

Clothing - Interview and Career Clothing

The mission of Dress for Success is to empower women to achieve economic independence by providing a network of support, professional attire, and the development tools to help women thrive in work and in life.

<https://dressforsuccess.org/affiliate-list/>

Computers and Technology - Equipment Internet and Training

Everyone On helps unlock social and economic opportunity by connecting low-income people to affordable internet service and computers, and delivering digital skills trainings. Find Low-Cost Internet Service, Computers and Free Training in Your Area!

<https://www.everyoneon.org/find-offers>

Education - Free Audio Books

Free cultural and educational media access.
<https://www.openculture.com/freeaudiobooks>

Education - Higher Education

Freshman Year for Free. Take tuition-free, high quality courses online from top institutions for college credit. Modern States Education Alliance is a non-profit dedicated to making a high quality college education free of cost and accessible to any person who seeks one. Its founding principle is that access to affordable education is fundamental to any philosophy that respects all individuals, and fundamental to the American dream. Modern States' initial program, Freshman Year for Free, is intended to let students earn up to one year of college credit without tuition or textbook expense. Modern States hopes to provide links for students to tutoring, mentoring and college advising groups as well.

https://modernstates.org/?gclid=EAlaIQobChMlO16uee9gIVl_3jBx34gQCHEAAYASAAEgKfRfD_BwE

Employment - Employment Services

Office of Reentry
220 French Landing Drive
Nashville, Tennessee 37243
(844) 224-5818

<https://www.state.tn.us/workforce.html>

Employment - Employment Services

6635 Quince Road , Suite 107
Memphis TN 38119
Phone: 901-737-2325
<http://www.selectstaffing.com/SelectStaffing/main.cfm?nlvl1=1>

Employment - Employment Services

6064 Apple Tree Drive
Suite 12
Memphis, TN, 38115
901-794-9363
901-794-9092
<http://www.coworxstaffing.com/>

Employment - Employment Services

Tel: (901) 341-5627
America Works includes work readiness training, vocational training, career placement, career advancement, and employment retention services.

Clothing - Thrift Store

2730 Colony Park Drive
Memphis, TN 38118
Office 901.363.3100
Boutique Fax 901.363.3789
memphis@dressforsuccess.org
<http://www.dressforsuccess.org/affiliate.aspx?sisid=40&pageid=1>

Education - Free Audio Books

Free public domain audiobooks. LibriVox has a huge selection of free audiobooks that are recordings of volunteers who have read chapters from books that are in the public domain.
<https://librivox.org/>

Education - Free Education

LifeLine to Success will provide clients with the support that is necessary to reenter society and have a positive impact in their communities by removing the negative perceptions that are associated with a criminal record. We will empower our clients with the tools necessary to become assets to society, while drastically reducing the recidivism rate in the Mid-South. LifeLine to Success
1647 Dellwood Avenue
Memphis, TN 38127
901-729-6537
<http://www.lifeline2success.org>
Fee: None
<http://www.lifeline2success.org/>

Employment - Employment Services

We are dedicated to helping you find your next career! The National Urban League is a historic civil rights organization dedicated to elevating the standard of living in historically underserved urban communities. Founded in 1910, the National Urban League spearheads the effort of its local affiliates through the development of programs, public policy research and advocacy.
<http://www.nuljobsnetwork.com/>

Employment - Employment Services

4165 Willow Lake Blvd.
Memphis TN 38118
Phone: 901-398-7853
<http://www.selectstaffing.com/SelectStaffing/main.cfm?nlvl1=1>

Employment - Employment Services

6073 Mt Moriah Road Ext
Memphis, TN, 38115
901-794-9002
901-794-9092
<http://www.coworxstaffing.com/>

Employment - Employment Services

America Works includes work readiness training, vocational training, career placement, career advancement, and employment retention services. Our mission is to equip each individual who comes to our offices with the right tools so that they are able to provide for themselves and their loved ones. People find employment, and employers find talent! Due to the Coronavirus Pandemic, you must contact the office first before you can engage in in-person services. Click on the link above to

Our mission is to equip each individual who comes to our offices with the right tools so that they are able to provide for themselves and their loved ones. People find employment, and employers find talent! Due to the Coronavirus Pandemic, you must contact the office first before you can engage in in-person services. Click on the link above to find the most up-to-date contact information!

<https://americaworks.com/virtual-contact-info/>

Employment - Staffing Agency

PeopleReady has re-imagined and simplified the path that connects people and work. Whether you need workers or you're looking for new job opportunities, we're ready to deliver results for you today.

<https://www.peopleready.com/>

Employment - Temporary Staffing Agency

4515 Poplar Avenue
Suite 102
Memphis, TN 38117-7504
901.685.5627
<http://pridestaff.com>

Employment - Workforce Development

All services can be found on the website.
<https://www.tn.gov/residents/workforce-services.html>

Food - Food Pantry

Find a food bank near you! The Feeding America nationwide network of food banks secures and distributes more than 3 billion meals each year. Contact your local community food bank to find food.
<http://www.feedingamerica.org/find-your-local-food-bank/>

Food - Food Pantry

Find local pantries, soup kitchens, food shelves, food banks and other food help.
<https://www.foodpantries.org/st/tennessee>

Food - Free Meals

1720 Peabody Avenue
Memphis, TN 38104-6124
901.272.7425
Every Sunday, Grace-St. Luke's More Than A Meal invites the homeless and hungry to dine in our parish hall side-by-side with parishioners and other members of the community. More Than A Meal provides a hot meal and, in addition, provides the dignity of table service, fellowship, and a break from the invisibility that many of our guests live.
<http://www.gracestlukes.org/outreach/more-than-a-meal/>

Free - Free Stuff

We are a grassroots and entirely nonprofit movement of people who are giving and getting stuff for free in their own Towns. It's all about reuse and keeping good stuff out of landfills. Membership is free.
<https://www.freecycle.org/>

Health - Alcoholics Anonymous

find the location nearest to you.
<https://americaworks.com/virtual-contact-info/>

Employment - Job Training

Our mission is to provide targeted economic opportunities for people to earn wages through job skills training. Our goal is to offer a positive alternative for people to gain a measure of self-confidence and self-respect.
Landmark Training Development Company
2411 Carnes Avenue
Memphis, TN 38114
901-620-9558
<http://www.homerepairschool.webs.com>
Fee: None
<http://www.homerepairschool.webs.com/>

Employment - Staffing Agency

Manpower is dedicated to enriching people's lives with meaningful employment and development opportunities, as we have done for more than 60 years.
<https://www.manpower.com/ManpowerUSA/home>

Employment - Temporary Staffing Agency

memphis@esieci.com
4795 Imagination Dr.
Memphis, TN 38118
(901) 334-9022
<http://www.employmentstaffing.com>

Food - Food Pantry

WhyHunger Hotline: 866-348-6479
Call, text or click on the link to their website to find food pantries, soup kitchens, summer meals sites, government nutrition programs and grassroots organizations.
<http://www.whyhunger.org/find-food>

Food - Food Pantry

Ample Harvest works to reduce food waste by connecting gardeners to their local food pantries so that excess garden bounty can be shared with those in need. Use the search tool to look for a local food pantry near you.
<https://ampleharvest.org/find-food/>

Food - Food Pantry

1720 Peabody Avenue
Memphis, TN 38104-6124
901.272.7425
The Grace-St. Luke Food Pantry distributes a three-day supply of groceries on an emergency basis to families in crisis. For many families who are facing trauma and who are not (yet) homeless, food pantry assistance can bridge the need to recovery or more long-term assistance. Our food pantry is part of a vital network of organizations that serve needy families. Food pantries across the city are coordinated by the Metropolitan Interfaith Association (MIFA), which screens families for eligibility and directs them to a pantry. The Food Pantry is open from 1:00 to 2:00 every Monday and Tuesday
<http://www.gracestlukes.org/outreach/food-pantry/>

Free - Free Phone

Assurance Wireless

Welcome to AA Tennessee, a state-wide recovery resource devoted to supporting the men and women of Tennessee. AA Tennessee helps individuals struggling with alcoholism find the help they need on a local basis. Discover Tennessee Alcoholics Anonymous meetings per county or city, and take the next step to overcome alcohol addiction.

<https://alcoholicsanonymous.com/aa-meetings/tennessee/>

Health - Crisis Hotline

Domestic Violence Hotline 1-800-799-7233(SAFE)
StrongHearts Native Helpline 1-844-7NATIVE
(1-844-762-8483)

Runaway Safeline 1-800-RUNAWAY /
1-800-786-2929

Human Trafficking Hotline 1-888-373-7888

Child Abuse Hotline - 1-800-4-A-CHILD
(1-800-422-4453)

Substance Abuse Treatment - 1-800-662-HELP
(4357)

Center for Missing and Exploited Children (NCMEC)
Hotline - 800-8435678

Sexual Assault Telephone Hotline - 800-656-HOPE
(4673)

Suicide Prevention Lifeline Hotline - 800-273-8255
<https://www.acf.hhs.gov/acf-hotlines-helplines>

Health - Free/Sliding Scale Clinic

Clinics listed on our website offer services for free or at a reduced rate. Many clinics are operate under a sliding scale schedule. This means that costs to patients are calculated based on income.
<https://www.freeclinics.com/>

Health - Free/Sliding Scale Dental Clinic

We continuously update our website with new information on dental clinics. Many of the resources for dental care are free, but many are based on income and/or discounted in other manners. Please review the listings and contact the dental clinics through the websites provided (and/or phone numbers listed), to obtain full details. We do not offer guidance. If you find any of our information improper, or if you have any question, please email us at support@thedentistsnearme.com. We will immediately reply to your email.

https://www.usdentalservice.com/?gclid=EAlaIQobChMlyah1p9_k9gIVWZcAAB0Irg1FEAEYASAAEgK7c_vD_BwE

Health - Narcotics Anonymous

Find Tennessee NA Meetings Near You
<https://www.narcotics.com/na-meetings/tennessee/>

Health - Reduced Cost Medication

HELPLINE (800) 503-6897 in English or Spanish. Find help with the cost of medicine! We offer a free drug discount card that may help you obtain a substantially lower price on your medications.
<https://www.needymeds.org/drug-discount-card>

Money - Finances/Budgeting

800.388.2227

Free Credit Counseling! Our mission is to help all Americans gain control over their finances. For

P.O. Box 5040

Charleston, IL 61920-9907

1-888-321-5880

Assurance Wireless provides eligible consumers with free monthly data, unlimited texting, free monthly minutes plus a free Smartphone. Lifeline enrollment is available to individuals who qualify based on federal or state-specific eligibility criteria. Residents of homeless shelters, nursing homes and temporary addresses may also be eligible.
<https://www.assurancewireless.com/lifeline-service/what-lifeline>

Free - Free Stuff

We are a grassroots and entirely nonprofit movement of people who are giving and getting stuff for free in their own Towns. It's all about reuse and keeping good stuff out of landfills. Membership is free.
<https://www.freecycle.org/>

Health - Counseling Services

Innovative Counseling and Consulting, Inc. A behavioral health organization providing services for substance abuse and mental health issues. Program services include outpatient substance abuse counseling, anger management, domestic violence, parenting skills, DUI School, Drug education classes, and behavioral modification. 1420 Union Ave., Suite 230
Memphis, TN 38104
901-276-0220
<http://www.icc418.com>
Bilingual
Fee: Third-Party Reimbursement and Sliding Scale
<http://www.innovativecounselingbhs.com/welcome/>

Health - Free/Sliding Scale Clinic

1,400 Free and Charitable Clinics and Pharmacies provide access to healthcare for uninsured and underinsured people in communities across the U.S. Find one near you!
<https://nafcclinics.org/>

Health - Free/Sliding Scale Clinic with Dental

There are many types of health clinics nationwide. There are low cost, affordable, sliding scale, medicaid accepted, community health care clinics, emergency clinics and regular medical clinics. Our directory provides not only the clinics listed, but also information, pictures, comments, and reviews on these clinics.

<https://www.clinicdirectory.org/state/tennessee.html>

Health - Health Department

All services can be found on the website.
<https://www.tn.gov/health.html>

Health - Reduced Cost Medication

(888) 311-6224 x115

Save an average of 15-55% on your prescriptions! Print a free card or download the app to your phone.

<https://www.americasdrugcard.org/index.aspx>

Money - Finances/Budgeting

over 60 years, NFCC and its member agencies have helped people just like you pay off debt and grow in their financial capability. Our services help people overcome financial challenges at nearly every stage of life.
<https://www.nfcc.org/>

Money - Free Credit Report

Free credit reports authorized by federal law. Federal law allows you to get a free copy of your credit report every 12 months from each credit reporting company.
<https://www.annualcreditreport.com/index.action>

Money - Social Security Benefits after Incarceration

Social Security and Supplemental Security Income Benefits
Individuals released from incarceration may be eligible for Social Security retirement, survivors, or disability benefits if you have worked or paid into Social Security enough years or Supplemental Security Income benefits if you are 65 or older, or are blind, or have a disability and have little or no income and resources.
If you believe you qualify, call our toll-free telephone number, 1-800-772-1213.
If you are deaf or hard of hearing, call TTY 1-800-325-0778.
<https://www.ssa.gov/reentry/benefits.htm>

Reentry Resource - Multiple Resources Available

Our findhelp technology powers Americas leading social care network. Our network features more than 300,000 free and reduced-cost programs in all 50 U.S. states, territories, and Puerto Rico, powering social care systems for hundreds of customers nationwide.
<https://www.findhelp.org/find-social-services/tennessee>

Reentry Resource - Multiple Resources Available

Scroll down the page to find your state. Titles in the left column will lead you to resources available nationwide.
If you scroll down the page to find your state name, you can click on that for statewide resources.

<https://www.needhelppayingbills.com/index.html>

Shelter - Energy Assistance

Low Income Home Energy Assistance Program (LIHEAP)

<https://thda.org/government-nonprofit-partners/energy-assistance-programs/low-income-home-energy-assistance-program-liheap-for-administrators>

Shelter - Housing and Community Development

All types of housing services can be found on the website.
<https://thda.org/>

Shelter - Low Income Housing

GreenPath will work with you to build a personalized plan of action for regaining control of your debt. We assess your household budget, find places for you to save, and help you prioritize your payments to creditors and plan a lifestyle that you can afford. It all works toward helping you achieve your financial goals, better manage debt and avoid problems in the future. Available in Spanish.
<http://www.greenpath.com/>

Money - Finances/Budgeting

800.388.2227

Free Credit Counseling! Our mission is to help all Americans gain control over their finances. For over 60 years, NFCC and its member agencies have helped people just like you pay off debt and grow in their financial capability. Our services help people overcome financial challenges at nearly every stage of life.
<https://www.nfcc.org/>

Money - Free Credit Report

Get a free copy of your credit report every 12 months from each credit reporting company.
<https://www.annualcreditreport.com/index.action>

Reentry Resource - Multiple Resources Available

Search for benefits in Education, Grants, Loans, Social Security, Housing and Utilities, Employment and Career Development, Financial Assistance and more.
<https://www.benefits.gov/categories>

Reentry Resource - Multiple Resources Available

211 connects you with thousands of nonprofit and government services in your area. If you want personal assistance call the three-digit number 211 or 877-947-2211. A friendly voice to talk with you 24/7/365.
<https://tn211.myresourcedirectory.com/>

Reentry Resource - Multiple Resources Available

The Hope Center at Grace
Our aim at the Hope Center is to strengthen the family to build better communities. Categories of service: We provide, Counseling, Crisis Support, Healthcare services, behavioral health, Mental Health, Mentoring, Sex Offender Resources, Spiritual Guidance, Substance Abuse, Transportation, Veterans Affairs.
982 Meagher Street
Memphis, TN 38108
901-323-3900
<http://www.hc-grace.org/>
<http://www.hc-grace.org/>

Shelter - Financial Counseling

HUD sponsors housing counseling agencies throughout the country that can provide advice on buying a home, renting, defaults, foreclosures, and credit issues. This link sends you to a page that allows you to select a list of agencies for each state. You may search more specifically for a reverse mortgage counselor or if you are facing foreclosure, search for a foreclosure avoidance counselor.

U.S. Department of Housing and Urban Development
451 7th Street S.W.
Washington, DC 20410
Telephone: (202) 708-1112 TTY: (202) 708-1455
Find the HUD office near you!
<http://portal.hud.gov/hudportal/HUD>

Shelter - Low Income Housing

Housing Works fights for funding and legislation to ensure that all people living with HIV/AIDS have access to quality housing, healthcare, HIV prevention, and treatment, among other lifesaving services.
<http://www.housingworks.org/>

Shelter - Low Income Housing

Find low income apartments in Tennessee along with non profit organizations that help with low income housing along with HUD apartments, public housing apartments, public housing authorities, and housing assistance agencies.
<https://www.lowincomehousing.us/TN.html>

Shelter - Transitional Housing

1-855-860-3119
Transitional, sober housing provides supportive housing along with drug and alcohol treatment for selective locations
<https://www.transitionalhousing.org/state/tennessee>

Your Leisure Time - Leisure Activities

The mission of Meetup is to revitalize local community and help people self-organize. Meetup believes that people can change their personal world, or the whole world, by organizing themselves into groups that are powerful enough to make a difference. More than 9,000 groups get together in local communities each day, each one with the goal of improving themselves or their communities.
Please visit the website to join and find a Meetup group!
<http://www.meetup.com/>

<http://hud.gov/offices/hsg/sfh/hcc/hcs.cfm?weblistaction=summary>

Shelter - Housing Authority

Find a HUD location near you.
<https://www.hud.gov/states>

Shelter - Low Income Housing

Mercy Housing Gives a Home to Low-Income Families, Seniors, Individuals, and People with Special Needs Nationwide. Our mission is to create stable, vibrant and healthy communities by providing affordable, service-enriched housing.
<https://www.mercyhousing.org/regional-offices/>

Shelter - Low Income Housing

Come to TNHousingSearch.org, for a free housing resource to help you find the right home for your needs and budget. It's also free for Tennessee property providers to list all types of rental housing at any price point.
Toll-Free: 1.877.428.8844
Toll-Free Fax: 1.866.265.7811
<http://www.tnhousingsearch.org/index.html>

Shelter - Shelters

We provide an online directory of shelters in Tennessee.
<https://www.shelterlist.com/state/tennessee>

Shelter - Transitional Housing

Transitional housing is supportive housing that helps fight homelessness. Find transitional housing in your state by clicking on the link! We have over 6,864 transitional housing locations in our database. We also provide as much information on each housing location along with pictures.
<https://www.transitionalhousing.org/>