

## **Helpful Resources for Suicide Prevention, Abuse, Addiction, Anxiety, Depression and Mental Illness**

This list was compiled to help members and community residents around Revolution Church in White House, TN. This is only a partial resource list, and Revolution Church does not endorse nor officially partner with any organization and is not responsible for content on off-site links. Please consider this list a helpful resource.

### **The Tennessee Department for Mental Health, Substance Abuse Services**

<https://www.tn.gov/behavioral-health.html>

<https://www.tn.gov/behavioral-health/mental-health-services.html>

### **Tennessee Mental Health Help Line**

#### **The Helpline is available:**

Monday - Friday, 8 a.m. to 4:30 p.m. CST

Ph: (800) 560-5767

(615) 532-6700

Email: [oca.tdmhsas@tn.gov](mailto:oca.tdmhsas@tn.gov)

<https://www.tn.gov/behavioral-health/mental-health-services/mental-health-services-for-children-and-youth/programs---services/programs-and-services/tdmhsas-helpline.html>

### **Vanderbilt University Medical Center – Mental Health**

Nashville | 615-327-7000

The crisis assessment and admissions program at Vanderbilt Behavioral Health is available 24 hours a day, 7 days a week. This program is staffed by highly trained mental health professionals who are dedicated to assisting individuals, families, and referral sources.

VUMC offers immediate help in many situations, including:

- suicide attempt / thoughts of suicide
- depression
- anxiety
- unusual or unrealistic thinking
- physical and/or sexual abuse
- alcohol/drug abuse

Vanderbilt University Counseling Center: <https://www.vanderbilt.edu/ucc/>

Vanderbilt Behavioral Health: <https://www.vanderbilthealth.com/psychiatrichospital/>

### **Suicide Ideation, Trauma and Emergency**

If anyone you know is in a medical emergency or threatening violence or harm to self or others, you should immediately call 911.

Be the One – Tennessee Suicide Prevention Program

<https://www.tn.gov/behavioral-health/need-help/crisis-services/be-the-one/tool-kit.html>

### **National Suicide Prevention Lifeline**

1-800-273-8255

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

### **Three-Digit Number for Suicide Prevention**

Recently, the FCC recommended that 988 be designated as a national crisis hotline. Please continue to share 800-273-TALK (8255) and our chat page with anyone wishing to connect to the Lifeline. 988 is NOT CURRENTLY ACTIVE and will not connect callers to the Lifeline.

### **Crisis Text Line**

Text HOME to 741741 to connect with a Crisis Counselor

### **YouthLine**

Text teen2teen to 839863, or call 1-877-968-8491

Suicide Prevention and Help Providers and Professionals

<https://suicidepreventionlifeline.org/professional-initiatives/>

Youth Suicide Prevention and Awareness

<https://suicidepreventionlifeline.org/help-yourself/youth/>

Veterans and PTSD

<https://suicidepreventionlifeline.org/help-yourself/veterans/>

Loss Survivors

<https://suicidepreventionlifeline.org/help-yourself/loss-survivors/>

The Jason Foundation | Hendersonville

<http://jasonfoundation.com> | 615-264-2323

Mission Statement: The Jason Foundation, Inc. (JFI) is dedicated to the prevention of the “Silent Epidemic” of youth suicide through educational and awareness programs that equip young people, educators/youth workers and parents with the tools and resources to help identify and assist at-risk youth.

### **Counseling and Groups**

The Babb Center

Hendersonville | [www.babbcenter.org](http://www.babbcenter.org) | 615-824-3772

Helpful Resources: <https://www.babbcenter.org/multimedia/>

The Babb Center is a multi-focused counseling center based out of First Baptist Church Hendersonville and open to the general public. The Babb Center offers counseling for individuals, couples, families, children, relationships, anxiety, depression, mental illness, grief, trauma and more.

Jane Headrick, LPC MHSP

White House | Behind First United Methodist Church

<https://www.psychologytoday.com/us/therapists/substance-abuse/tn/white-house/199209?sid=5e54794a99922&ref=1&tr=ResultsName>

Wide range of men's and women's issues including PTSD, sexual abuse, addictions, communication and conflict management, domestic violence, boundary setting, childhood trauma, relationship development, and marriage concerns. Also work with couples to improve parenting skills and relationships with children.

Long Hollow Baptist Church

Hendersonville | <https://longhollow.com/mental-health-support-groups/>

### ***Mental Health Support Group***

If you're an adult struggling with anxiety, depression, or similar mental health struggles, you don't have to go through it alone. Join us for a weekly mental health support group where you'll join others in walking with God as you navigate life's ups and downs.

The winter/spring session of the mental health support group will meet weekly starting January 6, 2020 on Monday evenings at 6:30-8:00 pm in Room 1 on the 2nd floor of the Hendersonville Campus Student Building (the building with the large glass front by the pond).

### ***Family and Friends Mental Health Support Group***

If a close family member or friend is struggling with anxiety, depression, or similar mental health struggles, we want to equip you with the tools you need to support them in their struggle. Join other adults for a family and friends support group where you'll join others who are on a similar journey with their own loved ones.

The winter/spring session of the friends and family group will begin on January 6, 2020. The friends and family mental health support group meets on the 1st and 3rd Monday evening of the month at 6:30 -8:00 pm in Room 2 of the Hendersonville Campus Student Building on the first floor (the building with the large glass front by the pond).

If you have questions about either group, please contact [scarlet.mcglasson@longhollow.com](mailto:scarlet.mcglasson@longhollow.com).

### **Celebrate Recovery**

Celebrate Recovery is a support ministry for those recovering from a number of addictions and unhealthy habits. Originating out of Rick Warren's Saddleback Valley Church in California, it now meets in various groups throughout the world. There are two very successful CR ministries in our area. The purpose of Celebrate Recovery is to provide fellowship and celebrate God's healing power in our lives through eight recovery principles and the Christ-centered 12 steps. By working the steps and applying their Biblical principles, we begin to grow spiritually. We become free from our addictive, compulsive, and dysfunctional behaviors. This freedom creates peace, serenity, joy, and most importantly, a stronger personal relationship with God.

Celebrate Recovery | Temple Baptist Church | White House

<http://www.templetoday.com/ministries/community-ministries/celebrate-recovery/>

Every Thursday 6:30-8:30 p.m.

Celebrate Recovery | Long Hollow Baptist Church | Hendersonville

***Hendersonville Campus***

Every Monday night, 6:30-9:00 p.m. in the Chapel (Main Entrance)

***The Landing***

***Middle School and High School Students***

Monday evenings 6:30 – 8:30 p.m. | Hendersonville Campus Student Building

### **Addiction and Recovery**

National Drug Abuse and Addiction Hotline **1-800-662-4357**

Hope Center Ministries | White House Men's Center

<https://www.rehab.com/hope-center-ministries-white-house/7021817-r>

Hope Center Ministries - White House's main goal is to help individuals to overcome their alcohol and drug addiction by restoring hope, restoring lives, and by helping residents realize the love of Christ. They utilize a variety of bible-based curriculum and 12-step programs including Celebrate Recovery groups.

Beauty for Ashes - A Healing Place | Springfield

[https://www.facebook.com/pg/rescueandretreatcenter/about/?ref=page\\_internal](https://www.facebook.com/pg/rescueandretreatcenter/about/?ref=page_internal)

A Christ-centered, Spiritual, Rescue and Retreat Center for women to heal, overcome and be set free from the affects of addiction led by Alicia Sharpton.

Hope Center for Women – Allen County, KY

[https://www.facebook.com/pg/hopecenterforwomen/about/?ref=page\\_internal](https://www.facebook.com/pg/hopecenterforwomen/about/?ref=page_internal)

The Hope Center for Women is a home that is helping women turn their lives around and experience the love and power of Christ. Browse our website to find out more about our ministry and consider contacting us or donating to our cause.

### **Domestic Violence and Women in Crisis**

[Childhelp National Child Abuse Hotline](#) -- 1-800-422-4453

[National Domestic Violence Hotline](#) -- **1-800-799-7233**

[RAINN](#) -- **1-800-656-4673**

YWCA | Nashville

The YWCA operates the largest emergency domestic violence shelter in the state of Tennessee. The **Weaver Domestic Violence Center** recently expanded from 51-beds to 65-beds due to the growing demand for services. [Click here](#) to learn more about the Weaver Center from this news article by Landon Woodroof.

Cumberland Crisis Pregnancy Center | Gallatin  
<https://www.ccpchope.org> | 615-451-1717  
1-800-712-HELP

### **Homelessness and Hunger**

The Nashville Rescue Mission | Nashville  
<https://nashvillerescuemission.org> | 615-255-2475

Nashville Rescue Mission is a Christ-centered community committed to helping the hungry, homeless, and hurting by providing programs and services that focus on a person's entire life—physical, mental, spiritual, emotional, and social.

We are devoted to restoring the whole person through a Christian approach that helps the homeless and addicted learn how much God loves them and gain the biblical insight they need to lead a productive life in and for Christ.

Hope Center Ministries | White House  
<https://www.hopecenterwhitehouse.com> |

The Hope Center Thrift Store is located at 1115 Highway 76.

The Hope Center Food Bank is located at 212 Portland Road

Portland Cares | Portland  
<https://www.facebook.com/portlandcares/>

Goodwill | Gallatin  
<https://locations.giveit2goodwill.org/tn-gallatin-323>

Second Harvest Food Bank | Nashville  
<https://www.secondharvestmidtn.org>