



***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](http://home901.org/covid-resources) or **211**
- Shelby County Community Services Agency: [www.shelbycountycsa.org](http://www.shelbycountycsa.org) or **901-222-4200**
- MIFA Emergency Assistance: [www.mifa.org/applyonline](http://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](http://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](http://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](http://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](http://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 the Hospitality Hub Plaza (590 Washington Ave) 9 am - 12 pm on Wednesdays (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	<b>Calvary Rescue Mission</b> 960 S. Third St, 38106	New clients need negative COVID test results Phone: <b>901-775-2570</b>	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
	<b>Memphis Union Mission - Men's Emergency Shelter</b> 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: <b>901-526-8403</b>	1:00 pm - 6:00 pm	4 free nights per month, then \$6 per night	Must have some form of ID
Men & Women	<b>Living for Christ - Restoration House</b> 3095 Thomas St, 38127	Partially operating – call to confirm Phone: <b>901-791-4022</b>	2:00 pm - 7:00 pm	\$10 per night; \$13 with day pass	Call to confirm
	<b>Room in the Inn</b> (Winter Emergency Shelter in partnership with First United Methodist Church) 204 N. Second Street, 38105	This Emergency Winter Shelter will be in operation until March 31, 2022. Space is limited and are first come first serve. Phone: <b>901-467-0122</b>	4:00 pm – 4:30 pm	Free	Find out more about the process for guests at <a href="http://ritmemphis.org/findshelter">ritmemphis.org/findshelter</a>
	<b>8<sup>th</sup> Street Mission – For Jesus Christ</b> 717 E. Broadway Ave, West Memphis, AR 72301	Please call for additional information and to confirm availability. Phone: <b>870-735-6010</b>	Call to confirm		Call to confirm
Women	<b>Room in the Inn</b> 212 N. Second St, 38105	Single women and families limited availability – call to confirm	9 am – 4 pm, Monday - Friday	Free	Call to confirm

Last updated 2/15/2022

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		Phone: <b>901-395-3329</b>			
	<b>Missionaries of Charity</b> 700 N. Seventh St, 38107	Call to confirm Phone: <b>901-526-5456</b>	Call at 8:30 am	Free	Call to confirm
	<b>Salvation Army - Single Women's Lodge</b> 696 Jackson Ave, 38105	Call to confirm availability. Phone: <b>901-260-9139</b>	Call to confirm	Free	Call to confirm
	<b>Merge Memphis – Clare’s House</b> 1755 Eldridge, 38108	Please call for additional information and to confirm availability. Phone: <b>901-207-4652</b>	Call to confirm		Call to confirm
<b>Fleeing Domestic Violence</b>	<b>YWCA</b>	Call 24/7 hotline: <b>901-725-4277</b>			
<b>Families with children &lt;18</b>	<b>MIFA</b>	No walk-ins, call 24/7 hotline or apply online: <b>901-529-4545</b> or <a href="http://mifa.org/applyonline">mifa.org/applyonline</a>			
<b>Unaccompanied youth &lt;18</b>	<b>National Safeline</b>	Call 24/7 hotline: <b>1-800-786-2929</b> or <a href="http://1800RUNAWAY.org">1800RUNAWAY.org</a>			
	<b>OUTMemphis Youth Emergency Center</b> 2055 Southern Ave, 38114	<b>Phone:</b> 901-278-6422, <b>Intake Hours:</b> 9 am – 6 pm, Monday - Thursday			

## Memphis/Shelby County Free Meal Sites

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

<b>Meal times</b>	<b>Name</b>	<b>Address</b>	<b>Neighborhood</b>	<b>Phone</b>
<b>Daily:</b> 9:30 – 11 am	St. Vincent DePaul	1306 Monroe Ave.	Midtown	(901) 722-4703
<b>Monday – Saturday</b> (no Sunday): 7:15 – 10 am	St. Mary's Catholic Church	155 Market St.	Downtown	(901) 522-9420
<b>Monday – Friday</b> (no weekend): 10 am – 1 pm	First Congo	1000 S. Cooper St.	Midtown	(901) 278-6786
<b>Monday:</b> 5 – 6 pm	Manna House	1268 Jefferson	Midtown	(901) 334-5832
<b>Tuesday:</b> 4:30 – 5:30 pm <b>Saturday:</b> 4:30 – 5:30 pm	St. John's UMC	1207 Peabody Ave.	Midtown	(901) 726-4104
<b>Wednesday:</b> 8:00 am	St. Mary's Episcopal Church	700 Poplar Ave.	Downtown	(901) 527-3361
<b>Thursday:</b> 5:00 pm	Team Laeth	204 N. 2nd (First UMC service alley)	Downtown	(901) 527-5862
<b>Thursday:</b> 5:30 pm	Idlewild Presbyterian Church	1750 Union Ave.	Midtown	(901) 726-4681
<b>Saturday - Sunday:</b> 12:30 – 1:30 pm	First Presbyterian Church	166 Poplar Ave.	Downtown	(901) 525-5619
<b>Saturday:</b> 4:30 pm <b>Sunday:</b> 8:00 am	St. Luke's UMC	480 S. Highland	University Area	(901) 452-6262
<b>Sunday:</b> 7 – 8 am	Calvary Episcopal	102 N. 2nd St.	Downtown	(901) 312-5214
<b>Sunday:</b> 8:30 – 9:30 am	Starting All Over Outreach Ministry	1234 Mississippi Blvd.	South Memphis	(901) 275-8579
<b>Sunday:</b> 10 – 10:30 am	Historic First Baptist on Beale	379 Beale St.	Downtown	(901) 522-9073

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<b>Sunday:</b> 1:00 pm	St. Patrick's Catholic Church	277 S. Fourth St	Downtown	(901) 527-2542
<b>Sunday:</b> 4:00 pm	Grace St. Luke's	1720 Peabody	Midtown	(901) 272-7425

Program	Description	Eligibility	Services	Enrollment Information
TANF (Temporary Assistance for Needy Families)	Workforce development and employment program	Children under 18 Income requirements	Temporary cash assistance, transportation, childcare assistance, educational supports, job training, employment activities	<a href="https://faonlineapp.dhs.tn.gov/">https://faonlineapp.dhs.tn.gov/</a> TN DHS Regional Offices: <ul style="list-style-type: none"> <li>• 2003 Corporate Avenue Memphis, TN 38132</li> <li>• 40 S Main Street</li> </ul>
Head Start/Early Head Start	Free preschool for infants	Income requirements Infants 0 – 36 months	Early childhood education, parent engagement, social services, nutrition and health	<a href="http://www.scsk12.org/prek/">http://www.scsk12.org/prek/</a>
LIHEAP (Low Income Home Energy Assistance Program)	Assists households in meeting immediate energy needs	Income requirements	Assists low-income households who pay a high % of income on home energy to meet energy needs	<a href="https://shelbycountycsa.org/services/energy-assistance">https://shelbycountycsa.org/services/energy-assistance</a> Shelby County Community Services Agency: <ul style="list-style-type: none"> <li>• 3772 South Hickory Ride Mall #516</li> <li>• 901.222.4200</li> </ul>
SNAP (Supplemental Nutrition Assistance Program)	Nutritional assistance benefits to children and families, the elderly, the disabled, unemployed and working families	Income requirements	Supplement monthly food budget	<a href="https://faonlineapp.dhs.tn.gov/">https://faonlineapp.dhs.tn.gov/</a> TN DHS Regional Offices: <ul style="list-style-type: none"> <li>• 2003 Corporate Avenue</li> <li>• 40 S Main Street, Suite 900</li> </ul>
WIC (Women, Infants, and Children Program)	Additional food to low-income pregnant, postpartum, and breast-feeding women, infants and children under the age of 5	-Tennessee residents -income requirements -considered at nutritional or medical risk	Nutrition education, supplemental foods, breastfeeding support, healthcare referrals -automatically eligible for TANF, SNAP, TennCare	Shelby County Health Department 901- 222-9980
TennCare Medicaid	Tennessee’s Medicaid program	Income & resource limits	Healthcare to low-income pregnant women, parents/caretaker of a minor	<a href="https://www.tn.gov/tenncare.html">https://www.tn.gov/tenncare.html</a>

			child, children or individuals who are elderly or disabled	
CHIP (Children's Health Insurance Program)	Health coverage for children under 18	Income limits	Full health coverage for children whose families are ineligible for TennCare, but can't afford insurance	<a href="https://www.tn.gov/coverkids.html">https://www.tn.gov/coverkids.html</a>
SOAR (SSI/SSDI Outreach Access and Recovery)	Streamlined application process to increase access to SSI/SSDI	18 or older	Application assistance for individuals homeless or at risk of homelessness with a serious health condition (mental illness, substance use disorder)	CMI Healthcare Services <ul style="list-style-type: none"> <li>• <a href="mailto:Melinda.jones@cmiofmemphis.org">Melinda.jones@cmiofmemphis.org</a></li> <li>• 901-261-6179</li> </ul> <a href="https://soarworks.prainc.com/">https://soarworks.prainc.com/</a>
Vocational Rehabilitation Program (VR)	Individualized services to persons with disabilities to prepare for employment	Employment barriers: Physical, mental, sensory impairments	Counseling & guidance, training, maintenance, transportation, transition services, rehabilitation technology, job training, placement, independent living services	Vocational Rehabilitation Regional Office <ul style="list-style-type: none"> <li>• 40 South Main Street, Memphis, TN</li> <li>• 901-528-5284</li> </ul>



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](http://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:** 2<sup>nd</sup> SU of month, 9AM-1PM

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

**Baptist Operation Outreach Health Care Van**

[www.baptistonline.org](http://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  
2<sup>nd</sup> Wed of the month, mornings  
8AM-11AM
- **Memphis & Shelby County Office of Re-Entry**  
1362 Mississippi Blvd., 38106  
2<sup>nd</sup> 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](http://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](http://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