

Southeast TN Mental Health Providers Accepting New Patients via Telehealth- Updated 4/8/2020

NOTE: The following list contains information about mental health providers in the southeast TN area who are providing telehealth services during the COVID-19 pandemic.

Some of these services are offered on a case-by-case basis. Please reach out to providers directly to find out more information.

If you are provider who would like to be on this list, please complete this form: <https://forms.gle/8so4fYFzVPvYQyacA>

If you have insurance and are looking for mental health services (non-emergency):

- Check the phone number on the back of your card and contact your insurance company
- Ask what behavioral health services are covered and get a list of providers

If you are employed and have an Employee Assistance Program (EAP) and are looking for mental health services (non-emergency):

- Contact your EAP program to find what services are covered and get a list of providers

If you are uninsured and looking for mental health services (non-emergency):

- Reach out to the TDMHSAS Office of Consumer Affairs Helpline during regular business hours (800) 560-5767
- Call the Mental Health America of East TN peer call center during regular business hours (877) 642-3866
- See list below for providers offering sliding scale, state safety net, or self-pay options

Crisis Services (Emergency):

| Provider Name | Phone Number |
|--|-----------------------|
| Statewide Crisis Line | (855) 274-7471 |
| Volunteer Behavioral Health Care System - Mobile Crisis (Adults) | (800) 704-2651 |
| Youth Villages- Mobile Crisis (Ages 5-17) | 1-866-791-9225 |
| Erlanger Behavioral Health Hospital (inpatient) | (855) 604-7431 |
| Parkridge Valley Hospital (inpatient) | (800) 542-9600 |
| Tennova Pine Ridge (inpatient) | (423) 479-4673 |
| Centerstone 24/7 crisis line | 800-681-7444 |
| National Suicide Prevention Lifeline | (800) 273-8255 |
| Crisis Text Line | Text TN to 741 741 |

Telehealth Outpatient Options for the Uninsured:

| Provider Name | Phone Number | Age Groups | Notes: |
|--|-----------------|--|---|
| The Center for Individual and Family Effectiveness | (423) 265-7935 | Adult (18-64) | Offers sliding scale |
| Centerstone | (888) 291-4357 | Pediatric (0-12) Adolescent (12-17) Adult (18-64) Geriatric (65+) | Chattanooga office also offering limited in-person services. Offer self pay and safety net options. |
| Covenant Family Connections | (423) 402-8256 | Pediatric (0-12) Adolescent (12-17) Adult (18-64) Geriatric (65+) | Offers sliding scale. Bilingual (English/Spanish) |
| Earth & Soul Integrative Practice | (423) 503-2318 | Adult (18-64) Geriatric (65+) | Offers sliding scale |
| Elbow Tree Christian Counseling | (423) 517-7070 | Adult (18-64) | Offering reduced session fees (\$60) through 4/30 |
| Elu: Counseling, Consulting, and Coaching | (423) 486-0774 | Pediatric (0-12) Adolescent (12-17) Adult (18-64) Geriatric (65+) | Offers sliding scale. Faith based services available. |
| Helen Ross McNabb Center (Adult, Chattanooga) | (800) 255- 9711 | Adult (18-64), Geriatric (65+) | Offers sliding scale, grant, & state safety net programs |
| Helen Ross McNabb Center (Child, Chattanooga) | (800) 255- 9711 | Pediatric (0-12) Adolescent (12-17) | Offers sliding scale, grant, & state safety net programs |
| Helen Ross McNabb Center (Athens) | (800) 255- 9711 | Adult (18-64) | Offers sliding scale, grant, & state safety net programs |
| Hiwassee Mental Health-Cleveland | (423) 479-5454 | Pediatric (0-12) Adolescent (12-17) Adult (18-64) Geriatric (65+) | Offers sliding scale and state safety new program |
| Hiwassee Mental Health-Athens | (423) 745-8802 | Pediatric (0-12) Adolescent (12-17) Adult (18-64) Geriatric (65+) | Offers sliding scale and state safety new program |
| Johnson Mental Health Center | (423) 634-8884 | Adult (18-64) Geriatric (65+) | Only in-person appointments are with first-time appointments. Offers state safety net program. |

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|---|----------------|--|--|
| Journey Psychotherapy Center | (423) 521-5678 | Pediatric (0-12) Adolescent (12-17) Adult (18-64) Geriatric (65+) | Offers sliding scale |
| Lauren M Stevens, LPC-MHSP | (423) 763-1213 | Adult (18-64) | Offering sliding scale and evening appointments |
| Lee University Marriage and Family Therapy Center | (423) 614-8112 | Pediatric (0-12) Adolescent (12-17) Adult (18-64) Geriatric (65+) | No charge for telehealth during COVID-19 crisis, but can only see TN residents. This is a training clinic, so severe cases may be referred to other providers. |
| Mental Health Cooperative- Chattanooga | (423) 697-5953 | Pediatric (0-12) Adolescent (12-17) Adult (18-64) | Also offering limited in-person services. |
| Mental Health Cooperative - Cleveland | (423) 728-6400 | Pediatric (0-12) Adolescent (12-17) Adult (18-64) | Also offering limited in-person services. |
| River City Counseling | (423) 933-2575 | Pediatric (0-12), Adolescent (12-17), Adult (18-64) | Offers sliding scale |
| Sound Living Counseling | (423) 505-5475 | Pediatric (0-12), Adolescent (12-17) Adult (18-64) | Offers sliding scale |
| Wild Oaks Counseling | (423) 715-8099 | Pediatric (0-12) Adolescent (12-17) Adult (18-64) Geriatric (65+) | Offers sliding scale |

To see the full up-to-date list of providers, click here: https://docs.google.com/spreadsheets/d/1d0uCB_ZVsfZ_Yvqr_JBsm-lmiVaPgWa8NKn23MZA13s/edit?usp=sharing

Other Self-Pay Options (no sliding scale or reduced fees):

| Provider Name | Phone Number | Age Groups | Notes: |
|------------------------------|----------------|--|-------------------------------------|
| Behavioral Health Associates | (423) 899-0024 | Adolescent (12-17) Adult (18-64) | |
| Center for EMDR Therapy | (423) 910-9430 | Adult (18-64) Geriatric (65+) | |
| Deborah Lancaster LMFT | (423) 847-2130 | Adult (18-64) Geriatric (65+) | |
| The Middle Path | (423) 269-8900 | Adolescent (12-17) Adult (18-64) Geriatric (65+) | |
| Phoenix Health | (423) 208-8099 | Adult (18-64), Geriatric (65+) | Telehealth only at this time. |
| Resonance | (706) 403-6148 | Adult (18-64) | Georgia residents. LGBTQ+ affirming |

Addiction Recovery

If you need help finding addiction recovery services, please call 1-800-889-9789

Online Therapy Options:

Talkspace <https://www.talkspace.com/>

- Offering free therapy for health workers battling COVID-19

Better Help www.betterhelp.com

- Offering reduced fees

Wellnite <https://www.wellnite.com/>

- Offering free mental health coaching sessions

Online Therapy <https://www.online-therapy.com/>

- Free access to worksheets, yoga and meditation videos, activity plan, journal, and tests
- Offering reduced therapy fees

Therapy Tribe www..therapytribe.com

Local Mental Health Support:

NAMI Chattanooga (Family support for families of loved ones with mental illnesses) <https://www.namichattanooga.org/> (423) 521-2590

Depression Bipolar Support Alliance <https://www.dbsachattanooga.org/>

Mental Health America of East Tennessee Peer Recovery Call Center: 877-642-3866

Online Support Resources:

7 Cups: www.7cups.com

- Free online text chat with a trained listener for emotional support and counseling. Also offers fee- for-service online therapy with a licensed mental health professional. Service/website also offered in Spanish.

Emotions Anonymous: www.emotionsanonymous.org

- An international fellowship of people who desire to have a better sense of emotional well-being. EA members have in person and online weekly meetings available in more than 30 countries with 600 active groups worldwide. The EA is nonprofessional and can be a complement to therapy.

Support Group Central: www.supportgroupscentral.com

- Offers virtual support groups on numerous mental health conditions - free or low-cost. Website also offered in Spanish.

NAMI Discussion Groups www.nami.org

The Tribe Wellness Community: www.therapytribe.com

- Free, online peer support groups offering members facing mental health challenges and/or difficult family dynamics a safe place to connect. Support groups include Addiction, Anxiety, Depression, HIV/AIDS, LGBT, Marriage/Family, OCD and Teens.

SupportGroups.com: <https://online.supportgroups.com/>

- Website featuring 200+ online support groups.

For Like Minds: www.forlikeminds.com

- Online mental health support network that allows for individuals to connect with others who are living with or supporting someone with mental health conditions, substance use disorders, and stressful life events.

18percent: www.18percent.org

- Offers a free, peer-to-peer online support community for those struggling with a wide range of mental health issues.

Psych Central: www.psychcentral.com

- Offers online mental health resources, quizzes, news, an “Ask the Therapist” function, and online support communities.

The Mighty <https://themighty.com/>

- Online community for those living with various health conditions, including a community focused on mental health

Sanvello <https://www.sanvello.com/coronavirus-anxiety-support/>

- App for anxiety, stress, and depression
- Content, coping tools, peer support
- Offering free premium access during coronavirus crisis

Tricycle <https://tricycle.org/trikedaily/online-meditation/>

- Free online meditation sessions

Support through Facebook Groups:

Talkspace <https://www.facebook.com/pg/Talkspacetherapy/groups/>

- Currently offering 5 free therapist-led online support groups

You can also search key words like “COVID anxiety” on Facebook and find groups that provide support.

Helpful COVID-19 and Mental Health Resource Documents:

- State of Tennessee: <https://www.tn.gov/behavioral-health/covid19.html>
- Mental Health America: <https://mhanational.org/covid19>
- National Alliance on Mental Illness: <https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>
- PAR Partners International: <https://parpartnersinternationalinc.com/covid-19>
- UnifiED resource guide for Hamilton county students and caregivers: <https://www.unifi-ed.org/covid.html>

For questions or comments regarding this resource guide, please contact Rachel Gearing at rgearing@tspn.org.

BEHAVIORAL HEALTH SAFETY NET



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

**34,450 PEOPLE
SERVED IN FY2019**

Behavioral Health Safety Net of Tennessee provides essential mental health services to people who are uninsured, underinsured, or have no means to pay.

TOP SERVICES

- Assessment and Evaluation
- Case Management
- Psychiatric Medication Management
- Psychosocial Rehabilitation Services
- Therapeutic Interventions

CURRENT ELIGIBILITY REQUIREMENTS

- Primary Qualifying Mental Health Diagnosis
- No other behavioral health coverage
- Income at or below 138% FPL
- 18 Years of age or older
- Tennessee Resident

IMPORTANT FACTS

- 146 Office Locations Statewide
- Outpatient Services Only
- Behavioral health medication provided through CoverRx
- Is not insurance or part of TennCare

PROVIDER NETWORK

WEST

Alliance Healthcare Services
901-369-1400
Carey Counseling
800-611-7757
Case Management, Inc.
901-821-5600
Cherokee Health Systems
866-231-4477

LifeCare Family Services
901-800-4645
Pathways Behavioral Health
731-541-8200
Professional Care Services
877-727-2778
Quinco Community MHC
800-532-6339

MIDDLE

Centerstone of TN
888-291-4357
LifeCare Family Services
877-881-0359
Mental Health Cooperative
615-726-3340
Volunteer Behavioral Health
877-567-6051

EAST

Cherokee Health
866-231-4477
Frontier Health
855-336-9327
Peninsula
865-970-9800
Ridgeview
800-834-4178
Helen Ross McNabb
865-637-9711
423-266-6751
Mental Health Cooperative
423-697-5950
Volunteer Behavioral Health
877-567-6051

Link for more information: tn.gov/behavioral-health/safety-net

{SUICIDE}

IS 100% PREVENTABLE

Reach out for
HELP.

Reach out for
HOPE.



Tennessee Suicide Prevention Network

CRISIS TEXT LINE |

Text "TN" to
741 741



Tennessee Suicide
Prevention Network

"Saving Lives in Tennessee"
www.tspn.org



Department of
Mental Health &
Substance Abuse Services

TN.gov/CrisisLine

TENNESSEE
STATEWIDE
CRISIS LINE

There is hope.

855-CRISIS-1
(855-274-7471)