

Homeless Resource Guide 2026

Are you experiencing an housing crisis? There are resources that can help.



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Vision

We imagine a future where no one is homeless, and everyone has access to safe housing and support. By listening to those who've been through it, we aim to build a fair and caring system for all.

Mission

The Lived Experience Committee advocates for improving services for people who've experienced homelessness. We work to make sure their insights lead to fair, compassionate solutions for ending homelessness.

About the LEC

The Lived Experience Committee (LEC), made up of individuals who have experienced homelessness, uses their voices and insights to shape that future. By sharing their perspectives, the LEC amplifies voices that are often unheard and helps Community Alliance for the Homeless and its partners better serve individuals and families in need.

Men Only Shelter & Supportive Services

Salvation Army

Services: Residential work-therapy program for men suffering from substance abuse

800 E Parkway S. Memphis, TN 38104
(901) 729-8007

Union Mission

Services: Meals, Shelter, and Recovery Programs

383 Poplar Ave, Memphis, TN 38105
(901) 526-8403

Calvary Rescue Missions

Services: Meals, Clothing, Nightly Chapel Services, Discipleship Program, and Overnight Lodging

960 S 3rd St, Memphis, TN 38106
(901) 775-2570

Men & Children Shelter

Room in the Inn

Services: Shelter & Meals

409 Ayers St, Memphis TN 38105
(901) 467-0122

MIFA

Services: Emergency Assistance

910 Vance Ave, Memphis, TN 38126
(901) 527-0208

Veteran Shelter

Alpha Omega Veterans Services

Services: Shelter for male and female veterans.

3114 Jackson Avenue Memphis, TN 38112
901-523-8990

Barron Heights Transitional Center

Services: Short-term housing

1385 Lamar Avenue Memphis TN, 38104

Mental Health

Alliance Health Care

Mental Health, Substance use Treatment, Crisis Intervention

3200 Broad Ave, Memphis, TN 38122
(901) 452-6971

Case Management Inc

Mental Health, Substance use services, counseling, crisis intervention [Room in the Inn](#)

3171 Directors Row, Memphis, TN 38131
(901) 821-5600

Mental Health Cooperative

Mental Health, substance use treatment

3430 Summer Ave, Memphis, TN 38122
(901) 455-2595

Youth Shelter & Supportive Services

OUTMemphis

Services: Meals, Shelter, supportive services

892 Cooper St, Memphis, TN 38104
(901) 278-6422

Hospitality Hub

Services: Shelter, Supportive services, Meals

590 Washington Ave, Memphis, TN 38105
(901) 730-1736

SchoolSeed

Services: Youth Supportive Services

2180 Union Ave, Memphis, TN 38104
(901) 207-1472

Youth Villages

Services: Supportive Services, Shelter, Mental Health

7410 Memphis Arlington Rd,
Memphis, TN 38135
(901) 252-7980

St. Johns Community Services

Services: Youth Supportive Services

7891 Stage Hills Blvd #116, Memphis,
TN 38133
(731)-410-0271

Women Only Shelter

Salvation Army

Services: Shelter & Meals

696 Jackson Ave, Memphis, TN 38105
(901) 543-8586

Hospitality HUB

Services: Shelter, Supportive services, Meals

590 Washington Ave, Memphis, TN 38105
(901) 730-1736

Merge Memphis

Services: Shelter, Meals, Supportive services

1755 Eldridge Ave,
Memphis, TN 38108

(901) 207-4652

Moriah House

Services: Shelter and supportive services

1950 Madison Avenue, Memphis, TN 38104
901-481-8030

Missionaries of Charities

Services: shelter

700 N 7th St, Memphis, TN 38107
(901) 527-4947

Women's and Children Shelter

Salvation Army

Services: Shelter & Meals

696 Jackson Ave, Memphis, TN
38105
(901) 543-8586

Room In The Inn

Services: Shelter & Meals

409 Ayers St, Memphis TN 38105
(901) 467-0122

Catholic Charities of West TN

Services: Shelter, Food pantry

1325 jefferson Ave, Memphis, TN
38104
(901) 722-4700

YWCA of Greater Memphis

Services: Emergency Shelter for
abused single women and women
with children

766 S. Highland St, Memphis, TN 38111
(901) 725-4277

Dorothy Day House

Services: Temporary Housing and
Support Services

321 Bellevue Memphis TN, 38104
901-726-6760

Clothes & Hygiene

Calvary Episcopal Church

Sunday Mornings from 6:15 to 7:45
a.m.

102 N 2nd St, Memphis, TN 38103
(901) 525-6602

Shower-Up (Mobile Hygiene Services)

Services: mobile showers, laundry
and personal care/hygiene resources

Thursdays ONLY
590 Washington Ave, Memphis TN,
38105

Manna House

Services: Clothing, Hygiene

1268 Jefferson Ave, Memphis, TN
38104

(901) 334-5832

The Neighborhood Christian Centers

Services: Clothing, Hygiene

785 Jackson Ave, 38107

223 Scott St, 38112

281 E. Red Oak, 38112

3155 Maddwell St, 38127

823 Semmes St, 38111

3703 Robin Park Cr., 38111

1510 Corning Ave, 38127

710 W. White Rd., 38017

5390 Mendenhall Mall, 38115

Day Center/Drop-In

Manna House

They offer basic services such as clothing, hygiene items, showers, and serving coffee or other beverages.

1268 Jefferson Ave, Memphis
(901) 334-5832

Monday and Thursday Drop-In
8AM -10:30 AM

The Hospitality Hub

A resource center that connects individuals with the resources they need to begin their journey out of homelessness.

590 Washington Ave, Memphis, TN
38105
(901) 730-1736

Catholic Charities of West Tennessee

Drop-In and Resource Center
Monday-Thursday 9:00-11:00 AM

1325 Jefferson Ave, Memphis
(901) 722-4700

Turning Point Peer Support

Community-based organization in Memphis, TN that provides peer support services to individuals facing mental health challenges.

Wednesday-Friday
8:00AM -4:30 PM
4088 Summer Ave, Memphis
(901) 458-4553

Supportive Services

Memphis Health Center (Mental Health)

To improve community health and well-being for the citizens of Shelby and Fayette counties, Tennessee.

360 E E. H. Crump Blvd
(901) 261-2000

Christ Community Health Services (Medical)

Quality, affordable health care for uninsured, underserved people and their families

1325 Jefferson Avenue
(901) 842-3167

First Congregational (Food Pantry)

Description of services and any applicable eligibility requirements...

1000 Cooper St, Memphis
(901) 278-6786

Mid-South Food Bank (Food Pantry)

Mobile Food Pantry. ID Required.

midsouthfoodbank.org/mobile-pantry
3865 S Perkins Rd, Memphis
(901) 527-0841

Community Service Agency

Assists with housing stability resources.

shelbycountycsa.org
1188 Minna Pl, Memphis, TN 38104
(901) 222-4200

MIFA Rent and Mortgage Assistance (Housing Stability)

910 Vance Ave, Memphis, TN 38126
(901) 527-0208

Hotlines

Substance Abuse

Crisis Line: (901) 577-9400

Suicide and Crisis

Call 988 or chat 988lifeline.org

Domestic Violence

Tennessee Domestic Violence
Hotline
1-800-356-6767

Human Trafficking

Restorecorps.org (Local)
National Human Trafficking Hotline:

1-888-373-7888 or text 233733

Runaway Youth

Memphis Crisis Center:
(901) 274-7477

Youth Villages: 1-855-274-7471

Veteran Hotline

Dial 988 then Press 1

Meals

Calvary Episcopal Church

102 N 2nd St, Memphis, TN 38103
(901) 525-6602

Sunday 6:30 AM - 7:45 AM
(Clothes + Meal)
Monday-Friday 11 AM- 1 PM (Snack)

St. Luke's United Methodist Church

480 S Highland St
(901) 452-6262

Sunday Hot Breakfast: 8AM
Eat-in meals

St. Mary's Episcopal Cathedral

700 Poplar Ave
(901) 527-3361

Saturdays at 9AM: "Pop-top" to-go
meals (Shelf Stable Options)

Idlewild Presbyterian Church

1750 Union Ave (Evergreen, West
Side of Building)
(901) 726-4681

Thursdays, 4:30-5:30 PM (Sit Down
Dinner)

Grace-St. Luke's Episcopal Church

1720 Peabody Ave
(901) 272-7425

FREE MEAL Sundays starting at 4 PM
Tuesdays: 9:00 AM Food Pantry
Pickup at Peabody & Belvedere lot

contact:



www.cafth.org



**Sharing More
Resources?**

Do you know of a helpful resource that may not already be in this flier or the complete booklet of resources? Please feel free to share any applicable information! Scan the QR code below or visit bit.ly/lecresource to let us know about a new resource.



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a downloadable,
printable pamphlet
on your phone..**

