

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/8so4fYFzVPvrQyacA>

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.

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-1miVaPgWa8NKn23MZA13s/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.supportgroupcentral.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 Gearinger at rgearinger@tspn.org.

BEHAVIORAL HEALTH SAFETY NET



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	LifeCare Family Services	Centerstone of TN	Cherokee Health	Helen Ross McNabb
901-369-1400	901-800-4645	Pathways Behavioral Health	LifeCare Family Services	865-637-9711
Carey Counseling	731-541-8200	Professional Care Services	Frontier Health	423-266-6751
800-611-7757	615-726-3340	Quinco Community MHC	Peninsula	Mental Health Cooperative 423-697-5950
Case Management, Inc.	877-727-2778	Volunteer	Ridgeview	877-567-6051
901-821-5600	800-532-6339	Behavioral Health	800-834-4178	Volunteer Behavioral Health 877-567-6051
Cherokee Health Systems				
866-231-4477				

MIDDLE

LifeCare Family Services	888-291-4357	866-231-4477	Cherokee Health	Helen Ross McNabb
Pathways Behavioral Health	877-881-0359	855-336-9327	Frontier Health	865-637-9711
Professional Care Services	615-726-3340	865-970-9800	Peninsula	423-266-6751
Quinco Community MHC	877-567-6051	800-834-4178	Ridgeview	Mental Health Cooperative 423-697-5950

EAST

LifeCare Family Services	888-291-4357	866-231-4477	Cherokee Health	Helen Ross McNabb
Pathways Behavioral Health	877-881-0359	855-336-9327	Frontier Health	865-637-9711
Professional Care Services	615-726-3340	865-970-9800	Peninsula	423-266-6751
Quinco Community MHC	877-567-6051	800-834-4178	Ridgeview	Mental Health Cooperative 423-697-5950

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
STATEWIDE
CRISIS LINE**

There is hope.

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

TN

Tennessee Suicide
Prevention Network

“Saving Lives in Tennessee”
www.tspn.org

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

TN.gov/CrisisLine