web site.

• **Tennessee Department of Education - Tennessee Early Intervention System (TEIS)** – This voluntary program is for families with children from birth to age two who have disabilities or developmental delays.

• **Tennessee School for the Deaf (Jackson)** – This school provides instructional programs for hearing impaired children ranging in age from two to thirteen.

• **Tennessee School for the Deaf (Knoxville)** – This school offers an individualized and comprehensive educational program for hearing impaired children ranging from pre-kindergarten to grade 12.

**Independent Living Services and Rehabilitation Centers:**

• **Community Tennessee Rehabilitation Centers (CTRC)** – As part of the Tennessee Facility Network of Vocational Rehabilitation Services, these centers provide day programs of rehabilitation services within the clients home communities.
  
  ○ **Community Tennessee Rehabilitation Center Locations**

• **Compass Coordination, Inc.** (731) 661-0183 - Compass Coordination is a not-for-profit organization serving persons with disabilities and their families in all of the communities of middle and west Tennessee.

• **Jackson Area Center for Independent Living** – This nonresidential organization is designed to enable individuals with disabilities to achieve independence and fully participate in all aspects of community life.

• **Tennessee Rehabilitation Center** – Located in Smyrna Tennessee, the Tennessee Rehabilitation Center is one of only eight such residential facilities in the nation that provides services and training to prepare individuals with disabilities for employment.

### DISASTER RELIEF RESOURCES

**Agencies that Provide Disaster Relief:**

• **American Red Cross (Jackson Area Chapter) - Disaster Relief Assistance** (Carroll, Chester, Decatur, Gibson, Hardeman, Haywood, Hardin, Henderson, McNairy counties)

• **American Red Cross (Northwest Tennessee Chapter - Dyersburg)**

• **Disaster Assistance.Gov** – This online site provides information that assists individuals in finding and applying for federal disaster assistance programs.

• **Federal Emergency Management Agency (FEMA)**

• **Northwest Tennessee Disaster Relief**

• **Salvation Army - Disaster Relief**
  
  ○ **Salvation Army - Henry County - Disaster Relief (Natural or Fire)** (731) 342-4105

• **Tennessee Emergency Management Agency (TEMA)**
  
  ○ **TEMA - Individual Assistance Information**
Mental Health Resources for Individuals Who Experienced a Disaster:

- **Disaster Distress Helpline:**
  - 1-800-985-5990
  - TTY for Deaf/Hearing Impaired: 1-800-8517
  - Text: TalkWithUs to 66746

FAMILY ASSISTANCE RESOURCES

Food:

- **Northwest Tennessee Economic Development Council** – serves Benton, Carroll, Crockett, Dyer, Gibson, Henry, Lake, Obion, and Weakley counties.
  - **Temporary Emergency Food Assistance (Distribution Schedule)** (731) 364-3228 ext. 129
- **Reelfoot Rural Ministries** – This agency provides food and other assistance to individuals living in Northwest Tennessee.
- **Regional Inter-Faith Association (RIFA) Soup Kitchen** provides hot nutritious meals 365 days a year. There is no charge for the meals and no one is turned away. RIFA also maintains a food pantry.
- **Regional Inter-Faith Association (RIFA) Snack Backpack Program** (731) 427-7963 – Children who rely on free or reduced-price lunches during the school year go home to little or no food on the weekends. The Snack Backpack program works to fill this gap by providing kid friendly, easy-to-prepare, nutritious items for children who are at risk of going hungry on Saturdays and Sundays.
- **Southwest Human Resource Agency (SWHRA) Community Service Centers** - SWHRA serves Chester, Decatur, Hardeman, Hardin, Haywood, Henderson, McNairy, and Madison counties.
  - **Commodity Program** - This program provides USDA Commodity Food three times a year to eligible families. To apply, the individual will need to contact the Community Service Center in the county in which he or she resides (please refer to the community service centers link).
  - **Summer Food Program for Children** – This program provides free meals that meet Federal Nutrition Guidelines to all children at approved locations during the summer months (May to August)
- **Tennessee Department of Human Services (DHS) - Family Assistance Center** (1-866-311-4287) – This office answers calls and can make changes in Families First and Food Stamp cases (DHS office locations listed by county)
  - **Families First** – This service provides temporary cash benefits to families who have children and are experiencing financial difficulties.
    - Applying for Families First
  - **Food Stamp Program** – This program provides nutritional assistance benefits to children, families, the elderly, disabled, unemployed and working families.
    - Food Stamp Eligibility Information
    - Applying for Food Stamps
- **Women, Infants, and Children (WIC) Program** (1-800-342-5942) – This program provides supplemental food to low-income pregnant, postpartum and breastfeeding women, infants and children until the age of five.
Food Banks:

- Crockett Care Food Pantry (Crockett County) (731) 696-4067
- Dyersburg-Dyer County Union Mission (731) 285-0726
- Feeding the Multitude - Grand Junction, TN (731) 764-0311
- Hardin County Christian Ministry (731) 441-9234
- Helping Hand of Humboldt (731) 824-1757
- Hope Ministries - Lexington (731) 968-0191
- Loaves and Fishes Food Bank (Selmer) (731) 645-4388
- Milan Vineyard Christian Fellowship (731) 723-8463 (10-12 on Saturdays)
- Meigs County Ministry - Decatur (731) 334-1071
- Mustard Seed (Milan) (731) 686-1011
- Paris Henry County Food Bank (731) 642-3172
- Reelfoot Ministries (731) 538-9970
- Regional Inter-Faith Association (RIFA) - Food Bank (731) 427-7963
- Salvation Army - Dyersburg, TN - Food Pantry (731) 286-5117
- Second Harvest Food Bank of West Tennessee (731) 424-3663
- Trezevant Ministerial Association (731) 669-4525
- Unity Temple COGIC Food Pantry (Madison County) (731) 422-5103

Child Care:

- Tennessee Department of Human Services Listing of Child Care Providers - The Department of Human Services is a great resource for someone searching for childcare.
  - Child Care - Financial Assistance
- Tennessee Child Care Centers – This is an online free directory of child care services across the state of Tennessee
- The Jackson YMCA - Afterschool Adventure Program – Children are picked-up afterschool and taken to the YMCA for an afternoon snack, homework time, and a variety of fun classes. Please refer to the web site for fees and additional information.
- The Jackson YMCA Summer Day Camp – This camp is for children from ages 4 to 14 (grouped according to appropriate age). Please refer to the web site for fees and additional information.
- Hands Up! Preschool (731) 300-4263 - Hands Up a nonprofit pre-school is designed to serve the at-risk community in Jackson, TN.
- Milan Family YMCA - "Kids Out" After School Program (731) 686-9000 - Children are picked-up afterschool and taken to the YMCA for an afternoon snack, homework time, and a variety of fun classes. Financial Assistance is available. Please refer to the web site for fees and additional information
  - Milan Elementary (grades K-7) – Held at Milan Family YMCA
- Milan Family YMCA - Day Camp – Please refer to the web site for fees and additional information.
- Regional Inter-Faith Association (RIFA) Children's Summer Club (731) 427-7963 – This program is a safe environment for kids to spend their summer. The Summer Club meets Monday – Friday 9:00 am until 2:00 pm during the months of June and July.
Clothing:

- Dyersburg Union Mission - Clothing and Household Goods Assistance (731) 285-0726
- Milan Vineyard Christian Fellowship - Clothes Closet (731) 723-8463 Open most Saturdays.
- Reelfoot Rural Ministries – This agency provides clothing, food and other assistance to individuals living in Northwest Tennessee.
- Regional Inter-Faith Association (RIFA) Thrift Store (731) 427-7963 – The RIFA Thrift Store provides useful, donated items including clothing for children and adults at an affordable price. The net profits are used to assist with RIFA’s ministries.
- Salvation Army - Dyersburg, TN - Thrift Store (731) 286-5117
- Unity Temple COGIC Clothes Closet (Madison County) (731) 422-5103

Healthcare:

- For the uninsured or underinsured (discounts are often given based on the individual’s income):
  - East Jackson Family Medical Center (731) 425-7900
  - Faith Health Center (731) 215-2500
  - Hardeman County Community Health Center (731) 658-3388
  - Hardin County Regional Health (Lifespan Health) (731) 925-2300
  - Henderson Health Clinic (731) 983-3175
  - Stanton Health Center (731) 548-2232
  - Tennessee Health Departments (office locations) - Tennessee's county health departments offer basic health services including children's special services, family planning, immunizations, well child visits, HIV sexually transmitted disease testing and treatment and communicable disease control. Many also offer primary care for uninsured adults, with fees based on income.
  - Ryan White Program – The state of Tennessee provides medical services for residents who have tested positive for HIV.
  - Tennessee Department of Health - HIV/STD Program – This online resource provides information about how individuals with HIV or a STD can obtain assistance.
  - HIV/AIDS Services – Dyersburg Office (731) 285-8183 - This agency provides medical expense assistance, transportation, case management and care, food vouchers, rent and utility payment assistance, specialized information and referral to individuals with HIV/AIDS.
- Prescription Medication Assistance Resources:
  - Area Relief Ministries (ARM) (731) 423-9257 (Jackson, TN residents only) – This agency does not assist with obtaining pain medication.
  - Cover Tennessee - Cover Rx – This program is designed to assist those who have no pharmacy coverage but is in need of prescription medication. This program does not cover doctor or hospital visits – only medication.
  - Partnership for Prescription Assistance (1-800-477-2669) – This agency helps connect qualifying patients who do not have prescription drug coverage to appropriate programs that are right for them.
  - Regional Inter-Faith Association (RIFA) - Relief Services (731) 427-7963
    - Relief Services Application Checklist – This document provides details on what documentation the individual will need to bring with them to RIFA.
• Dental Care Assistance Resources:
  o Tennessee Health Department - West TN Regional Office Dental Clinic (731) 423-6600
  o Tennessee Health Department Public Dental Clinics - West Tennessee Region
  o Area Relief Ministries (ARM) (731) 423-9257 (Jackson TN residents) - Emergency dental extractions only.
    ▪ ARM Dental Guidelines and Intake Information

Healthcare Insurance Resources:

• TennCare – provides medical benefits to eligible individuals who are in need of aid and to those families who may have no medical insurance or inadequate insurance.
  o TennCare Eligibility Information
  o How to Apply for TennCare
• TennCare Advocacy Program - The TennCare Advocacy Program is an organization committed to helping Tennesseans get, use and keep TennCare.
• Affordable Healthcare Act - Young Adult Coverage – This site provides information about how young adults can remain on their parents’ health insurance until age 26.

Resources for Making Healthy Choices:

• CDC: Health and Safety for College Students – This online resource provides information directed towards college students on such topics as safety, staying healthy and binge drinking just to name a few.
• Choose My Plate – This site provides information to help individuals determine which foods they need to eat, how many servings from each group, and caloric intake each day.
  o My Plate on Campus for College Students – This site provides information about healthy eating and lifestyles for college students.
• Get Fit Tennessee – This interactive online resource is great for individuals who wish to get physically fit. There is also information on Type II Diabetes and Obesity.
• Health Information Tennessee – This site provides information on various health topics including reports and data from Tennessee.
• Tennessee Tobacco Quitline – This site is designed to help individuals who are trying to quit smoking or using tobacco.

Emergency Housing Resources:

• Emergency Housing for Families:
  o Area Relief Ministries (ARM) - Family Housing Initiative – ARM owns six single-family homes in Jackson. These homes are rented at subsidized rates. Case management services are provided to resident families who could have been at risk of homelessness.
  o Southwest Human Resource Agency - Homeless Assistance Program (731) 427-2147 – This program provides assistance to homeless families in the City of Jackson.
  o Dyersburg-Dyer County Union Mission (731) 285-0726
• Emergency Housing for Women:
  o The Dream Center - Jackson (731) 512-0095
  o The Care Center (731) 427-2273
Emergency Housing and Services for Men:
- Area Relief Ministries (ARM) (731) 423-9257 - This is on a first come first serve basis. Men should be lined up in front of 108 South Church Street in Jackson by 4:00 pm and no later than 4:30 pm. No shelter is available on Sunday.
- ARM's Room in the Inn (731) 423-9257 – ARM’s Room in the Inn partners with local churches to provide shelter to homeless men during the winter months.
- ARM’s Turning Point Safe Haven (731) 256-3130 – This eight bed program serves men who are chronically homeless and also have a co-occurring situation such as a mental illness.
- ARM's Fresh Start Program (731) 616-0916 – This program works with homeless men in Jackson by providing them with work opportunities that helps increase job readiness skills.
- ARM's Open Arm (731) 868-1724 – This program provides various services to homeless men in Jackson.

Housing Resources:

- Housing Voucher Program (Section 8) – Qualified individuals can find their own place and use vouchers to pay for all or part of their rent. To apply, an individual must contact their local public housing agency.
  - Public Housing Agency Locations (listed by city)
- West Tennessee Agencies in that Provide Rental Payment Assistance (excluding Shelby County):
  - Benton County Ministerial Alliance (731) 584-7744
  - Dyersburg Office – HIV/AIDS Services (731) 285-8183
  - Dyersburg Union Mission (731) 285-0726
  - Halls Mission (731) 836-7079
  - Helping Hands Ministry (Obion County) (731) 885-3924
  - Hope Ministries - Lexington (731) 968-0191
  - Meigs County Ministry - Decatur (731) 334-1071
  - Northwest Tennessee Economic Development Council
    - NWTEDC Office Locations
  - Salvation Army - Dyersburg TN - Rent Payment Assistance (731) 286-5117
  - Salvation Army - Jackson, TN - Rent Payment Assistance (731) 422-1271
  - Southwest Human Resource Agency (731) 427-2147 (City of Jackson)
- Keep My Tennessee Home - Mortgage Assistance Program – This program assists individuals who are at risk of losing their homes to foreclosure.

Legal Assistance Resources:

- Tennessee Alliance for Legal Services (TALS) (1-888-aLEGALz) - TALS is a statewide non-profit organization that seeks to build partnerships to support the delivery of effective civil legal services for low-income and elderly Tennesseans.
- West Tennessee Legal Services
  - West Tennessee Legal Services – Dyersburg Office (731) 285-8181
  - West Tennessee Legal Services – Huntingdon Office (731) 986-8973
  - West Tennessee Legal Services – Jackson Office (731) 423-0616
  - West Tennessee Legal Services – Selmer Office (731) 645-7961
Utility Payment Resources:

- **Area Relief Ministries (ARM) - Utility Assistance Program** (731) 423-9257 – Applications are accepted each week Monday – Wednesday at 9:00 am and 1:30 pm.
  - Utility Assistance Application Checklist
- **Benton County Ministerial Alliance** (731) 584-7744 – Camden, TN
- **Decatur County Shepard Fund** (731) 847-7471 – Parsons, TN
- **Dyersburg-Dyer County Union Mission** (731) 285-0726 - Dyersburg, TN
- **Dyersburg Office – HIV/AIDS Services** (731) 285-8183 – Dyersburg, TN
- **First Baptist Church Paris - Utility Vouchers** (731) 642-5074 – Paris, TN
- **Gleaners House - Utility Bill Assistance** - (731) 983-0377 – Henderson, TN
- **Hope Ministries - Lexington** (731) 968-0191 – Lexington, TN
- **Meigs County Ministry - Decatur** (731) 334-1071 – Decatur, TN
- **Navy-Marine Corps Relief Society - Emergency Assistance** (901) 874-7350 – This agency provides emergency financial assistance and budget counseling for active duty and retired Navy and Marine Corps personnel and their spouses.
- **Salvation Army - Dyersburg, TN - Utility Assistance** (731) 286-5117
- **Salvation Army - Jackson, TN - Utility Assistance** (731) 422-1271
- **Salvation Army - Paris TN - Utility Assistance** (731) 642-4105
- **Southwest Human Resource Agency - Low Income Home Energy Assistance Program (LIHEAP)** (Chester, Decatur, Hardeman, Hardin, Haywood, Henderson, McNairy, and Madison counties) – This program offers assistance with utility bills to eligible families. Individuals must apply at their local SWHRA Community Service Center.
  - 2013 LIHEAP Application Instructions
  - 2013 LIHEAP Application
  - Southwest Human Resource Agency (SWHRA) Community Service Centers
- **Northwest Tennessee Economic Development Council (NWTEDC) - Low Income Home Energy Assistance Program (LIHEAP)** (Benton, Carroll, Crockett, Dyer, Gibson, Henry, Lake, Obion, and Weakley counties) – Assistance is provided beginning July 1st through June 30th or until funds are exhausted. This applies to both regular and crisis assistance. Individuals must apply at their local NWTEDC office.
- **Regional Interfaith Association (RIFA) - Relief Services** (731) 427-7963 - RIFA provides relief services in several areas including utilities. RIFA will see the first six applicants who have all of their documentation starting at 9:00 a.m. on Mondays and 8:00 a.m. on Tuesdays, Wednesdays, and Thursdays.
  - 2013 Application Checklist for RIFA

Telephone Service Resources:

- **Southwest Human Resource Agency (SWHRA)** has partnered with telephone companies to offer reduced rate or free phone services through Safe Link Wireless for low-income families.
  - Safe Link Wireless
- **Lifeline Discount Telephone Assistance** – Administered by the Tennessee Regulatory Authority, this telephone assistance program is available to those whose income is low and who qualify for other public assistance programs.
Transportation Services:

- **Jackson Transit Authority** (731) 423-0200  
  - **Fare and Route Information** (City of Jackson)
- **Northwest Tennessee Human Resource Agency - Rural Public Transportation** (731) 587-2900
- **Southwest Human Resource Agency - Rural Public Transportation** (731) 989-0267

### CAREER AND EMPLOYMENT RESOURCES

Career Information Resources:

- **Career One Stop** – Sponsored by the U.S. Department of Labor, this online resource provides information on various topics as it relates to careers and employment.
- **CollegeForTN.org** is an online resource administered by the Tennessee Higher Education Commission for people who wish to develop education plans matching their career goals. The site provides information about the steps needed to reach college and financial planning tips. There are also tools to help users create resumes, prepare for job interviews and share their achievements, goals and plans with college and career advisors.
- **Exploring Career Information for Students** – This online resource is sponsored by the Bureau of Labor and Statistics. It offers students an opportunity to explore careers based on activities they like to do.
- **My Next Move** – This online resource provides information on various careers. It also contains a small assessment the individual can take.
- **My Skills My Future** – Sponsored by the U.S. Department of Labor, this online resource provides individuals with the opportunity to match their skills to the different occupations.
- **Occupational Outlook Handbook** – This online resource is published by the Department of Labor and Statistics. It profiles hundreds of occupations and is a great resource for someone looking for career information.
- **Occupational Outlook Quarterly Online** – This online resource provides practical information on such topics as careers, tips for job seekers and salary trends.
- **Onet Online** – Sponsored by the U.S. Department of Labor, this online data base contains information on hundreds of occupations. It also contains a small assessment the individual can take.
- **Tennessee Board of Regents (TBR) Virtual Career Center** – This website is for all Tennesseans including students, working adults, and non-working adults.
- **Tennessee Career Information Delivery System (TCIDS)** – TCIDS offers students and other Tennesseans career planning resources.
  - Tennessee Career Clusters
  - TCIDS Career Interest Survey
  - TCIDS - Career Data Base
  - TCIDS Institutional Survey – Based on their responses, this survey helps guide individuals to colleges and other institutions that would best fit their needs.
  - TCIDS Institution Data Base
• **Tennessee Pathways** – This site is a roadmap to Tennessee Career and Technical courses of study. Individuals can use this website to explore the 16 career clusters and download individual programs of study.
  o **Career Clusters**
  o **Programs of Study**

• **U.S. Bureau of Labor and Statistics - Occupational Profiles** – This site provides employment statistics for various occupations.

**Job Search Resources:**

• **Entry Level Job Site** – This online resource can assist an individual look for an entry level position.
• **Job Corps** – This is a free education and training program that helps young people learn a career, earn a high school diploma or GED, as well as how to find a job and keep it.
• **Jobs4TNOnline** – This is a detailed listing of available jobs in Tennessee. It is a great source for someone looking for a job.
• **Jobs in Tennessee** – This is a listing of job openings in Memphis as well as other cities in Tennessee.
• **Tennessee Career Coach** – Sponsored by the Tennessee Department of Workforce Development, the Career Coach is a mobile career center. It offers job seekers onsite internet access, computers, copy and fax machines. Onsite workshops on valuable job seeking skills are also available. To find out where the Career Coach will be going to next, please refer to the following schedule.
  o **Career Coach Schedule**

• **Tennessee Department of Labor and Workforce Development - Career Centers** – This agency provide numerous services including computer workstations for individuals to apply for jobs, on site workshops, and career readiness training.
  o **Tennessee Career Center Locations (by county)**

• **USA Jobs - Working for America** – Sponsored by the U.S. Department of Personnel, this online resource allows and individual to search federal job openings.
  o **USA Jobs - Individuals with Disabilities**
  o **USA Jobs - Students and Recent Graduates**
  o **USA Jobs - Veterans**

**Unemployment Resources:**

• **Tennessee Department of Labor and Workforce Development - Unemployment Insurance** – Unemployment benefits provide income to individuals who have lost work through no fault of their own.
  o **Application for Unemployment Benefits**

• **Tennessee Department of Labor and Workforce Development - Food Stamps Employment and Training Program** – This program is designed to prepare individuals to become successful employees and to place them into jobs.

• **Tennessee Opportunity Programs** – This agency works with migrant and seasonal farm workers and other disadvantaged Tennesseans.
- **Trade Adjustment Assistance (TAA) Program** – This program is federally funded and offers various services to workers affected by job loss or a cut in hours or wages due to increased imports or shift in production to a foreign country.
- **Work Force Investment Act (WIA)** – WIA is a federally funded training and job program
- **Worker ReEmployment** – This online resource is for individuals who have lost their jobs. It provides information on employment and other assistance.

### RESOURCES FOR SERVICE MEMBERS, VETERANS AND THEIR FAMILIES

#### Telephone Crisis and Suicide Prevention Hotlines for Veterans and Service Members:

- **Veterans Crisis Line**: 1-800-273-8255 Press 1 (24hrs/7days a week)
- Vet2Vet Crisis Hotline: 1-877-838-2838
- Military Crisis Hotline 1-800-273-8255 Press 1 (24hrs/7days a week)
- **DoD Safe Help Line for Military Sexual Trauma**: 1-877-995-5247
- **DSTRESS (Marine Corps)**: 1-877-476-7734 – Developed by the Corps, the DSTRESS line provides professional anonymous counseling for Marines.
- **U.S. Veterans Affairs - Sexual Trauma Services**
  - Memphis VA Medical Center – (901) 523-8990
  - Vet Center - Memphis - (901) 544-0173 or 1-877-927-8387
- **Veterans Caregiver Support Line**: 1-855-260-3274

#### Online Crisis and Suicide Prevention Resources for Veterans and Service Members:

- **Service Specific Resources**:
  - U.S. Air Force - Suicide Prevention Resources
  - U.S. Army - Suicide Prevention Resources
  - U.S. National Guard - Suicide Prevention Resources
  - U.S. Navy - Suicide Prevention Resources
- **DoD Safe Helpline Online for Military Sexual Trauma** – This site provides live, confidential sexual assault support to the Department of Defense community through instant messaging.
- **U.S. Veterans Affairs - Sexual Trauma Services** – This online resource provides information about the topic of military sexual trauma and the services provided.
- **MyDuty.mil - Military Sexual Assault** – Provides active duty service members who have been a victim of (or know someone who has) military sexual assault with information and guidance on reporting options and rights.
- **Online Real Warriors Live Chat** – Available 24 hours 7 days a week, Veterans can chat with a trained health resource consultant who is ready to listen and provide guidance as well as resources.
- **Online Veterans Crisis Chat** – Professionals are available 24 hours 7 days a week to assist Veterans through any crisis they may have.
- **Suicide Prevention** – This online resource provides information about suicide prevention and support for Veterans and their families including a confidential crisis link to telephone or electronic assistance.
Emergency Housing Resources for Veterans and Service Members:

- **Homeless Veterans Chat Line**
- **National Call Center for Homeless Veterans** (1-877-424-3838) Veterans who are homeless or at risk of becoming homeless can contact the National VA Call Center 24/7.
- **Navy-Marine Corps Relief Society - Emergency Assistance** (901) 874-7350 – This agency provides emergency financial assistance and budget counseling for active duty and retired Navy and Marine Corps personnel and their spouses.

Caregiving Services and Support Resources for Veterans and Their Families:

- **U.S. Department for Veterans Affairs - Veterans Caregiver Support** 1-855-260-3274 – Sponsored by the U.S. Department of Veterans Administration, this online resource provides information and support to those individuals who provide care to our Veterans.
- **Department of Veterans Affairs RESCUE - Resources and Education for Stroke Caregivers** – This site provides stroke caregivers information and resources to help them better care for their loved ones.
- **U.S. Department of Veterans Affairs - Services for Family Caregivers of Post 9/11 Veterans**
  - Care Giver Services Fact Sheet 1-877-222-VETS (8387)

Mental Health Resources for Service Members, Veterans and Their Families:

- **After Deployment** – This is an excellent online resource that provides numerous resources, videos, and assessments on various mental health topics as they relate to Active Duty Service Members, Veterans, families and caregivers.
- **Army Behavioral Health** - This online resource provides helpful information for soldiers who are just returning, deploying, or transitioning back to civilian life.
- **Coaching Into Care** 1-888-823-7458 – Sponsored by the U.S. Department of Veterans Affairs, Coaching into Care provides a coaching service for family and friends who see that their Veteran needs help.
- **DCoE Outreach Center for Psychological Health and Traumatic Brain Injury** 866-966-1020 – Sponsored by the Defense Centers of Excellence, the Outreach Center provides Veterans assistance with psychological and traumatic brain injury issues.
  - DCoE Outreach Center Information Sheet
- **JSCC ULifeline** – Mental health resources for college students (including Veterans) sponsored by the Jed Foundation.
- **Living With Traumatic Stress - You Are Not Alone** – This is a pamphlet from the Disabled American Veterans written for Service Members, Veterans, and their families.
- **Make the Connection** – This online resource connects Veterans, their friends and family members with information, resources, and solutions to issues affecting their health, well-being and everyday lives. Veterans can hear inspiring stories of strength, learn what has worked for other veterans and explore information about physical and mental health symptoms, challenging life events and mental health conditions.
- **Military OneSource** 1-800-342-9647 – This is a free 24 hour service available to all active duty, guard, reserve members and their families regardless of activation status. Information and referrals are given on a wide range of issues including behavioral health. Face-to-face, phone, and online counseling services are available.
• **Real Warriors - Dealing With Post-Deployment Stress** – This site provides tips on how Service members and Veterans can deal with post-deployment stress.

• **Real Warriors - Managing Stress in the Workplace** – This online resource provides Veterans tips on handling stress as it relates to transitioning back into the workplace.

• **Real Warriors - National Guard and Reserve Members Resources** – This site provides some great resources for National Guard and Reserve members.

• **Reserves and National Guard Resource Center** – Sponsored by the Department of Defense’s Deployment Health Clinic, this site serves as a resource center for members of the reserves and the National Guard.

• **Tricare** – Tricare beneficiaries, including retirees and their dependents, are eligible for civilian outpatient mental health treatment. The web page will prompt the individual with three questions that he or she will need to answer.

• **U.S. Department of Defense MHS - Mental Health** – Provides information that assists with supporting the psychological health of the military community.

• **U.S. Department of Veterans Affairs - Mental Health Services and Information** – This online resource provides an overview of mental health services available to Veterans as well as information about various mental health topics.

• **U.S. Department of Veterans Affairs - PTSD Program** - PTSD Intensive/Inpatient Memphis VA Center (901) 523-8990 ext. 5845, PTSD Outpatient Memphis VA Center (901) 523-8990 ext. 5753

• **U.S. Department of Veterans Affairs - Vet Centers** provides a broad range of counseling, outreach, and referral services to all war zone Veterans. The following is a list of Vet Centers in Tennessee:
  - Chattanooga
  - Johnson City
  - Knoxville
  - Memphis
  - Nashville

• **Vets4Warriors** – 1-855-VET-TALK (1-855-838-8255) – This organization serves National Guard and Reserve Service members. It is staffed by Veterans and provides personal support, referral services and a live online chat service.

• **Vets Prevail** – This organization offers Veterans a free online transition program, the opportunity to chat with Veteran peer coaches and interact with Veterans in their community.

**Substance Abuse Resources for Service Members and Veterans:**

• **Army Substance Abuse Program** – This program provides online substance abuse prevention and treatment information for individuals who are currently serving in the Army.

• **Real Warriors - How Veterans Can Address Substance Misuse** – Veterans can learn how to find treatment for substance abuse including alcohol and tobacco.

• **Substance Abuse and Mental Health Services Administration (SAMHSA)** – Veterans can access information about prevention, treatment, and recovery support for mental health and substance abuse disorder.

• **U.S. Department of Defense MHS - Substance Abuse** 1-800-342-9647 – Provides information specific to substance abuse and treatment for the military community.
Health Resources for Service Members and Veterans:

- **Brain Line - Military** – This organization provides traumatic brain injury information and resources for Veterans, National Guard and Reserve members.
- **Center for Women Veterans** – Sponsored by the U.S. Department of Veterans Affairs, the online resource provide information about the Center for Women Veterans including benefits and services available to women veterans.
- **InTransition 1-800-424-7877** – This voluntary and confidential program supports individuals as they move between health care systems or providers. A personal coach, along with resources and tools, will help the individual during his or her transitional period.
- **Memphis VA Medical Center** (901) 523-8990
  - Medical Services
  - Mental Health Services
  - Nutrition and Food Services
  - Outpatient Clinic - Jackson TN (731) 661-2750
  - Spinal Cord Injuries
  - Women’s Health Care
- **My HealtheVet** - This online resource is the U.S. Department of Veterans Affairs online personal health record that allows veterans to partner with their healthcare team. It provides veterans with opportunities and tools to make informed decisions about their health care.
- **Tricare Smoking Cessation Program for Veterans** 877-222-8387 (VA Veterans)
- **U.S. Department of Veterans Affairs - Blind Rehabilitation Services** – This site provides an overview of services available to Veterans who are blind or visually impaired.
- **U.S. Department of Veterans Affairs - Health Care Benefit Information** – This site provides health care benefit information for Veterans, dependents and survivors.
- **U.S. Department of Veteran Affairs – Poly trauma and Traumatic Brain Injury** – This resource provides educational information about poly trauma and traumatic brain injury as it relates to Veterans.
- **U.S. Department of Veterans Affairs - Smoking Cessation Services** – This site provides information about smoking cessation programs for Veterans.
- **Wounded Warriors Project (WWP) - Programs** – This organization provides support to Veterans, Service members who have incurred a physical or mental injury, illness, wound co-incident to their military service on or after September 11, 2001.

Educational Resources for Service Members, Veterans and Their Families:

- **U.S. Department of Veterans Affairs - Educational and Vocational Counseling Services** – The U.S. Department of Veterans Affairs provides free vocational and educational counseling services for transitioning Service members and individuals eligible for GI Bill benefits. After receipt of an application, a counseling appointment will be set for eligible Service members and Veterans at one of the regional offices, out based locations, training facilities, or military installations.
  - VA Educational and Vocational Counseling Application
- **U.S. Department of Veterans Affairs - Student Handouts, Brochures, and Regulations** – This online resource offers veterans various handouts, brochures, and regulations on educational benefits
• **GI Bill - Educational Benefits** – Sponsored by the U.S. Department of Veterans Affairs, this website provides educational benefit information such as choosing a school, applying for benefits and verifying attendance. This site also provides information on the following educational programs for veterans:
  o **Post 9/11 GI Bill**
  o **Montgomery GI Bill**
  o **Other Educational Assistance Programs**

Career / Employment Resources for Veterans and Military Families:

• **Army Cool** - This online resource assist Service members in finding civilian credentials related to their military occupational specialty.

• **Employment Assistance - Veterans** – The Tennessee Career Center offices serve as an outreach to veterans to ensure they get preference in referral to jobs and other services.
  o **Tennessee Career Center Locations (by county)**

• **Feds Hire Vets** – This online resource provides federal employment information for veterans.

• **Hero2Hired** – This online resource provides Veterans with the opportunity to search for jobs explore career paths by military skills and find information on hiring events around the country.

• **Military to Civilian Occupation Translator** – This site is sponsored by the U.S. Department of Labor and can help Veterans match military skills and experience to civilian occupations.

• **Military Spouse Employment Partnership - Ourmilitary.mil** – This resource is designed to provide military spouses (other spouse is in active duty) access to career and educational counseling, career coaching, job search, and resume' writing assistance.

• **My Next Move - For Veterans** – This is an online resource specifically designed for veterans. It allows the individual to explore various careers while taking into account their experience.

• **Navy Cool - U.S. Navy Credentialing Opportunities** – This online resource assist Service members in finding civilian credentials related to their military occupational specialty.

• **Real Lifelines: Veterans Employment and Career Transition** – Sponsored by the U.S. Department of Labor, this interactive online tool provides employment information and resources for wounded or injured Service members / Veterans seeking to reintegrate into the civilian workforce.

• **Real Warriors - Resume Writing and Job Application Assistance** – This online resource is for Veterans and Service members and it provides tips on how to write resumes and complete job applications.

• **Real Warriors - Tips on Reducing Job Interview Stress** – This online resource is for Veterans and Service members and it provides some great information on how to reduce job interview stress.

• **Storm Copper Components Co.** – This company hires Veterans.

• **U.S. Department of Labor - Post 9/11 Era Gold Card Initiative for Veterans** – This initiative provides post 9/11 era Veterans with intensive follow-up services they need to succeed in today’s labor market.

• **U.S. Department of Veterans Affairs - Vocational Rehabilitation Employment Program** – Sponsored by the U.S. Department of Veterans Affairs, this online resource gives a description of the program, eligibility, and the processes associated with approval.

• **U.S. Military Apprenticeship Program (USMAP)** – This program allows active duty Coast Guard, Marine Corps, and Navy service members to complete civilian apprenticeship requirements.

• **Veterans Job Bank** – This online resource provides Veterans with the opportunity to identify employment opportunities.
• **Veterans ReEmployment** – Sponsored by the U.S. Department of Labor, this online resource provides information on employment and services that are available to veterans.

• **VetSuccess.gov** – This online resource is a comprehensive one-stop site for Veterans and Service members’ employment needs. Veterans and Service members can browse job listings and post resumes.

**Benefit and General Information Resources for Service Members and Veterans:**

• **My Army Benefits in Tennessee** – This online resource provides a listing of benefits offered through the state of Tennessee for Veterans and Service members of the Army.

• **National Resource Directory (NRD)** – The National Resource Directory provides access to thousands of services and resources at the national, state and local levels to support recovery, rehabilitation and integration. NRD targets Veterans, Wounded Warriors, Service Members, families and caregivers. It provides information on key topics such as healthcare, employment and education.

• **U.S. Department of Veteran Affairs Southern Regional Office** (1-800-827-1000) – Located in Nashville Tennessee, the southern regional U.S. Department of Veterans Affairs office provides veterans with information concerning their compensation, pension, loan guaranty, vocational rehabilitation and employment, education and insurance benefits.

• **Tennessee Department of Veterans Affairs (TDVA) Field Offices** – The field offices assists Veterans and their families with filing claims for federal benefits.

• **U.S. Department of Veterans Affairs Benefits Booklet** –This resource provides a listing of benefits for Veterans and their families. Individuals can view the booklet online, in e-print, or they can download the print edition.

• **U.S. Department of Veterans Affairs - eBenefits** – Sponsored by the U.S. Department of Veterans Affairs and the Department of Defense, eBenefits is an online benefit information source for veterans and their families. Individuals will be required to register for a net login.

• **U.S. Department of Veterans Affairs - IRIS (Inquiry Routing and Information System)** – This online resource is great for Veterans who may have questions concerning their benefits.

• **U.S. Department of Veterans Affairs - Returning Service Member Benefits** – This site provides information about services and benefits that are available to OEF/OIF/OD Veterans who have recently returned from military service.

• **U.S. Department of Veterans Affairs - VA Forms** – This is an extensive list of forms published by the U.S. Department of Veterans Affairs. Individuals will need Adobe Reader in order to download the forms. There is a link for a free download of the Adobe Reader on the website.

**Organizations that Support Service Members, Veterans and Their Families:**

• **American Veterans (AMVET)** – AMVET provides leadership, advocacy, and service to America’s Veterans on various issues including benefits in which they are entitled to.

• **Disabled American Veterans (DAV)** – DAV is an organization that works to build better lives for disabled veterans and their families.