



Memphis/Shelby County Resources Guide

If you are at risk of becoming homeless and in need of rent, mortgage, or utility assistance:

- COVID-19 Resources Information: home901.org/covid-resources or **211**
- Shelby County Community Services Agency: www.shelbycountycsa.org or **901-222-4200**
- MIFA Emergency Assistance: www.mifa.org/applyonline or **901-527-0208**

Do any of the following apply to you or your household?

- Are you a family with minor children in your custody?
 - Call MIFA's Homeless Family Hotline: **901-529-4545** or apply for emergency shelter online at www.mifa.org/applyonline
- Are you fleeing domestic violence?
 - YWCA Greater Memphis 24-hour Crisis & Support Helpline: **901-725-4277**
 - Family Safety Center 24-Hour Crisis Line: **901-249-7611**
- Are you a veteran or is someone in your household a veteran?
 - Contact the Memphis VA Homeless Department: **901-523-8990 x5661**
 - Alternatively, contact Catholic Charities of West TN: **901-722-4707**

What kind of help are you looking for?

- For emergency shelter, food, or other resources, please review the attached lists or visit www.cafth.org/get-help.
- Do you want help getting connected to mental health resources?
 - Contact the CMI PATH team: **901-821-5600**
- Do you want assistance with employment, identification, transportation, temporary mailing address, access to computers, lockers, or case management services?
 - Visit the Hospitality Hub Plaza (590 Washington) Monday - Friday between 9:00 am – 4:00 pm, or call **901-289-6578**

If you are looking for housing assistance resources:

- If you have income, you can search for affordable housing at www.TNHousingSearch.org or by calling their free hotline for one-on-one assistance: **1-877-428-8844**
- If you are currently staying in a hotel or doubled up with family or friends, you will unfortunately not qualify for most HUD-funded homeless resources. Please review the options above or call the LINC 2-1-1 Hotline for additional resource referrals at **211** or **(855) 354-4211** or www.tn211.org
- If you are an individual (not family) currently staying in an emergency shelter or place not meant for human habitation (whether or not you have income), and want to be assessed for available housing resources:
 - Schedule an appointment with Catholic Charities of West TN: **901-722-4700** (*for single adults 18+ with no children*)
 - **Please note:** *being assessed for housing does not guarantee housing, and it is possible you may not be eligible for any current housing openings. There is no fixed timeline for when an agency may contact you for housing after being assessed. This is not a housing waitlist.*

Memphis/Shelby County Emergency Shelter Resources

Many shelters have changed procedures due to COVID-19. Please call ahead to confirm requirements and availability.

COVID-19 testing information: available at Hospitality Hub Plaza (590 Washington) 9 am - 12 pm Mon – Fri (no appointment required), and limited testing at Christ Community Baptist Operation Outreach at CCWTN (call 901-842-3167)

Population	Name	Status Notes	Intake Hours	Cost	Requirements
Men	Calvary Rescue Mission 960 S Third St, 38106	New clients need negative COVID test results Phone: 901-775-2570	4:00 pm - 7:00 pm	3 free nights for first time visitors, then \$5 per night	21+ with picture ID and Social Security number
	Memphis Union Mission - Men's Emergency Shelter 383 Poplar Ave, 38105	Clients must be fully vaccinated, have negative COVID test results, or be willing to get vaccinated within 48-72 hours of arrival. Unvaccinated individuals must wear a mask. Phone: 901-526-8403	1:00 pm - 6:00 pm	4 free nights per month, then \$6 per night	Must have some form of ID
Men & Women	Living for Christ - Restoration House 3095 Thomas St, 38127	Partially operating – call to confirm Phone: 901-791-4022	2:00 pm - 7:00 pm	\$10 per night; \$13 with day pass	Call to confirm
Women	Room in the Inn 212 N Second St, 38105	Single women and families limited availability – call to confirm Phone: 901-395-3329	Call between 9 am – 4 pm, Monday - Friday	Free	Call to confirm
	Missionaries of Charity 700 N Seventh St, 38107	Call to confirm Phone: 901-526-5456	Call at 8:30 am	Free	Call to confirm
	Salvation Army - Single Women's Lodge	Call to confirm availability. Phone: 901-260-9139	Call to confirm if space is available	Free	Call to confirm
Fleeing Domestic Violence	YWCA	Call 24/7 hotline: 901-725-4277			

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Families with children <18	MIFA	No walk-ins, call 24/7 hotline or apply online: 901-529-4545 or mifa.org/applyonline
Unaccompanied youth <18	National Safeline	Call 24/7 hotline: 1-800-786-2929 or 1800RUNAWAY.org

Memphis/Shelby County Free Meal Sites

Many sites have changed procedures due to COVID-19. Please call ahead to confirm times and availability.

Name	Address	Neighborhood	Phone	Meal times
St. Vincent DePaul	1306 Monroe Ave	Midtown	722-4703	Daily (Sunday – Saturday): 9:30 – 11 AM
St. Mary's Catholic Church	155 Market St	Downtown	522-9420	Monday – Saturday (no Sunday): 7:15 – 10 AM
First Congo	1000 S. Cooper St	Midtown	278-6786	Monday – Friday (no weekend): 10 AM – 1 PM
St. John's UMC	1207 Peabody Ave	Midtown	726-4104	Tuesday: 4:30 – 5:30 PM Saturday: 4:30 – 5:30 PM
St. Luke's UMC	480 S Highland	University Area	452-6262	Saturday: 4:30 PM Sunday: 8:00 AM
First Presbyterian Church	166 Poplar Ave	Downtown	525-5619	Saturday: 12:30 – 1:30 PM Sunday: 12:30 – 1:30 PM
Manna House	1268 Jefferson	Midtown		Monday: 5 – 6 PM
St. Mary's Episcopal Church	700 Poplar Ave	Downtown	527-3361	Wednesday: 8:00 AM
Idlewild Presbyterian Church	1750 Union Ave	Midtown	726-4681	Thursday: 5:30 PM
Team Laeth	204 N 2nd (First UMC service alley)	Downtown		Thursday: 5:00 PM
Grace St. Luke's	1720 Peabody	Midtown	272-7425	Sunday: 4:00 PM
Calvary Episcopal	102 N. 2nd St	Downtown	312-5214	Sunday: 7 – 8 AM
Historic First Baptist on Beale	379 Beale St	Downtown	522-9073	Sunday: 10 – 10:30 AM
Starting All Over Outreach Ministry	1234 Mississippi Blvd	South Memphis	275-8579	Sunday: 8:30 – 9:30 AM
St. Patrick's Catholic Church	277 S Fourth St	Downtown	527-2542	Sunday: 1:00 PM



ChurchHealth

Memphis Area Clinics

All of the following clinics will accept patients without health insurance.

Church Health

www.churchhealth.org

Walk-In, M-F 7:00AM-12:00PM, first come, first served – **please call for an appointment**

Sick or hurt today; no health insurance \$40 cash, debit, or credit

Established patient requirements:

No health insurance, live in Shelby County, working at least 20 hours a week, full-time student or primary caregiver of children in the household

1350 Concourse Ave., Suite 142; 38104
(901) 272-0003

Christ Community Health Services

www.christcommunityhealth.org

Call individual clinics for hours of operation. Some evening and weekend hours available. Sliding scale based on income. Bring proof of income if working. If unemployed, bring some record of unemployment.

**Walk-Ins at Orange Mound location only*

Call for appointment:

- **Broad Avenue Health Center**
2861 Broad Ave. 38112
(901) 842-3161
Dentistry also available
- **Orange Mound Health Center**
2569 Douglass Ave. 38114, (901) 842-3164
- **Hickory Hill Health Center**
5366 Winchester Road 38115
(901) 842-3163
Dentistry also available
- **Frayser Health Center**
969 Frayser Blvd. 38127
(901) 842-3162
Dentistry also available
- **Third Street Health Center**
3362 S. Third Street 38109
(901) 842-3166
Dentistry also available
- **Women's Health Center**
2861 Broad Ave. 38112, (901) 842-3168

Memphis Health Center

www.memphishealthcenter.org

Sliding scale based on income.

Minimum \$25 fee for first appt.

Need 2 forms of photo ID & proof of income.

If unemployed, bring Unemployment Statement.

Appts preferred. Walk-Ins accepted.

- **Main Clinic**
360 East E.H. Crump Blvd. 38126
(901) 261-2000
M & W 7:30AM-7:30PM
TU & TH 7:30AM-5:30PM
F 7:30AM-11:30AM
SA 8:00AM-12:00PM

Hours of operation for the following locations:

- M-TH 7:30AM-5:30PM
F 7:30AM-11:30am
- **Towne Center Health Center**
915 E. McLemore, Suite 107, 38106
(901) 261-7370
- **Rossville Health Center Fayette County**
4940 Highway 57, Rossville TN
38066
(901)-261-7303
- **Whitehaven**
4593 Elvis Presley Blvd., Suite 101
Memphis, TN 38116
(901) 261-7338

Healthy Life, Inc, Dr. Griselle Figueredo-Cardenas

\$80 for adults/\$60 for children

Walk-ins: M-SA, 8AM – 3:30PM

Call for appointments:

M-F 8AM-5PM

SA 8:30AM-4PM (lab only)

6605 Stage Rd, Memphis, TN 38134

(901) 385-6988

Regional One Internal Medicine Clinic (Outpatient Center)

880 Madison Avenue 38103
(901) 545-7185 (main)
(901) 545-6969 (call for appointment)
Sliding scale based on income.
M–F 8AM-4:30PM

Regional One Primary Care Clinics

Sliding scale fee. One photo ID.

If working proof of income required.

Appts preferred, Walk-Ins accepted

- **Primary Care Specialists**
3109 Walnut Grove Road
(901) 515-4800
M-TH 7:30AM-5:00PM
F 7:30AM-4:30PM
- **Harbor of Health**
718 Harbor Bend Rd. 38103
(901) 515-4200
M–TH 7:30AM-4:30PM
F 7:30AM-12:00PM
- **Guthrie**
1064 Breedlove St. 38107
(901) 515-5400
M–TH 7:30AM-4:30PM
F 7:30AM-12:00PM
- **Hollywood**
2500 Peres Ave. 38108
(901) 515-5500
M–TH 7:30AM-4:30PM
F 7:30AM-12:00PM
- **South Third Street**
1955 S Third St. 38103
(901) 515-5800
M–TH 7:30AM-4:30PM
F 7:30AM-12:00PM

Concentra Urgent Care Clinics

M-F 8AM-5PM, \$150 per visit

Walk-Ins available. Photo ID required.

- **South Mendenhall Road**
3965 S. Mendenhall Rd., Suite 6
Memphis, TN 38115
(901) 365-1800
Physical therapy also available
- **Airport Memphis**
2831 Airways Blvd., Bldg. A Ste.102
Memphis, TN 38132
(901) 348-0200
Physical therapy also available

Memphis Muslim Medical Clinic

www.muslimclinic.org

1055 Stratford Road 38122

(901) 685-3901

\$5 routine visit fee. Clinic open to anyone without health insurance.

Appointments only, No Walk-ins, Call to schedule an appt:

Primary Care Clinic hours:

M–F 1PM-5PM

SA, every other SU 9AM-1PM

Pediatric Clinic hours: 2nd SU of month, 9AM-1PM

Women's Primary Care hours: 1st and 3rd SA of Month, 9AM-1PM

Baptist Operation Outreach Health Care Van

www.baptistonline.org

Free primary care, dental care, optometry & medications. Must bring letter from homeless shelter, treatment facility or Hospitality Hub, 82 N. Second St. 38103

HOMELESS PATIENTS ONLY

Call for appointment: (901) 701-2530

- **Memphis Catholic Charities (Main Location)**
1325 Jefferson Ave. 38104
T, W, & TH 8AM-4PM
- **Memphis Union Mission**
383 Poplar Ave. 38105
M 8AM-5PM
- **St. Mary's Episcopal Cathedral**
700 Poplar Ave. 38105
2nd Wed of the month, mornings
8AM-11AM
- **Memphis & Shelby County Office of Re-Entry**
1362 Mississippi Blvd., 38106
2nd Wed of the month, afternoons
1PM-4PM

Tipton County Health Department

Sliding scale fee for most services, including primary care & dentistry. Bring proof of income. For patients 19-64 years old without health insurance.

M-F 8AM-4:30PM

4700 Mueller Brass Rd. Covington, TN 38019

(901) 476-0235

Medicos Clinic—La Clínica Camelia

Open 7 days a Week.

Call for hours of operation.

Base fee is \$70 per visit. Walk-Ins welcome.

Primary care, pediatrics & obstetrics.

3040 Covington Pike; 38128

(901) 383-8889

M, T, TH 8:30AM-5:00PM

W 8:30AM-12:00PM

F 8:30AM-4:00PM

SA 8:30AM-4:00PM

SU 12:00PM-4:00PM

DarSalud Family Health Clinic

www.lifedochealth.org

Call for appointment. Walk-In available.

Set affordable prices for Primary Care services, including Endocrinology, Diabetes and Nutrition, Pharmacy, and Behavioral Health.

- **DarSalud Community Center**
6063 Mt. Moriah Rd Ext., Suite 4, 38115
(901) 531-8800
- **DarSalud Care**
1068 Cresthaven Rd. #300, 38119
(901) 683-0024

Hours:

Monday, Tuesday, Wednesday, and Friday 8AM-5PM

Thursday 8AM-7PM

Saturday 9AM-4PM

Cherokee Health Systems

www.cherokeehealth.com

Services include primary care, dental care, behavioral health, and pharmacy.

Sliding scale fees based on income.

No Walk-Ins, Call for appointments:

(901) 302-4361

2574 Frayser Blvd. 38127

Hours:

M 7:30AM-5:00PM

T-F 8:00AM-5:00PM

Methodist Medical Group – Various Locations

3473 Poplar Ave. #103

Memphis, TN 38111

901-320-6915

M – F 8am - 4:30pm

1264 Wesley Dr. #606

Memphis, TN 38116

901-332-2277

M – F 8:30am - 5:30pm

6401 Poplar Ave. Suite 530

Memphis, TN 38119

901-348-6487

M – Thurs 8:30am - 5:30pm

Fri: 8:30am - 12:30pm

Tri-State Medical

(901) 572-1573

4041 Knight Arnold Rd.

Memphis, TN 38118

Hours:

Monday, Thursday 9AM-5:00PM

Tuesday, Wednesday 9AM-7:00PM

Friday 9:00AM-1:00PM

Rentrop & Geater Executive, Family, and Occupational Medicine

Dr. Barbara Geater

2245 S Lauderdale St.

Memphis, TN 38106

901-948-5558

Newstart Family and Obstetrical Care

Dr. Carl Pean, FP – Bilingual

3530 Hickory Hill Road

Memphis, TN 38115

901-881-6686

Dr. Ralph Taylor

1407 Union Ave. #1007

Memphis, TN 38104

901-276-2357