

Memphis Community Resource Guide

Free and low-cost help across Memphis and Shelby County | August 2026

How to read this guide: the picture beside each heading shows the kind of help. **FREE** means **no cost** to the person served.  **24/7** means **open around the clock, every day**. Anything without a free tag may charge a fee or use a sliding scale — ask when you call.

START HERE — OPEN AROUND THE CLOCK

988 Suicide & Crisis Lifeline — call or text **988**. Free, confidential crisis counseling. The Memphis Crisis Center answers locally.

LINC 2-1-1 — dial **211**. Referral line to nearly any local service.

Sexual Assault Hotline — 901-222-4350 • **Domestic Violence Hotline** — 901-725-4277 • **Homeless Families Hotline** — 901-529-4545

Child Abuse Hotline — 1-877-237-0004 • **Breastfeeding Hotline** — 855-423-6667

Mental health walk-in — Alliance Crisis Wellness Center, 901-577-9400, open any hour

Emergency — 911 • **MPD non-emergency** — 901-545-2677

HOMELESSNESS & SHELTER

MIFA — Hotline for Homeless Families **FREE**  **24/7**

901-529-4545 (24-hour hotline) | Main 901-527-0208 | 910 Vance Ave, 38126 | mifa.org

Shelter placement for families with minor children; also rent, mortgage, and utility assistance. Bring photo ID, Social Security cards, birth certificates, school and shot records, proof of address.

Alpha Omega Veterans Services **FREE**

901-726-6820 | 1183 Madison Ave, 38104 | VA referral required

Transitional and permanent supportive housing for veterans; 90-day program with shelter, counseling, clothing, and meals, plus halfway housing up to 18 months.

Calvary Rescue Mission (men 21+)

901-775-2570 | 960 S. 3rd St, 38106

44 rooms with breakfast and dinner, clothing, and chapel services. Photo ID or three other forms of identification required.

Catholic Charities of West Tennessee **FREE**

901-722-4762 | Youth Navigator 901-722-4729 | 85 N. Cleveland, 38104 | Walk in 8 AM–2 PM

Housing stability and financial assistance for individuals, families, and veterans. Separate navigator for young adults needing housing support.

Community Alliance for the Homeless

cafh.org

Coordinates housing services across Memphis and Shelby County and publishes safety planning tips for anyone sleeping outside.

Door of Hope

doorofhopememphis.org

Housing plus supportive services for chronically homeless individuals.

Hospitality Hub **FREE**

901-730-1736 | 590 Washington Ave, 38105 | Mon–Fri 9 AM–12 PM, 1–4 PM

Help obtaining birth certificates and TN driver's licenses; referrals to free healthcare, mental health, and dental services. Work Local offers paid day labor plus a hot meal, seven days a week.

Memphis Union Mission (men 18+) FREE**901-526-8403 | Shelter 901-526-8434 | 383 Poplar Ave, 38105**

Overnight shelter, meals, clothing closet, showers, weekly medical clinic, and recovery programs. Free year-round; check in 9 AM–2 PM (late check-in to 7 PM).

Missionaries of Charity (women & children) FREE**901-527-4947 | 700 N. 7th St, 38107 | 3 PM–8 AM**

Free overnight shelter with breakfast for up to three weeks.

Moriah House (women & children) FREE**901-522-8819 | Referral required**

Long-term recovery housing for up to 15 women and their children; serves survivors of domestic violence, substance use, and sex work.

Porter-Leath — Youth Emergency Shelter FREE**901-577-2500 | 868 N. Manassas St | porterleath.org**

Emergency shelter for runaway and homeless youth, plus foster care placement.

Room in the Inn FREE**901-467-0122 | 409 Ayers St, 38105 | Office Mon–Fri 9 AM–5 PM**

Free overnight beds; spaces typically fill by 5 PM, so arrive early.

**FOOD ASSISTANCE****901 Community Fridges FREE 🕒 24/7****901communityfridges@gmail.com | Facebook: 901 Community Fridges | No ID, no paperwork, no sign-up**

Outdoor fridges stocked by neighbors, open every hour of every day. Take what you need, leave what you can.

Locations:

- Binghampton Community Church — 360 Tillman
- First Congo — 1000 Cooper
- Holy Trinity — 685 Highland (south side of the building)
- 7400 Cordova Club Drive East
- 472 Marianna Street
- 1122 College Street
- 999 Pearce Street
- Premier Plumbing & Mechanical — Pleasant View Road (northeast Memphis)

Catholic Charities Food Pantry FREE**901-722-4700 | 85 N. Cleveland, 38104 | Mon–Thu 9–11 AM**

Walk-in pantry plus mobile food pantries at rotating locations.

Manna Outreach — Mississippi Blvd Christian Church FREE**901-729-6222**

Emergency food daily for anyone in need; monthly supplemental boxes for seniors and people with disabilities.

Mid-South Food Bank FREE**901-527-0841 | 3865 S. Perkins Rd, 38118 | midsouthfoodbank.org**

Supplies hundreds of partner pantries, soup kitchens, shelters, and youth programs across 31 counties. The mobile pantry schedule and a pantry locator are on their website — check each week, because the locations change.

MIFA Meals on Wheels (seniors 60+) FREE**Screening via Aging Commission of the Mid-South, 901-222-4111**

Home-delivered and congregate meals for homebound or nutritionally at-risk seniors.

MIFA — Emergency Food Pantry Vouchers FREE**901-529-4526 | 910 Vance Ave, 38126 | Mon–Fri 7:30–10:30 AM**

Up to four vouchers per year, at least five days apart; matches families to the nearest pantry.

Neighborhood Christian Center FREE**901-881-6013 | 785 Jackson Ave, 38107 | ncclife.org**

Emergency food boxes by appointment, Monday–Friday.

St. John's United Methodist Church FREE**901-726-4104 | 1207 Peabody Ave, 38104**

Pantry 1st and 3rd Thursdays 10 AM–12 PM; free soup kitchen meal Tuesdays and Saturdays at 4:30 PM.

St. Luke's UMC — University District **FREE**

901-452-6262 | 480 S. Highland St, 38111

Pantry 2nd and 4th Thursdays 9:30 AM–12 PM (ID required); Sunday breakfast 8–9 AM, open to anyone.



HEALTHCARE, DENTAL & MEDICINE

Baptist Operation Outreach (mobile clinic for the unhoused) **FREE**

901-842-3167 or 901-283-8233 | Clinic site: 1325 Jefferson Ave | Tue–Thu 8 AM–5 PM

Free acute and primary care, disease management, medication, and **transportation to and from medical appointments** for people without permanent housing. Run by Baptist Memorial and Christ Community; the mobile unit also visits churches and encampments on request.

Christ Community Health Services

901-260-8500 | Broad Ave 2861 Broad Ave, 38112 • Frayser 3124 Thomas St, 38127: 901-260-8400 | christcommunityhealth.org

Federally qualified health center with several Memphis locations. Adult and pediatric primary care, dental, pharmacy, behavioral health, prenatal care, and HIV care. **Sliding-scale fees for the uninsured** — care is not refused for inability to pay. Services vary by site, so call the specific center.

Church Health

1350 Concourse Ave, Suite 142, 38104 | churchhealth.org

Primary care, dental, behavioral health, and a prescription assistance program for uninsured Shelby County residents. The **MEMPHIS Plan** connects qualifying working Memphians to a primary care provider. Dental is **appointment only — no walk-ins**; emergency slots go on a first-call basis, so call early in the morning. **The Well** offers free on-site childcare (6 weeks–12 years) during your appointment.

Concorde Career College — dental cleanings

901-202-7660 | 5100 Poplar Ave, Suite 150 | Base fee \$30

Cleanings only, performed by dental hygiene students under supervision. No Social Security number required.

Health insurance enrollment **FREE**

TennCare • CoverKids • healthcare.gov • Church Health MEMPHIS Plan

TennCare is Tennessee's Medicaid program. CoverKids covers children 18 and under and pregnant women who qualify. If you assume you won't qualify, check anyway — many families do. Call 211 and someone will help you apply.

Memphis Health Center

901-261-2000 | 380 E.H. Crump Blvd, 38126 | Sliding scale

Adult and pediatric primary and preventive care, internal medicine, immunizations and early screenings, and adult and pediatric dental. Serves Shelby and Fayette counties.

Shelby County Health Department

901-222-9000 | Clinic appointments 901-222-9980 | 814 Jefferson Ave, 38105

Public health clinics across the county: immunizations, STI testing and treatment, TB services, maternal and child health, and WIC enrollment.

UT College of Dentistry — emergency dental

875 Union Ave, 38136 | Sign in 7:30 AM until full | Mon, Tue, Thu, Fri (closed Wed)

Low-cost emergency dental care. First-come, first-served and it fills fast — arrive before 7:30. Spanish-speaking staff may not be available; bring an interpreter if needed.

Vance Avenue Dental Clinic

901-526-4442 | 516 Vance Ave, 38126 | Mon–Thu 1:00–5:30 PM

First visit \$100. **No Social Security number required.** Bring ID, proof of income, and insurance info if you have it.



UTILITIES, RENT & BILLS

MIFA — rent, mortgage & utility help **FREE**

901-527-0226 | Help desk 901-529-4538 | Apply 7 AM–3 PM Mon–Fri | mifa.org

Rent, mortgage, and utility assistance for Shelby County households that lost income or hit a recent crisis. Apply online and a staff member calls you back the same or next business day. You will need to document the crisis.

MLGW — payment plans & assistance

mlgw.com/utilityassistance | **Downtown Community Office, 245 S. Main St, 9 AM–4:30 PM**

MLGW's own programs include **On Track** deferred billing and the **Plus-1** assistance fund. The Downtown Community Office also processes LIHEAP applications with the county; book a slot through the QLess appointment system at mlgw.com/QLess rather than walking in.

MLGW/TVA Utility Assistance Fund **FREE**

901-881-6013

A separate assistance fund administered through Neighborhood Christian Center.

The Salvation Army of Memphis **FREE**

901-543-8586 | 696 Jackson Ave, 38105

Utility, rent, food, shelter, and holiday assistance.

Shelby County Community Services Agency (LIHEAP) **FREE**

901-222-4200 | 1188 Minna Place, 38104 | shelbycountycsa.org

The main utility assistance program in Shelby County. **Regular assistance** helps with energy costs; **crisis assistance** is expedited if you have a shut-off notice. You must live in Shelby County, be the MLGW account holder with the bill in your name, have an active account, and meet income guidelines. Renters and homeowners both qualify. Apply online, by mail, or in person. **Apply once and wait** — resubmitting restarts the clock, and duplicate applications delay you.

Society of St. Vincent de Paul **FREE**

901-722-4703 | 1306 Monroe Ave, 38104

Emergency help with utility bills, rent, and medical costs. The number to call may depend on your ZIP code — ask when you reach them.



CLOTHING & BASIC GOODS

Catholic Charities Clothing Closet **FREE**

901-722-4700 | 85 N. Cleveland, 38104 | Mon–Thu 9 AM–1 PM

Free basic clothing for families and individuals, including gently used women's and children's clothing. Open to anyone in need in Shelby County. Same building as their food pantry.

Dress for Success Memphis **FREE**

901-363-3100 — call to schedule | memphis.dressforsuccess.org

Professional interview and work clothes for women, plus career coaching and workshops. If you have an interview coming up and nothing to wear, call them — this is exactly what they are for.

Goodwill Memphis

901-716-9044 | goodwillmemphis.org

Low-cost clothing and household goods at stores across the Mid-South, plus job placement and career services. Not free, but usually the cheapest option if you cannot get a voucher.

Memphis Union Mission — clothing closet **FREE**

901-526-8403 | 383 Poplar Ave, 38105

Clothing, showers, and personal care items alongside shelter and meals. Free, no voucher needed.

The Salvation Army of Memphis **FREE**

901-543-8586 | 696 Jackson Ave, 38105 | salvationarmymemphis.org

Clothing vouchers redeemable at their thrift stores, plus seasonal coat and school-clothes drives. Vouchers are typically limited to **once per year per household**. Bring photo ID, proof of income, and household size; an eviction or shut-off notice helps for emergency hardship.

Society of St. Vincent de Paul **FREE**

901-722-4703 | 1306 Monroe Ave, 38104

Clothing vouchers for their thrift network, plus emergency financial help with rent, utilities, and medical costs. Volunteers usually do a phone interview first. Prioritizes seasonal needs like winter coats.

Sweet Cheeks Diaper Ministry **FREE**

901-674-7586 | Appointment required | See Moms & Babies section

Diapers, wipes, training pants, adult briefs, and period supplies.



MOMS, BABIES & NEW PARENTS

Tennessee Breastfeeding Hotline **FREE** **24/7****855-4BFMOMS (855-423-6667)**

Live lactation support at any hour. Le Bonheur Pediatrics locations also have board-certified lactation consultants and can supply an insurance-approved pump.

Free Portable Crib — Fetal & Infant Mortality Review **FREE****Shelby County Health Dept, 901-222-9000 | Appointment required**

Free portable crib for Shelby County parents of newborns up to 5 months, with safe-sleep education: baby sleeps Alone, on their Back, in a Crib.

Memphis Morning Center **FREE****901-209-0195 | 2400 Poplar Ave, Suite 501 | memphismorningcenter.org**

Free prenatal and postpartum medical care — visits, labs, ultrasounds, delivery partnerships with local hospitals — at no charge and with no insurance required. Appointments by phone only. Faith-based (Christian) organization.

Neighborhood Christian Center — Operation Smart Child **FREE****901-881-6013 | 785 Jackson Ave, 38107**

Parent education and ongoing mentor support for brain and social development, ages 0–3.

Nurse-Family Partnership — Le Bonheur **FREE****901-426-9680 — call or text | lebonheur.org**

Free registered-nurse home visits for **first-time mothers**, enrolled during pregnancy and continuing until the child's second birthday. Has served 1,600+ Shelby County mothers since 2010 and now also covers Tipton, Haywood, Madison, and Fayette counties. **Enroll as early in pregnancy as possible** — capacity is limited.

Porter-Leath — Parents as Teachers **FREE****901-577-2500 | porterleath.org**

Free parenting education and home visitation for Shelby County families with children under 5.

Postpartum Support — PSI Tennessee **FREE****postpartum.net | Crisis: call or text 988**

Peer and clinical support for postpartum depression and anxiety. Sunflower Counseling 901 runs free virtual groups for expecting moms and for mothers struggling in baby's first year (sunflowercounseling901.com).

Sweet Cheeks Diaper Ministry **FREE****901-674-7586 | 3845 Viscount Ave, Suite 13, 38118 | Tue–Fri 10 AM–3:30 PM | sweetcheeksdiaaperministry.org**

The Mid-South's diaper bank. Diapers (sizes N–6), training pants, wipes, formula and period supplies as inventory allows, and adult briefs. Serves Shelby County. **No walk-ins — call or email for an appointment first.**

WIC — Shelby County Health Department **FREE****Appointments 901-222-9980 | 1-800-342-5942 | 814 Jefferson Ave, 38105**

Supplemental food, nutrition education, breastfeeding support, and referrals for pregnant, breastfeeding, and postpartum women plus infants and children up to age 5. Income at or below 185% of federal poverty; TennCare or SNAP families are often automatically eligible. Fathers can bring children to apply.

**MENTORSHIP & YOUTH DEVELOPMENT****Amigo Community Center of the Mid-South** **FREE****901-573-8389 | info@amigocommunitycenter.com | 3766 Ridgeway Rd, 38115 | amigocommunitycenter.com**

Bilingual nonprofit serving Memphis's Latino and immigrant families. Six pillars: youth programming, entrepreneurship, housing, wellness and health, jobs, and legal/immigration resources. Fill out the short form on their website and they will connect you with the right program. If you speak Spanish and are not sure where to start, start here.

Boys & Girls Clubs of Greater Memphis**901-278-2947 | 44 S. Rembert St, 38104 | bgcm.org**

After-school care for ages 6–18 across education and leadership, character development, healthy life choices, career awareness, athletics, and the arts.

JIFF — Juvenile Intervention & Faith-Based Follow-Up **FREE****901-522-8502 | 254 S. Lauderdale St, 38126 | jiffyouth.org**

Court-referred intervention for youth ages 10–18 in the juvenile justice system, built around the Six H's. Runs an Evening Reporting Center as a detention alternative; graduates can be matched with a volunteer mentor for a year. Also accepts community referrals.

Memphis Athletic Ministries **FREE****mamsports.org**

Christ-centered sports-based mentoring for children.

Memphis Shelby PAL FREE

memphisshelbypal.org

Mentoring for ages 8–13 and 14–18. All mentors complete an application and background check.

Memphis Youth Development Group (MYDG) FREE

info@memphisydg.org | **Gaston Community Center, 1048 S. Third St** | memphisydg.org

Mentors 360 pairs young people and Youth Ambassadors with adult mentors to build self-awareness, confidence, and leadership. Also runs family workshops, school assemblies, and youth-led service projects.

MENTOR Memphis Grizzlies

grizzliesfoundation.org

Connects families to more than 57 local mentoring programs serving over 12,600 young people. Also where you sign up if you want to become a mentor yourself.

MPLOY Youth Summer Experience — City of Memphis FREE

901-636-6264 | youthservices@memphistn.gov | cityofmemphisyouth.org

Paid six-week summer work experience for Memphis residents ages 14–22, with soft-skills training, entry-level placements, and internships. Applications usually open in January — watch for them.

Porter-Leath

901-577-2500 | porterleath.org

Preschool, foster care, a runaway/homeless youth shelter, home visitation for new parents, and intergenerational mentoring.

Shelby County Youth & Family Resource Center FREE

901-222-4320 | **3157 Powers Rd, 38128** | **Mon–Fri 8 AM–4:30 PM**

Assessment and service navigation for youth ages 10–17 and their families. Accepts self-referrals as well as school and law enforcement referrals.

Streets Ministries FREE

901-525-7380 | **430 Vance Ave (Downtown) & 1304 N. Graham St** | streetsministries.org

Serves roughly 450 students a day with relationship-based mentoring, academic support, outdoor adventure programming, and the STREET Smarts after-school literacy program for 2nd graders.

World Relief Memphis — Youth Mentoring FREE

worldrelief.org/memphis

Pairs refugee and immigrant youth ages 15–24 with community mentors; every-other-week meetings over a 12-month commitment.

**EDUCATION & ADULT LEARNING****Advance Memphis**

901-543-8525 | advancememphis.org

Job training, GED prep, computer and technology classes, money management, and adult literacy.

CodeCrew

code-crew.org | **460 S. Highland St** | **501(c)(3) nonprofit, TN Charity Code 41193**

Hands-on computer science and AI education and tech mentorship for youth, plus adult Code School classes for people reskilling into tech.

HopeWorks

901-272-3700 | **3337 Summer Ave, 38122** | whyhopeworks.org

Adult education and high school equivalency classes, with satellite sites at Oikos Church and Ross Road Church of Christ.

Literacy Mid-South

901-201-6028 | **66 S. Cooper St, 4th Floor, 38104** | literacymidsouth.org

One-on-one and small-group adult literacy tutoring. One-time \$10 fee, then free.

REACH Memphis

reachmemphis.org

College prep for Shelby County public high school students: mentoring, summer academic and leadership experiences, college counseling, and career planning.

TCAT Memphis

901-543-6156 | **550 Alabama Ave, 38105**

Dual enrollment for high schoolers and certificate programs; an MPLOY partner site.

TN Dept. of Labor — Adult Education **FREE**

Statewide; locations at tn.gov

Free Adult Basic Education, HiSET/GED prep, English literacy and civics, digital literacy, and college/career guidance.



JOBS, TEMP WORK & CAREER SUPPORT

Advance Memphis

901-543-8525 | advancememphis.org

Job training paired with GED prep, computer classes, and money management — built for adults re-entering the workforce in South Memphis.

American Job Center — Shelby County **FREE**

155 Angelus St: 901-707-8426 | 4240 Hickory Hill Rd: 901-365-3205 | Mon–Fri 8 AM–4:30 PM

The best free starting point. Computers, internet, phones, and fax; workshops on resume writing, interviewing, and job search; on-site recruiting events; job placement; and funding for training or certifications. Explicitly serves justice-involved individuals, veterans, workers 55+, and youth.

Greater Memphis Workforce Board

1350 Concourse Ave, Suite 668, 38104 | greatermemworkforce.com

Paid internships, on-the-job training, and apprenticeships. A career advisor at the Job Center helps decide which fits.

Jobs4TN.gov **FREE**

jobs4tn.gov | Free

State job bank and unemployment claims. If you do not have a computer at home, staff at the Job Center will sit with you and set up your account.

Labor Finders — Memphis

laborfinders.com | Same-day placement subject to availability

General labor and skilled trades for construction, manufacturing, warehousing, and hospitality. Temporary and temp-to-hire.

Opportunity Youth Re-engagement (ages 16–24) **FREE**

901-272-2491 | Free

Re-engages young people disconnected from both school and work through Save Our Sons, Job Corps, and Project Ready.

Ticket to Work (job seekers with a disability) **FREE**

901-707-8817 | pbrunson@workforcemidsouth.com

Free and voluntary. Individualized job search assistance, career counseling, interview prep, resume and cover letter help, and an individual work plan.

*Temp & staffing agencies — read this first. A real staffing agency **never charges you money**. The employer pays them, not you. If anyone asks you for an application fee, a background-check fee, money for equipment, or cash for a "guaranteed job," it is a scam — walk away. Before your first shift, get the pay rate, the worksite address, and how long the job lasts in writing. In mid-2026, temp warehouse work in Memphis paid around \$16–17 an hour.*



SEXUAL ABUSE, ASSAULT & FAMILY VIOLENCE

Casa Luz (Spanish-speaking families) **FREE** 🕒 24/7

901-500-8214 — call or text

Bilingual crisis response and counseling for Spanish-speaking survivors of violence. **Answers calls and texts at any hour.**

Family Safety Center of Memphis & Shelby County **FREE** 🕒 24/7

901-222-4400 | Crisis line 901-249-7611 | 1750 Madison Ave, Suite 600

One-stop civil, criminal, health, and social services for victims of family violence. **Crisis line answers around the clock.**

Shelby County Crime Victims & Rape Crisis Center **FREE** 🕒 24/7

Hotline 901-222-4350 | Office 901-222-3950 | 1060 Madison Ave, 38104

Crisis intervention, trauma counseling, forensic exams, court accompaniment, support groups, victim compensation, and orders of protection. Office Mon–Fri 8 AM–4:30 PM; orders of protection 8:30 AM–3:30 PM. **The sexual assault hotline answers around the clock.**

TN Department of Children's Services **FREE** 🕒 **24/7**

Local 901-578-4371 | Child abuse hotline 1-877-237-0004

Mandatory reporting of suspected child abuse or neglect. Every adult in Tennessee is a mandated reporter — when in doubt, report. The statewide hotline is staffed at all hours.

YWCA of Greater Memphis **FREE** 🕒 **24/7**

DV hotline 901-725-4277 | Information 901-274-2728 | Office 901-323-2211

Emergency shelter for abused women and children (accepts male children of all ages), counseling, court advocacy, limited transportation, and immigrant women's services. **Hotline and shelter intake run around the clock, every day of the year.**

Memphis Child Advocacy Center **FREE**

901-525-2377 | 1085 Poplar Ave, 38105 | memphiscac.org

Forensic interviews and trauma-focused therapy for child victims of sexual and severe physical abuse. Advocates prepare children for court and connect families to resources.

MPD Sex Crimes Unit / DV Unit

Sex Crimes 901-636-3438 | Domestic Violence 901-636-3741 | SAinfo@memphistn.gov

Case investigation and status updates.



COUNSELING & MENTAL HEALTH

Alliance Healthcare — Crisis Wellness Center 🕒 **24/7**

901-577-9400 | Walk-in, no appointment | alliance-hs.org

Shelby County's largest nonprofit behavioral health provider: counseling, psychiatry, peer support, detox, crisis stabilization, and mobile crisis. Accepts TennCare, BCBSTN, Cigna, Medicare and others; sliding-scale plans for the uninsured. **The Crisis Wellness Center is open every hour of every day and no one is turned away for inability to pay.**

Memphis Crisis Center **FREE** 🕒 **24/7**

Call or text 988 | memphiscrisiscenter.org

Free, confidential phone support and the frontline 988 center for Shelby County. Not just for suicidal crises — appropriate for anyone overwhelmed or in distress. **Someone answers at any hour.**

Alliance C.A.R.E. Team

Dispatched via 901-577-9400 | 7 days a week, 8 AM–8 PM

A CIT officer, paramedic, and licensed mental health professional respond on site — an alternative to calling 911 for a behavioral health crisis.

Church Health

1350 Concourse Ave, Suite 142, 38104 | churchhealth.org

Counseling, psychiatry, and behavioral health support for uninsured Shelby County residents; also runs the MEMPHIS Plan and a prescription assistance program.

Youth Connect (ages 13–18) **FREE**

901-222-4320 | 3157 Powers Rd, 38128 | shelbycountyttn.gov/3923/Youth-Connect

Up to 12 free individual or group counseling sessions for Shelby County teens — no insurance or income requirement. Teens pick their own therapist from a network of Memphis counselors (profiles at thebraidfoundation.org). Sessions run during summer, after school, and on weekends. Parental consent required under 16.

Before you go, call first. Hours and rules change, and one call can save you a trip. Many places ask you to bring a photo ID, Social Security cards, birth certificates, or proof of where you live — ask what you need when you call.

You do not have to figure this out alone. If you are not sure which of these fits your situation, dial **211**. Someone will listen and point you to the right place. There is no shame in asking — these services exist because people need them.