**United Way Website – Navigating COVID-19**

**Individuals Seeking Assistance**

<https://www.nashvilleresponsefund.com/individuals>

Need Help?

This page is updated regularly to provide individuals and families seeking assistance with the most up to date information available. Please use the lists below to find local agencies that may be able to help you navigate these challenging times. Don’t see what you need? Just call 2-1-1, United Way’s 24-hour resource and referral line for more information.

United Way of Greater Nashville is acting as a grant administrator for both State and Local CARES programs. United Way is not able to provide funds or assistance directly to individuals and families. We are working quickly to accept applications from local nonprofits that will provide a variety of services and assistance to the community. Once that process is completed and the Funds have been distributed, individuals and families in need of help can apply to those agencies for services. We are regularly updating this information.

[**Información en Español**](https://www.nashvilleresponsefund.com/s/COVID_19-Resources-Spanish-4-24-20.pdf)

[**Information in Arabic**](https://www.nashvilleresponsefund.com/s/COVID_19-Resources-Arabic.pdf)

Special thanks to [Tennessee Language Center](http://languagecenter.tennessee.edu/) at the University of Tennessee’s Institute for Public Service for facilitating the Arabic translation and to [Vanderbilt-Ingram Cancer Center](https://www.vicc.org/) for the Spanish translation.

**+ METRO CARES FINANCIAL ASSISTANCE**

Additional agencies will be added to this list as the information is available. The following agencies can work with individuals and families in Metro Nashville to provide the following assistance on a case-by-case basis, as funding allows:

Rent/mortgage assistance

Utility payment assistance

Please contact one of the following agencies directly to inquire about assistance if you are experiencing wage or job loss or other financial hardship due to the COVID-19 virus. Note: Please contact only one agency for support. If they are not able to provide you with the services and support you need, they will direct you to another agency.

Conexión Américas offers Spanish-language services and provides emergency financial assistance, short-term case management, and information and referral services for Latino families. [Click here](https://www.conexionamericas.org/what-we-do/programs-and-services-for-latino-families/legal-information-and-referrals/) to complete their Spanish-language online intake form or call 615.307.0584.

The Salvation Army can connect individuals with food, household items, water, emergency financial assistance, mental health counseling and housing needs. [Click here](https://outlook.office365.com/owa/calendar/TSANashvilleAreaCommand@sauss.onmicrosoft.com/bookings/s/lmWy-qQ5SkCbVa0L0uyJRA2) to schedule an online intake appointment or call 615.242.0411.

NeedLink Nashville can provide short-term support, including assistance with utilities and housing. You must be a Davidson County resident or Nashville Electric Service customer. [Click here](https://needlinknashville.formstack.com/forms/needlink_nashville_assistance_application) to apply. Priority is given to single-parent families, seniors and community members with disabilities. If you are 75 or older, medically homebound or unable to apply online, call 615.269.6835.

Rooftop Nashville can provide rental or mortgage assistance ONLY. [Click here](https://rooftop.secure2.agroup.com/get-help) to complete an online application. Applications are open every week from 8:00 am on Monday to 5:00 pm on Wednesday. Any changes will be due to the volume of applications and will be reflected on their website.

Martha O’Bryan Center can assist individuals and families with food and financial assistance. [Click here](https://form.jotform.com/200794993250158) to complete their online intake form or call 615.254.1791.

Church of the Advent Episcopal can provide financial assistance to Davidson County residents for rent, mortgage, electric water and gas bills. To apply, please call 615.373.5630 or email [metrocares@churchoftheadventepiscopal.org](mailto:metrocares@churchoftheadventepiscopal.org) English and Spanish language services available. Church of the Advent Episcopal also provides fresh and packaged food to the community through their Body and Soul Food Pantry.

Safe Haven Family Shelter can provide financial assistance for rent/mortgage/utilities to prevent eviction from housing. Applicants must be a family household (at least one adult and at least one child under 18), must be at risk of eviction (documented threat of eviction from landlord, been to court, utility shut-off notice, etc.) and must have barriers related to COVID (lost job, lost childcare, etc.) English and Spanish language available. Please [click here](https://safehaven.org/safe-haven-programs/prevention-referral/) to apply.

We Are Building Lives (Veterans only) can provide financial assistance for rent, utilities, medical, and food for anyone who served and was honorably discharged from any branch of the US Military. [Click here](https://www.wearebuildinglives.org/veteran-assistance-programs) for more information. To apply, please call 615.678.4967.

Tennessee Coalition to End Domestic & Sexual Violence provides Emergency Assistance to domestic violence and sexual assault survivors from Davidson county. Funds may be used to help survivors who have lost income due to COVID-19 and need help with rent, mortgage and utilities. Applicants must complete a Client Declaration Form or be able to provide supporting documentation showing employment prior to March 11 and wage disruption due to COVID-19 regardless of previous income. This can be a total loss of employment or decrease in hours. To apply online [click here](https://www.tncoalition.org/emergency-financial-assistance) or call 615.386.9406. Translation services are available in all languages and more information is on the [website](https://www.tncoalition.org/).

**+ ADDITIONAL FINANCIAL ASSISTANCE**

The following agencies can work with individuals and families to provide the following assistance on a case-by-case basis, as funding allows:

Rent/mortgage assistance

Utility payment assistance

Food assistance

Please contact one of the following agencies directly to inquire about assistance if you are experiencing wage or job loss or other financial hardship due to the COVID-19 virus. Note: Please contact only one agency for support. If they are not able to provide you with the services and support you need, they will direct you to another agency.

Conexión Américas offers Spanish-language services and provides emergency financial assistance, short-term case management, and information and referral services for Latino families. [Click here](https://www.conexionamericas.org/what-we-do/programs-and-services-for-latino-families/legal-information-and-referrals/) to complete their Spanish-language online intake form or call 615.307.0584.

The Salvation Army can connect individuals with food, household items, water, emergency financial assistance, mental health counseling and housing needs. [Click here](https://www.surveygizmo.com/s3/5520452/c19financialassistance) to the survey for an online intake appointment or call 615.242.0411.

NeedLink Nashville (Davidson County) can provide short-term support, including assistance with utilities and housing. You must be a Davidson County resident or Nashville Electric Service customer. [Click here](https://needlinknashville.formstack.com/forms/needlink_nashville_assistance_application) to apply. Priority is given to single-parent families, seniors and community members with disabilities. If you are 75 or older, medically homebound or unable to apply online, call 615.269.6835.

Rooftop Nashville (Davidson County) can provide rental or mortgage assistance ONLY. [Click here](https://rooftop.secure2.agroup.com/get-help) to complete an online application. Applications are open every week from 8:00 am on Monday to 5:00 pm on Wednesday. Any changes will be due to the volume of applications and will be reflected on their website.

Martha O’Bryan Center (Davidson County) can assist individuals and families with food and financial assistance. [Click here](https://form.jotform.com/200794993250158) to complete their online intake form or call 615.254.1791.

The Equity Alliance (Davidson County - North Nashville Residents only) The Equity Alliance can help North Nashville residents with food/groceries, personal items, household goods, utility bills, mortgage/rent, homeowner’s insurance, temporary housing, gas or bus fare, or loss of income. Complete [this form](https://secure.everyaction.com/mxo4MCnvukmOM4mk8d0JSw2) to request assistance.

Metro Action Commission (Davidson County) can provide emergency financial assistance to customers who have had a loss of income within the last 60 days. [Apply here](https://www.nashville.gov/Portals/0/SiteContent/MAC/CSBG%20Application.pdf) for help with rent, mortgage and water payments.

Metro Action Commission can also assist with Energy Assistance (electric, gas, propane, etc.) for Davidson County residents. Income requirements do apply. [Click here](https://www.nashville.gov/Portals/0/SiteContent/MAC/Rev.%20FY%202019-%2020%20LIHEAP%20Application%20revised%204-6-20.pdf) to apply.

Nations Ministry Center (Davidson County) can provide rent, mortgage, and utilities assistance for those who have experienced a loss of wages because of COVID-19 and need assistance. You must be a resident of Davidson County. Priority is given to refugee and immigrant families, and language assistance is available in Zomi, Burmese, Nepali, Swahili, and other languages upon request. Please [complete this interest form](https://forms.office.com/Pages/ResponsePage.aspx?id=X-6iGLLk4UuOqkhTxEhKVx_j0j-dealGuC3Xo_KOhhRUOU42TzhGVlYyMDVKQVlDVDdCREoxQTg5Wi4u) to begin the process.

Safe Haven Family Shelter (Davidson County) can assist families at risk of eviction with past due utility bills, rent/mortgage, and other financial barriers. Please [click here](https://safehaven.org/safe-haven-programs/prevention-referral/) to complete an application.

Hope Station (Davidson & Rutherford Counties) assists single mothers with minor children with rent/mortgage and utility only. [Click here](http://www.hopestationtn.org/Covid19) to complete an online application.

Mid-Cumberland Community Action Agency (Cheatham, Robertson and Williamson Counties) can assist families with the payment of a past due utility bill or rent/mortgage. To request assistance, please [click here](https://www.midcumberland.org/images/documents/LIHEAP_Application_FY20_w_4_hh_members.pdf) to complete an application. Customers can submit their application by mail or drop it off at any [outreach office](https://www.midcumberland.org/index.php?id=59&option=com_content&view=article).

Graceworks Ministries (Williamson County) can provide rent and utility payment assistance. To request assistance with these bills, please call 615.794.9055 Monday through Friday from 9 a.m. to 12 p.m. (Williamson County only).

The Tennessee Department of Human Services (State-Wide) can provide up to two months of emergency cash assistance to families. To be eligible, applicants must:

Have been employed as of March 11, 2020 and have since lost employment or at least 50% of income as a result of COVID-19

Households must include a child under the age of 18 or a pregnant woman

Have a valid Social Security Number

Must not have resources exceeding $2000

Other income restrictions do apply

Click [here](https://www.tn.gov/humanservices/news/2020/3/25/financial-aid-available-for-certain-families-that-lost-employment-due-to-covid-19.html) to learn more and/or to apply.

Applicants can call 833.496.0661 to learn the status of their application, including approval or denial and how much money the approved family can expect to receive. This assistance is available in addition to any unemployment benefits the family may be receiving.

The Internal Revenue Service (Statewide) will begin issuing Economic Income Payments throughout April. These payments will be distributed automatically with no action required for most people. However, some seniors and others who typically do not file returns will need to submit a simple tax return to receive the stimulus payment. If you do NOT file taxes and need to submit your information, please [visit here](https://www.freefilefillableforms.com/#/fd/EconomicImpactPayment). For more information about Economic Income Payments, please click [here](https://www.irs.gov/coronavirus/economic-impact-payment-information-center).

Please protect yourself from fraud. The IRS will NOT call, text or email you asking you to verify or provide your financial information so you can get your payment faster. Never provide your direct deposit or other banking information for others to enter on your behalf. If you have questions, go to IRS.gov for the most up-to-date information.

You must have banking information to receive your Economic Impact payment through direct deposit. If you opt for a check, you might not get your payment until September.

Don’t have a bank account? You can open your own affordable, safe, and certified bank or credit union account online to claim your stimulus money sooner.

BankOn has developed a consumer-friendly [site](https://covidbanking.joinbankon.org/) to make it easy for you to get a bank account – even if you’ve had problems with an account in the past or have never had an account before. BankOn [En Español](https://covidbanking.joinbankon.org/espanol.html)

If you do NOT have a bank account but use the Cash App, you can use your Cash App account and routing number to receive your Economic Impact payment through direct deposit. For more information on using the Cash App to receive your Economic Income Payment, please click [here](https://cash.app/help/us/en-us/1018-cash-app-the-stimulus-and-you).

[Click here](https://www.irs.gov/pub/newsroom/irs_partner_toolkit.pdf) for the IRS Toolkit on Economic Income Payments and Coronavirus Tax Relief and answers to many of your questions.

**+ FINANCIAL ASSISTANCE FOR SPECIFIC EMPLOYEES/JOBS**

Bartenders: The USBG National Charity Foundation offers a Bartender Emergency Assistance Program for Bartenders, or the spouse or child of a Bartender. Recipients of the Fund must be or have been employed in the Bartending industry for no less than one year and must be able to provide documentation of emergency hardship. [Click here](https://www.usbgfoundation.org/beap) for more information and/or to apply.

Filmmakers (Davidson County): is available through the Nashville Filmmakers Guild Film Action Fund. Filmmakers who have experienced partial or total wage loss due to COVID-19 are eligible to apply. [Click here](https://www.surveymonkey.com/r/LB9QB6N) to learn more and/or apply.

Licensed Beauty Professionals: The Professional Beauty Association’s PBA COVID-19 Relief Fund will provide $500 to licensed beauty professionals who are unable to work due to COVID-19. [Click here](https://www.probeauty.org/covid-relief-fund-application) for more information/to apply.

Musicians: MusiCares can provide financial assistance to those in the music industry who have lost income due to the cancellation of scheduled gigs or performances due to COVID-19. [Click here](https://www.grammy.com/musicares/get-help/covid-19-relief-fund-faq) for more information and/or to apply.

Musicians: Music Health Alliance provides direct cost assistance for music professionals with the following immediate needs: 1) Health Insurance Monthly Premiums; 2) Medication; 3) Food/Formula/Diapers; 4) COVID-19 Testing/Doctor Visit. Click [here](https://www.musichealthalliance.com/covid-19-resources/) to access their COVID-19/Tornado Relief Grant Application.

Restaurant and/or Bar Workers: Southern Smoke’s Emergency Relief Program provides emergency funding to those employed by, or in ownership of, restaurants or bars. [Click here](https://form.southernsmoke.org/smoke/application/) for more information and/or to apply.

**+ FINANCIAL COUNSELING**

[The Nashville Financial Empowerment Center](https://www.unitedwaynashville.org/programs/financial-empowerment-center) provides free financial counseling to all Davidson County residents via phone and virtual sessions. Whether you are in chronic financial trouble, an unexpected crisis like unemployment arises, or you just want to make sure you are on the right track, individualized counseling can move you toward greater financial stability. Professional financial counselors are also available 9 a.m.-5 p.m., Monday through Thursday to answer simple financial questions you may have. To reach a counselor on call or schedule a phone or virtual appointment, call 615.748.3620 or visit [FEC.Nashville.Gov](https://www.nashville.gov/Mayors-Office/Economic-Opportunity/Financial-Empowerment-Center-Appointment-Request.aspx). We have counselors that speak English and Spanish, with access to interpretation services in most languages.

Call your landlord or mortgage company, utility providers, credit card companies and other lenders to let them know that you are impacted by COVID-19 and see what options are available. Many companies will work with you to delay payments or to ensure continuation of services during this emergency. Some creditors have hardship plans for when you are going through an emergency.

Student Loans. Federal student loans are automatically suspended until September 30, 2020. No payments are due, and no interest or penalties will accrue. Borrowers are able to suspend their student loan payments without penalty and without accruing interest for at least 60 days. Borrowers should contact their lenders directly with any specific questions regarding loans or payment plans. If you need assistance determining your federal loan borrower, [click here](https://studentaid.gov/manage-loans/repayment/servicers).

Banking. If you need a safe, affordable account to receive unemployment or other emergency benefits visit our trusted financial partners through [BankOn](https://covidbanking.joinbankon.org/).

Affordable Housing Resources, Inc. offers free loan modification and foreclosure prevention assistance to help eligible Middle Tennessee homeowners who are struggling to pay their mortgage. Call 615.251.0025 ext. 229 for more information about starting the loan modification process. To speak with a housing counselor, call 615.251.0025.

If you rent, here is a good [summary](https://las.org/wp-content/uploads/2020/04/Tenants-Rights-print-layout-4.28.pdf) of your rights and responsibilities.

**+ FOOD ASSISTANCE**

Middle Tennessee

Second Harvest has food box and food pantry sites available throughout Middle Tennessee. [Click here](https://www.secondharvestmidtn.org/get-help/) to use your zip code to find food available near you.

Graceworks Ministries all food is now distributed by appointment. Visit [here](https://calendly.com/graceworks/foodpantry?month=2020-06) for details and to schedule at 104 Southeast Parkway, Franklin, TN 37064. Families with school-aged children can come once every 15 days while schools are closed. Families without school-aged children can come once every 30 days. Please stay in your car and follow directions as you enter the parking lot to access your food. Please bring your ID. For additional information [click here](https://www.graceworksministries.net/).

Graceworks next Mobile Food Pantry is Saturday, August 22, at Fairview High School (2595 Fairview Blvd.) starting at 9 a.m. All in need of food are invited.

The Supplemental Nutrition Assistance Program (SNAP) provides nutritional assistance benefits to children and families, the elderly, the disabled, unemployed and working families. [Click here](https://faonlineapp.dhs.tn.gov/) to apply. If you need assistance with this site because you have a disability or don’t speak English, please call the Family Assistance Service Center at 866.311.4287. After the recorded message, you will reach an operator who can provide you with an interpreter.

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides supplemental foods, health care referrals and nutrition education to pregnant, breastfeeding and non-breastfeeding postpartum women, and to infants and children up to age five. Income restrictions apply. New and/or current WIC recipients can call your local county health department or 1.800.DIAL.WIC. [Click here](https://www.tn.gov/content/tn/health/health-program-areas/fhw/wic/redirect-wic/wic-clinics.html) to find a WIC clinic in your area.

Mid-Cumberland Community Action Agency can provide food assistance in Cheatham (615.792.3632), Robertson (615.384.1086), Rutherford (615.893.8938), Sumner (615.452.7570), Trousdale (615.444.4714), Williamson (615.790.5798) and Wilson (615.444.4714) counties. Contact your local office for assistance.

The Branch of Nashville can provide food by appointment only. To make an appointment, visit [here](https://www.thebranchofnashville.org/) and click “Need Help” at the top of the screen. Appointments are available six days a week between 10 a.m. and 6 p.m. Food boxes are large and contain fresh and non-perishable items. Individuals in need should bring ID and proof of area address.

One Generation Away is providing drive-thru food distributions from various locations on the following dates and times. To ensure a contactless encounter, please remain in your vehicle, have your trunk open and space cleared for volunteers to place your food box. Due to high volume only one cart of food per car. There are no questions asked of recipients or requirements for people to receive food. Food is distributed on a first come, first served basis. Rain or shine.

August 15, 2020 at Plaza Mariachi (3955 Nolensville Pk, Nashville 37211) from 9:00-11:00 a.m. Distribution starts at approximately 9:30 a.m. and ends at approximately 11:30 a.m. or when resources run out.

Davidson County

Metro Nashville Public Schools is providing breakfast and lunch to anyone under the age of 18 every weekday while schools are closed. Meals will be available for pickup between 10 a.m. and 12:30 p.m. Children must be present to collect the meals. For a list of pick-up locations, please [click here](https://news.mnps.org/updates-to-mnps-student-meal-service/). Meals will also be available at several MNPS school bus stops. MNPS school buses will be delivering meals to [select locations](https://static1.squarespace.com/static/57752cbed1758e541bdeef6b/t/5e8668a8b7f27b23b837a732/1585866921613/MealLocationsApril2.pdf).

MNPS Food Boxes are available on Wednesdays from 1-3 p.m. at the following locations:

Antioch High School

Glencliff High School

Hillwood High School

McGavock High School

Haywood Elementary School (diapers, wipes, books also sometimes available)

Hermitage Community Center

Looby Community Center

Madison Community Center

Hartman Community Center

YMCA Camp Widjiwagon (3088 Smith Springs Rd, Antioch)

Martha O’Bryan Center has a Food Pantry located at 711 S. 7th St. Nashville, TN 37206 and is open Monday, Wednesday and Friday from 9 a.m. to 2 p.m. Please stay in your car upon arrival; volunteers will come to you.

Healthy Meal Pick-up is available at the sites below from 10 a.m. to 12:30 p.m. (or until meals run out) Monday through Friday. Kids must be present for families to collect meals.

Paragon Mills Elementary (260 Paragon Mills Road)

Donelson Middle School (110 Stewarts Ferry Pike)

St. Luke’s Community House provides food to Davidson County residents in need. Schedule your pick-up appointment [online here](https://www.stlch.org/).

West Nashville Dream Center provides food to those in need throughout West Nashville (37208 and 37209) Monday through Saturday. There are no eligibility requirements to receive assistance. [Click here](https://www.westnashdc.com/programs) and scroll to the bottom to find exact times and locations for food distribution.

The Little Pantry That Could provides weekly, shelf-stable food to anyone in need. The Pantry is located at 2011 24th Ave N, Nashville, TN 37208 and is open on Saturdays from 9 a.m.-1 p.m.

Inspiritus provides food and household items to individuals/families in need on Mondays, Tuesdays, Wednesdays and Fridays from 8:30-11 a.m. at 1628 Rosa Parks Blvd, Nashville, TN 37208.

Musicians, Artists, Restaurant and Hospitality Industry workers who have lost jobs due to COVID-19 can receive weekly grocery bags through The Nashville Food Project’s Community Cupboard program. The grocery bag includes a week’s worth of pantry staples, including fresh produce, meat and eggs. Nashville residents can request a food box, to be distributed at Fat Bottom Brewing on Thursdays, by emailing [thehopyard@fatbottombrewing.com](mailto:thehopyard@fatbottombrewing.com?subject=Grocery%20Box%20Request) and putting “Grocery Box Request” in the subject line.

Davidson and Williamson County

COVID Help Nashville connects individuals with a volunteer who is able to grocery shop, pick up medications and/or run errands for those who are worried or unable to leave their homes. The volunteer will pick up your groceries or medications and drop them off to you with no contact. The delivery is free but those utilizing the service are responsible for payment of their groceries or other items. To receive assistance, please email [COVIDHelpNashville@gmail.com](mailto:COVIDHelpNashville@gmail.com) or call 615.447.8260.

Williamson County

Franklin Special School District is providing breakfast and lunch to children 18 and under on Mondays and Thursdays while schools are closed. Children must be present to receive meals. Meals will be available at Poplar Grove and Liberty Elementary from 11 a.m. to 12:30 p.m. Additionally, meals will be delivered to the select [bus stops](https://fssd.org/wp-content/uploads/2020/03/FSSD-Closure-Meal-Plan-Flyer.pdf).

The Well Outreach (serving Spring Hill, Thompson’s Station, Santa Fe, College Grove and Columbia) has a Food Pantry available at 5226 Main Street (Suite C-5) in Spring Hill on Tuesdays through Fridays from 10 a.m. to 2 p.m., Tuesdays and Thursdays from 6 to 8 p.m. and Saturday from 10 a.m. to noon. Each household may visit the pantry for assistance twice per month. [Click here](http://springhillwell.org/food-pantry.html) for more information.

Montgomery County/Clarksville

Manna Cafe Ministries provides food boxes to those in need on Mondays, Wednesdays and Fridays from 10 a.m. to 4 p.m. at 605 Providence Blvd. Hot meals are available on Tuesday, Wednesday and Thursday evenings, as well as Saturday mornings. [Click here](https://www.mannacafeministries.com/) for exact times and locations.

Robertson County

Robertson County Schools is providing free meals to children 18 and under on weekdays while schools are closed. To find food time and locations, [click here](https://www.rcstn.net/UserFiles/Servers/Server_7522/Image/Departments/Technology/Feeding%20Schedule3-19-20.pdf). To request a meal, please [click here](https://forms.office.com/Pages/ResponsePage.aspx?id=cNHhM05P0EaLdxNyA8iJyLarH4h1lF1KtPPer-uGoqpURUxFTThLWU0yVkkwWFdPU0EzMVI3TlNUMS4u).

United Ministries Food Bank of Robertson County provides access to staple pantry items via curbside pick-up at 808 S. Main St., Springfield, TN 37127. Call 615.384.8306.

**+ INTERNET AND PHONE ASSISTANCE**

Internet Essentials Free to New Customers: Low-income families who live in a Comcast service area are encouraged to sign up for Internet Essentials, the nation’s largest and most comprehensive broadband adoption program. Now, new customers will receive 60 days of complimentary Internet Essentials service. Additionally, for all new and existing Internet Essentials customers, the speed of the program’s Internet service was increased to 25 Mbps downstream and 3 Mbps upstream. To apply, go to [InternetEssentials.com](http://www.internetessentials.com/).

AT&T is offering free public wi-fi for 60 days. [Click here](https://www.att.com/support/article/wireless/KM1103818/).

Save money on phone or broadband service with Lifeline. You are eligible for Lifeline benefits if you receive SNAP, Medicaid, SSI, Veteran’s or Survivor’s pension. Income limitations apply. For more information, call 615.666.2151.

+ VETERANS

Operation Stand Down Tennessee remains open to provide veterans with essential services. These services include: transitional housing, emergency financial assistance, VA benefit claims, career services and basic needs such as food and hygiene supplies. Services are by appointment only, in-person or virtually. To make an appointment in Nashville, contact 615.248.1981 or email [Nashville@osdtn.org](mailto:Nashville@osdtn.org?subject=Appointment%20request) To make an appointment in Clarksville, contact 931.896.2184 or email [Clarksville@osdtn.org](mailto:Clarksville@osdtn.org?subject=Appointment%20request).

For more information about what to do if you are a veteran in need click [here](https://www.va.gov/coronavirus-veteran-frequently-asked-questions/).

**+ UNEMPLOYMENT SERVICES**

Unemployment benefits are made available through taxes paid by your former employer(s) to partially replace your regular earnings and help you meet expenses while you look for another job. These benefits are intended to assist workers who lost their jobs through no fault of their own and are not based on financial need. To register for unemployment, fill out an application [here](https://www.jobs4tn.gov/vosnet/Default.aspx?enc=vLa15KtdCzQQMP6jrcRdIQ%3D%3D). To apply over the phone, call 844.224.5818. If you have any questions pertaining to your claim, please contact the helpline at 877.813.0950.

[Click here](https://www.nashvilleresponsefund.com/s/TN-Unemployment-FAQS-4-16-2020-2.pdf) for frequently asked questions and answers about Tennessee Unemployment Insurance.

[Click here](https://www.tn.gov/workforce/covid-19/employees.html) for information about COVID-19 Unemployment for Employees.

For a list of local businesses that are open and hiring for immediate work, [click here](https://www.visitmusiccity.com/covid-19-information/covid-19-resources-nashvillians) and/or [here](https://docs.google.com/spreadsheets/d/1iqFtbXLUE373F5noExW_cmgZXQXVolsgb1PJZxLXQsg/edit#gid=0).

Tennessee Talent Exchange, powered by Jobs4TN, is a new initiative to help you find work in the grocery, retail and logistics industry now. For more information or to apply, [click here](https://www.jobs4tn.gov/vosnet/Default.aspx).

Martha O’Bryan Center’s Re-Engagement Hub offers online career coaching to help with resumes, job searching and interview skills. To connect with a Career Coach, [sign-up here](https://docs.google.com/forms/d/e/1FAIpQLSfy6Nri-SX8PpAJE32OzOCTgkyq1BRAhcyCOQT2jv66GURYyg/viewform).

**+ TAX FILING**

If you haven’t already filed your taxes or you applied for an extension, VITA volunteers are available to help. The VITA (Volunteer Income Tax Assistance) Free Tax Preparation sites are closed but services are still happening online. Households that earned less than $66,000 in 2019 can file one of two ways. Visit [unitedwayfilefree.com](https://unitedwayfilefree.com/) to either file yourself or have IRS-certified volunteers file for you virtually. With Virtual VITA, you will use your cellphone to access a secure portal and take photos of your tax documents. VITA volunteers who are working remotely will complete your tax return.

Please keep in mind that an extension to file is not an extension to pay taxes owed to the IRS. If you owe, you may want to consider your [payment options](https://www.irs.gov/payments).

**+ COPING SKILLS & MENTAL HEALTH**

Mobile Crisis Services is a 24/7/365 response team for those who are experiencing a mental health emergency. The statewide crisis line is a call system that can help anyone experiencing a mental health crisis. All calls are routed to a trained crisis specialist within your area. The service is free. Call 855.CRISIS1 (855.274.7471).

If you or someone you love is in crisis and need to talk, call 1.800.273.8255 or text TN to 741-741.

The Tennessee Recovery Project provides FREE resource connection to Tennessee residents impacted by COVID-19. These resources include: short term supportive counseling, referrals for community resources, emotional wellness and coping skills. This program is available to anyone who lives in 21 counties in Middle Tennessee that have been affected by the COVID-19 crisis.

Residents of any of the following counties, can call 888.460.4351 for free, anonymous support through the Tennessee Recovery Project Monday through Friday from 8 a.m. to 6 p.m. and Sunday 8 a.m. to noon. The counties include: Bedford, Cheatham, Coffee, Davidson, Dickson, Franklin, Giles, Hickman, Houston, Humphreys, Lawrence, Lewis, Lincoln, Marshall, Maury, Montgomery, Moore, Perry, Robertson, Stewart and Wayne. Find them on [Facebook](http://www.facebook.com/TNRecoveryProject) for more information.

The program is made possible through a grant from the Federal Emergency Management Agency (FEMA) and the Substance Abuse and Mental Health Services Administration, and it is operated in partnership with Centerstone—a local nonprofit healthcare provider.

Family and Children’s Service if you or someone you know is having a mental health crisis or needs another type of help, contact the Family and Children's Service Crisis Line. Call 615.244.7444 or text 615.502.4373.

Alive Hospice provides trauma and grief counseling. Call the hotline at 615.963.4732.

AGAPE offers remote teletherapy and web-based virtual counseling to new and existing clients.To inquire about a remote session, please call 615.781.3000 or fill out their [online form](https://freefile.intuit.com/).

Branches Counseling Center provides affordable counseling services in Murfreesboro, Mt. Juliet and Shelbyville, TN. Due to COVID-19, Branches will offer telehealth counseling sessions to new and existing patients. To make an appointment, please call the office closest to your home. Murfreesboro: 615.904.7170. Mt. Juliet: 615.648.5199. Shelbyville: 931.685.2013.

The Refuge Center for Counseling offers affordable, professional counseling services on a sliding fee scale so that anyone can access support. They are open and offering individual and family counseling appointments at their offices as well as telehealth options for services Monday through Saturday. To schedule an appointment, call 615.591.5262. For more information, [click here](http://www.therefugecenter.org/).

Mercy Community Healthcare is providing in-person counseling for new patients. To schedule an appointment, call 615.790.0567 for Franklin or 615.814.3400 for Lewisburg.

Insight Counseling Centers is offering teletherapy on an income-based fee scale. Call 615.383.2115 ext. 100 to make an appointment.

Mental Health America of the MidSouth provides free mental health screening tools and resources for further treatment. [Click here](https://www.mhamt.org/) for more information.

Additionally: Check with your employer to see if an Employee Assistance Plan is available to you. Many plans include access to mental health counseling.

**+ DOMESTIC VIOLENCE AND/OR SEXUAL ASSAULT**

The TN Coalition to End Domestic & Sexual Violence provides emergency financial assistance to domestic violence and sexual assault survivors in Tennessee. The purpose of the fund is to help survivors who are fleeing violence or in the process of establishing new safe homes. Additionally, funds may be used to help survivors who have lost income due to COVID-19 or need help with rent, mortgage, hotel costs, and utilities. For assistance, please call 615.386.9406 or visit the [website](https://www.tncoalition.org/emergency-financial-assistance).

Domestic Violence

YWCA Nashville provides trained counselors who can help you find shelter, develop a safety plan, connect you with law enforcement, or answer questions about your situation or that of a loved one. If you or someone you know is in need of assistance, call the YWCA Crisis & Support Helpline at 1.800.334.4628 or texting at 615.983.5170.

Bridges Domestic Violence Center (Williamson County) provides shelter and/or assistance if you need help leaving an abusive relationship. If you or someone you know is experiencing domestic violence, call Bridges’ hotline at 615.599.5777. In an emergency, call 911.

Sexual Assault

If you are a victim of sexual assault and need an exam, the Sexual Assault Center SAFE Clinic is open for appointments on an on-call basis. Please call 615.258.5888.

You can always reach the 24 Hour Crisis Line at 1.800.879.1999.

**+ SENIOR CITIZENS**

FiftyForward can assist with food delivery, prescription assistance, case management and more for older adults in need of assistance. Call 615.743.3416.

Williamson County

Meals on Wheels is available for Williamson County residents. Sign up for your weekly meal delivery by calling Kelly Breniser at 615.762.7746.

Middle Tennessee

The Council on Aging of Middle TN serves older adults and caregivers and can assist with providing trusted information, resource navigation and referrals for those in need of assistance. Call 615.353.4235.

**+ CHILDCARE**

The COVID-19 Essential Employee Child Care Payment Assistance Program helps support essential workers so they can stay on the job during the COVID-19 emergency. Through payment assistance and a network of temporary care locations, parents/guardians who work as essential employees can access child care at NO cost during the COVID-19 state of emergency until mid-August. To be eligible, parents must be employees of a healthcare entity, law enforcement, first responders, corrections officers, military, activated national guard, human and social services workers, educators and support staff, postal workers, transportation employees, restaurant workers, or grocery workers. Visit the [website](https://www.tn.gov/humanservices/covid-19/child-care-services-and-covid-19.html) for more information or [click here](https://tdhs.service-now.com/relief?id=relief_registration) to apply.

Several Middle Tennessee YMCAs are offering childcare services to essential workers. Childcare hours are 6:30 a.m. to 6 p.m. Monday through Friday. Breakfast, lunch and afternoon snack are provided. Parents who are interested can [register now](https://ymcafunco.org/essential-worker-fall-care) with the YMCA.

Looking for childcare? Visit [Childcare Nashville](https://childcarenashville.com/). Click the “Search for Childcare” button at the top of the page and check the “Provider is Open and Providing Services” filter option. This will bring up all open childcare agencies in your area. Please note: Priority will be given to children of emergency workers.

Child Care Payment Assistance/Smart Steps: The Child Care Payment Assistance/Smart Steps program is available to qualifying families. Eligibility criteria and application information are [available here](https://www.tn.gov/humanservices/for-families/child-care-services/child-care-payment-assistance.html). The Tennessee Department of Health Services strongly encourages applicants to apply online.

**+ LEGAL ASSISTANCE**

The Legal Aid Society is planning to hold all monthly free legal clinics over the phone due to the official recommendations in response to COVID-19. Local attorneys will offer advice on questions about housing and renters’ rights, bankruptcy, medical bills, debt collection, domestic violence, applying for SNAP benefits and applying for unemployment benefits. [Click here](https://las.org/wp-content/uploads/2020/07/July-Phone-Clinics-CDT.pdf) for more information.

If you know someone who needs legal help, refer them to the Legal Aid Society at 1.800.238.1443.

[Visit here](https://las.org/covid-19-tennessee-resources/) for legal information and resources regarding COVID-19.

**+ 211 HELPLINE**

If you need help accessing food, social services or other emergency assistance, 211 is your one-stop shop for community resources. Operated by United Way, this [24-hour resource and referral line](http://tn211.mycommunitypt.com/) can help you find community-based programs that are available. To reach the helpline, dial 211 or 800.318.9335, text your zip code to 898-211, chat or search the online database of community resources [here](http://tn211.mycommunitypt.com/).

**+ LANGUAGE SERVICES**

Conexión Américas (Davidson County) offers Spanish-language services and provides short-term case management, and information and referral services for Latino families. [Click here](https://www.conexionamericas.org/asistencia/) to complete their Spanish-language online intake form or call 615.307.0584.

For translated COVID-19 materials, please visit the Tennessee Immigrant & Refugee Rights Coalition site [here](https://www.tnimmigrant.org/health).

Need information about COVID-19 in a different language? Visit [here](https://covid19healthliteracyproject.com/) for COVID-19 Fact Sheets translated into over 30 languages.

BRAVE Nashville is offering assistance to Bhutanese individuals/families in Middle Tennessee. If you are a Bhutanese individual/family that has been impacted by COVID-19, please call 615.601.1335 or email [bravenashville615@gmail.com](mailto:bravenashville615@gmail.com) to get connected to a Nepali speaking volunteer/health care worker.

Bridges for the Deaf and Hard of Hearing offers resource information in ASL [here](https://www.bridgesfordeafandhh.org/). Information about translation services, as well as a COVID-19 Communication Card is also available.

**+ STAYING HEALTHY**

COVID-19 Healthcare Information

Everyone has a role to play in social distancing and staying healthy. We encourage you to read and share these recommendations from the [Metro Nashville Public Health Department](https://www.nashville.gov/Health-Department/Coronavirus.aspx) and the [Centers for Disease Control](https://www.cdc.gov/coronavirus/2019-ncov/about/prevention.html?CDC_AA_refVal=https%253A%252F%252Fwww.cdc.gov%252Fcoronavirus%252F2019-ncov%252Fabout%252Fprevention-treatment.html) for reducing the risk of COVID-19 infection for yourselves and others.

Where to get tested:

State-wide: First, you should call your primary doctor who will determine if you meet the screening criteria. If you don’t have a doctor, contact your local Health Department. You can also call a remote assessment site to schedule an appointment. To find a COVID-19 Assessment Site in your area, [click here](https://tnmap.maps.arcgis.com/apps/opsdashboard/index.html#/da62f539a92748d09250ff67e4e6b2c9).

Nashville/Davidson County: If feeling ill, Davidson County residents should call the COVID-19 Hotline at 615.862.7777 to receive an initial assessment by a public health professional. The Hotline is open from 7 a.m.-7 p.m. seven days a week in both Spanish and English. If determined necessary during the assessment, residents will then be directed to visit a COVID-19 Community Assessment Center where they will be further screened and, if required, tested.

Williamson County: The Williamson County Health Department (WCHD) COVID-19 testing and mask distribution site at the Williamson County Ag Expo Center provides testing Monday through Friday from 8:30 a.m. to 12:30 p.m. located at 4215 Long Lane in Franklin. The testing site will be closed July 3rd for the holiday. For other COVID-19 testing sites in and around Williamson County [click here](https://www.tn.gov/health/cedep/ncov/remote-assessment-sites.html).

The Tennessee Department of Health now offers a Tennessee Coronavirus Public Information Line at 877.857.2945. The information line is available daily from 10 a.m. to 10 p.m.

The Metro Public Health Department will give away free cloth masks from 8:00 a.m. to 4:30 p.m. Monday - Friday at the Lentz Public Health Center: 2500 Charlotte Avenue, the Woodbine Health Center: 224 Oriel Ave, and the East Nashville Center: 1015 East Trinity Lane.

Questions about COVID-19? This [article](https://www.cnn.com/interactive/2020/health/coronavirus-questions-answers/) provides helpful answers to many frequently-asked questions about the virus.

Other Healthcare Needs

The HCA Healthcare Uninsured Patient Advisor Hotline provides a free service to help connect individuals that may be faced with health insurance coverage challenges due to unemployment. [Click here](https://www.nashvilleresponsefund.com/s/UninsuredPatientAdvisoryHotlineFlyer_762020.pdf) for more information or call 833-541-5757.

Neighborhood Health provides affordable non-emergency/ER health care (medical, dental and counseling services) to anyone in need in Davidson County. No one will ever be turned away because of inability to pay. To make an appointment, call 615.227.3000. [Click here](https://www.neighborhoodhealthtn.org/for-patients/) for more information. [Para Espanol](https://www.neighborhoodhealthtn.org/espanol/).

Faith Family Medical Center allows uninsured or under-insured persons to access healthcare services. Due to COVID-19, unemployed persons can now receive healthcare services. Patients must show proof of previous employment within the past six months. To talk to a clinic about eligibility and/or to request an appointment, call 615.341.0808. Faith Family Medical provides telehealth appointments regarding diabetes, hypertension, cholesterol, depression, anxiety and medication refills. [Click here](https://faithmedical.org/services/patient-info/) for more information. Faith Family Medical does not have the capability to test patients for COVID-19.

Matthew Walker CHC provides high-quality affordable medical and dental care for underinsured and uninsured Middle Tennesseans. [Click here](http://mwchc.org/patients/) to request an appointment in Nashville, Clarksville or Smyrna. Note: Matthew Walker cannot test or treat you for COVID-19.

Mercy Community Healthcare (Franklin and Lewisburg) provides complete primary healthcare including sick and urgent care, counseling and social services, chronic illness management and psychiatry services to patients of all ages. Mercy offers a sliding scale self-pay program to assist those who are under-insured or uninsured. Call 615.790.0567 to make an appointment.

Charis Health Center (Mt. Juliet) provides accessible, affordable healthcare services to those without health insurance. To request an appointment, please call the clinic at 615.773.5785. [Click here](https://www.charishealthcenter.org/services/) for more information.

Interfaith Dental Clinic provides emergency dental services (by appointment only) for low-income, uninsured individuals on a sliding scale fee based on income and family size. For more information on becoming a new patient/receiving services, call 615.329.4790 for Nashville or 615.225.4141 for Rutherford County. [Click here](https://interfaithdental.com/patients/) for more information.

If you have lost your health insurance due to a recent layoff or business closing, Matthew Walker Comprehensive Health Center counselors can help you obtain Health Insurance, TennCare or Coverkids. Call 615.340.3860 or 615.921.5991 Monday through Friday from 9 a.m. to 12 p.m. and 1 to 4:30 p.m. Para Espanol: 615.724.1339.

Family and Children’s Services’ Health Assist Tennessee provides under- and uninsured Tennesseans with access to low and no-cost community-based health care resources, including medical, dental, vision, prescription, mental health and more. For English, call 615.313.9972. For Spanish, call 615.227.7568. For Kurdish/Arabic, call 615.313.9840.

**+ TORNADO RELIEF ASSISTANCE**

Are you a tornado survivor still in need of help? Call the Tornado Recovery Connection at 615.270.9255. TRC is administered by UMCOR in partnership with @MetroNashville and #RecoverWilson. The helpline provides callers with resources for immediate relief and helps identify those with long-term needs. The line is currently serving English, Spanish and French languages but they're working to increase the options available.

The Tennessee Recovery Project is a supportive resource for those affected by the tornado with a specific emphasis on emotional well-being. Available services include: tornado resource connection, short-term supportive counseling, long-term counseling referrals and coping advice. To get help, please call 615.460.4004.

The Equity Alliance (Davidson County - North Nashville Residents only) The Equity Alliance can help North Nashville residents impacted by the tornado with food/groceries, personal items, household goods, utility bills, mortgage/rent, homeowner’s insurance, temporary housing, gas or bus fare, or loss of income. Complete [this form](https://secure.everyaction.com/mxo4MCnvukmOM4mk8d0JSw2) to request assistance.

For additional Tornado Relief Information, visit [here](https://www.tornadorecoveryconnection.com/).

**+ EDUCATIONAL RESOURCES FOR FAMILIES**

Conscious Discipline offers resources to support the social emotional needs of children and adults. For more information, [click here](https://consciousdiscipline.com/).

Everfi offers digital lessons for remote learning for students K-12. [Click here](https://everfi.com/k-12/parent-remote-learning/).

Go Noodle offers movement and mindfulness videos [here](https://www.gonoodle.com/).

Governor’s Early Literacy Foundation offers resources for children birth throuh third grade to develop early literacy skills through reading and learning together [here](http://governorsfoundation.org/engage/engage-with-your-child). Access activities and free videos [here](https://readyrosie.com/en/tn/) to connect fun activities with serious learning opportunities with [Ready Rosie](https://readyrosie.com/en/tn/).

Grow Up Great from PNC provides resources for caregivers of children birth to age five to support a love of learning, [click here](https://www.pnc.com/en/about-pnc/corporate-responsibility/grow-up-great.html).

Imagination Library provides storytime videos and literacy resources for caregivers of children birth to age five [here](https://imaginationlibrary.com/news-resources/parent-resources/).

Khan Academy is an online education program for children ages two and up. Click [here](https://www.khanacademy.org/) for elementary through high school resources or [here](https://learn.khanacademy.org/khan-academy-kids/) for ages two through seven.

MNPS Digital Resources offers tools, links and resources for continued learning opportunities and optional digital resources by subject area for Metro Schools students pre-K through 12th grade.

Student printables will be available for pickup at MNPS meal sites and are now on the webpage so you can [download](https://www.mnps.org/printables?fbclid=IwAR3UFAS8c56BNlwqsbNAodBGxEbrw1371NBBO493UY0psc_OjylUkZd6Eoo) and print if you can.

Families with MNPS students in grades 3 to 12 can request a laptop on loan from the district online [here](https://forms.office.com/Pages/ResponsePage.aspx?fbclid=IwAR19gK0jdxAKvDCJSTXkC_3FAr-KnXEujYkKgPt4_z4dmjGRGP8hVeuKIP0&id=V4KCxhBkfkC1V7XcchHeVaVT40dMdpBEvBTwkVPIsGFUMVhUVFNaTFlRU1dOSTlNQU1PWE9LOTJWVi4u).

Nashville Public Library offers a wide variety of digital resources, from books to classes, for children and adults, [here](https://library.nashville.org/).

PBS Kids has educational activities and videos with young children’s favorite characters [here](https://pbskids.org/).

Scholastic Learn at Home offers literacy activities for pre-K through 9th grade students [here](https://classroommagazines.scholastic.com/support/learnathome.html?caching).