

Southeast TN Mental Health Providers Accepting New Patients via Telehealth- Updated 3/27/2020

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:

- 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:

- Reach out to the TDMHSAS Office of Consumer Affairs Helpline during regular business hours (800) 560-5767
- See list below

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	(844) 864-9383
Parkridge Valley Hospital	(800) 542-9600
Tennova (Pine Ridge)	(423) 479-4673
National Suicide Prevention Lifeline	(800) 273-8255
Crisis Text Line	Text TN to 741 741

Local 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	(423) 499-1031	Pediatric (0-12), Adolescent (12-17), Adult (18-64), Geriatric (65+)	Chattanooga office 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)
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
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
Mental Health Cooperative- Chattanooga	(423) 697-5953	Pediatric (0-12) Adolescent (12-17) Adult (18-64)	Offering limited in-person services.
Mental Health Cooperative - Cleveland	(423) 728-6400	Pediatric (0-12) Adolescent (12-17)	Offering limited in-person services.

		Adult (18-64)	
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
Volunteer Behavioral Health Care	1-877-567-6051	Adult (18-64) Geriatric (65+)	
Wild Oaks Counseling	(423) 715-8099	Pediatric (0-12) Adolescent (12-17) Adult (18-64) Geriatric (65+)	Offers sliding scale

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

Provider Name	Phone Number	Age Groups	Notes:
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

Online Therapy Options:

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

- Offering free therapy for health workers battling COVID-19

Better Help www.betterhelp.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/>

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

TheTribe Wellness Community: www.support.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

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:

- <https://www.tn.gov/behavioral-health/covid19.html>
- <https://mhanational.org/covid19>
- <https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>

{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

**TENNESSEE
STATEWIDE
CRISIS LINE**

There is hope.

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

TN

Department of
Mental Health & Substance Abuse Services

TN.gov/CrisisLine