



A Message from Commissioner Williams

Dear Friends,

Surely, you've heard it by now, the Andy Williams classic from 1963, "It's the Most Wonderful Time of the Year." Every other Christmas and holiday season, I have loved that song. It is so happy, uplifting, and hopeful, but the song that seems to resonate as well this year is the more somber classic "In the Bleak Midwinter," especially the James Taylor rendition. In talking with family, friends, colleagues, and clients across the state, as well as receiving countless emails from Tennesseans seeking help at all times of the day and night, I have been struck by some of the stories of bleakness and lack of hope. Messages like:

"I feel so isolated and alone."

"I don't have the same community that I use to have."

"My addiction has returned, and I feel hopeless."

"Will I ever feel at home again?"

"I cannot wait until COVID is conquered."

"Where can I get help? Where can my child, friend, mother, father, sister, brother get help for substance abuse and mental illness?"

"I did not know there were people that cared about me and could offer hope..."

I have been struck, for we know that at this time of year, so many of our hopes, dreams, and wishes are beckoned to be brought in the light as we focus on the God given gifts we have, the gifts we give, and the gifts we receive. As the song ends, we are asked:

What can I give Him,
Poor as I am? —
If I were a Shepherd
I would bring a lamb;
If I were a Wise Man
I would do my part, —
Yet what I can I give Him, —
Give my heart.

In Tennessee, we are very fortunate, for in this season of hope and wonder for some and fear and despair for others, that there truly is hope for tomorrow, and help is available especially for Tennesseans in need of mental health and substance abuse treatment. Recovery is possible and it's a real gift that you can open today. It is our genuine wish that you will reach out if you are needing to talk to someone about any mental health or substance abuse concerns. No matter your ability to pay, there are significant new resources available that were in Governor Lee's budget over the last two years and approved by our General Assembly and are being delivered by community behavioral health providers across the state and dedicated state employees.

If you are struggling with thoughts of suicide or a mental health crisis, please call our Statewide Crisis Line which is available 24 hours a day, every day of the year. You can call 855-CRISIS-1 (855-274-7471) or text "TN" to 741-741.

If you need help with substance use or addiction, please call or text the Tennessee REDLINE at 800-889-9789, which is also available 24 hours a day, every day of the year.

For healthcare professionals, behavioral health workers, first responders, and people working in education, we have the COVID-19 Emotional Support Line which is available every day from 6:00 a.m. to 10:00 p.m. Just call 888-642-7886 to talk to someone.

If you just want to learn more about the different recovery and treatment programs available for uninsured Tennesseans, please connect with our department online at [TN.gov/behavioral-health](https://www.tn.gov/behavioral-health).

May we each find and know those gifts of heart that we can give anytime of the year, and may your days be merry and bright as we move forward to a new year.

Blessings always,

Marie

TDMHSAS Receives 4-Year Extension from the General Assembly

We are excited and grateful that the General Assembly has moved to extend our department for another four years as the result of our Sunset Audit and hearing this month. An extension of four years is the best possible outcome for our department.

We are grateful to the TDMHSAS team and the community providers and members of the Planning and Policy Council for their work with the auditors from the Office of the Comptroller over these last several months. We all have a wonderful story to tell about the lives changed through education, prevention, treatment, and recovery services delivered in communities across Tennessee and in our Regional Mental Health Institutes. We would also like to extend our thanks and gratitude to the many many providers who supported us through the Sunset Audit. While COVID-19 meant the in-person audience was greatly limited, we definitely felt your support and well-wishes.

TDMHSAS Receives Federal Funding to Expand Services for Children, Youth, and Young Adults

TDMHSAS is receiving a new federal grant to expand the System of Care Across Tennessee Network (SOCAT-N). The four-year, \$12 million grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) expands SOCAT services to 13 new, rural counties for service availability in all 95 Tennessee counties.

In the grant application, TDMHSAS focused on rural and distressed areas of the state. Counties receiving services under this grant include Bledsoe, Clay, Fentress, Grundy, Hancock, Hardeman, Jackson, Lake, McNairy, Morgan, Perry, Scott, and Wayne. Community mental health agency partner providers engaged in this work are:

- Frontier Health
- McNabb Center
- Mental Health Cooperative
- Pathways Behavioral Health
- Professional Care Services
- Tennessee Voices
- Volunteer Behavioral Health Care Services

Over the past three years, SOCAT teams across the state utilizing High Fidelity Wraparound (HFW) services have been able to maintain a 90% success rate of keeping children, youth, and young adults in their homes and within their communities.

“With system of care, the interventions employed by our partner providers across the state truly change the trajectories of the lives of not only the youth but also the whole family. Being able to expand this proven program to all 95 counties in Tennessee is an incredible opportunity,” said TDMHSAS Commissioner Marie Williams, LCSW. “We’re grateful to our federal funders, the seven community mental health agencies that do this work, and each and every young person and family that trusts us to come into their homes and into their lives.”

“What we’ve learned in two decades of system of care work in Tennessee is that when all of the different child and family serving agencies come together, collaborate, and listen, we’re able to earn the trust of the young person and their family, ensure full participation, and work together to produce better outcomes for everyone,” said Keri Virgo, MPM, TDMHSAS Director of Children, Young Adults, and Families.

[Read the press release in its entirety in our Newsroom.](#)

Learn more about the System of Care Across Tennessee and connect with providers at: SOCacrosstn.org.



Department of
**Mental Health &
Substance Abuse Services**



Project Rural Recovery is ready to roll!

The pair of mobile clinics serving the health needs of 10 rural Tennessee counties hit the road this month! The service which offers integrated physical and behavioral health services free of charge is provided Buffalo Valley, Inc and McNabb Center. Funding for the program comes through the Department of Mental Health and Substance Abuse Services from a 5-year, \$10 million federal grant.

In the short video below, you can learn more about the program, hear from the people involved in providing the service, and hear from community members about why it's important for their area. Counties served by community providers include Claiborne, Cocke, Grainger, Hancock, and Jefferson in East Tennessee and Lawrence, Lewis, Marshall, Perry, and Wayne Counties in Middle Tennessee.

For more details on this service and a schedule of mobile clinic services, [visit this link](#) on our website



COVID-19 Emotional Support Line now available for Tennessee educators

The Tennessee Department of Education and TDMHSAS, in partnership with several statewide organizations, announced the [COVID-19 Emotional Support Line](#) is now available for all Tennessee educators.

The emotional support line provides free and confidential support from specially-trained volunteer mental health professionals to callers experiencing increased anxiety and stress due to the national pandemic.

In May, the [COVID-19 Emotional Support Line was created](#) by the Tennessee Department of Mental Health and Substance Abuse Services, along with the Mental Health Active Response Team (MHART), the Tennessee Association of Alcohol, Drug, and other Addictions Services (TAADAS), National Association of Social Workers-TN Chapter (NASW-TN), for healthcare workers and first responders who are on the front lines of the COVID-19 pandemic response.

“When we created this Emotional Support Line with our partners back in May, it was intended for those working on the front lines of the pandemic working in health care and as first responders. Due to the outpouring of support as well as capacity, we are grateful to be able to announce this expansion to offer needed support to educators across the state of Tennessee,” said TDMHSAS Commissioner Marie Williams, LCSW.

“The COVID-19 pandemic has brought about significant challenges, anxiety and stressors for many, including those doing the work of educating our kids,” said Commissioner Penny Schwinn. “We are grateful to our partners at TDMHSAS for extending access to this resource to all Tennessee educators, who now can get critical supports from trained mental health professionals in a confidential setting.”

COVID-19 EMOTIONAL SUPPORT LINE NOW OPEN TO TENNESSEE EDUCATORS

CALL: 888-MHART-TN
or 888-642-7886

HOURS: 6 am - 10 pm CT
7 am - 11 pm ET



The COVID-19 Emotional Support Line is available to educators from 6 a.m.- 10 p.m. CT/ 7 a.m.- 11 p.m. ET daily. Call 888-642-7886.

[Read the Tennessee Department of Education press release in its entirety.](#)

#ResilienTN campaign launches

TDMHSAS, the Tennessee Department of Health, and TN Together collaborate to reduce drug overdose and prevent suicide

Resilience is a part of our mission and our vision. So, when it came time to choose a focus for the ResilienTN campaign, focusing on resiliency was a no-brainer.

What does resilience have to do with suicide prevention, preventing overdose, and overall wellness? Commissioner Williams offers some thoughts and encouragement.

"We will forever remember 2020 for many different reasons, but we hope you remember it as the year we all learned the true value of resilience. Resilience is the acquired ability to overcome challenges. Resilience isn't something that a person is born with. Rather, it is something that is learned and earned. We know challenging things are going to happen in our lives, but the question is how do we react? Resilience is built when you learn and grow from the challenging situations you face. Resilience is also something that is shared, and it's that shared spirit of resilience that we need to address the issues in front of us."

As we close out 2020, our state is facing major challenges around drug overdose

and suicide. In a typical year, overdoses rise around the holidays. As this isn't a typical year, we saw a large surge in overdoses at the start of the pandemic, peaking in May. While overdoses have returned to pre-pandemic levels, we are still losing too many Tennesseans.

Commissioner Williams advises, "If you have a loved one home from college or a high schooler at home, talk to them about substance use. Parents, your best tool in preventing youth substance use is to let them know how you feel, to listen when they talk, and to not be afraid to have difficult conversations."

[Here's a link to starting the conversation](#)

One effect of 2020 we will likely be dealing with for some time is increased substance use across all age groups. Whether it's dealing with the feelings of loneliness, isolation, and depression or coping with overwhelming stress from so many areas all at once, [more than 1 in 10 Americans report increasing their alcohol or drug use](#) since the pandemic began. The end of the year is a good time to take a step back, look at your substance use, establish some mutual accountability with the people in your life, and seek help if you need it.

For a free referral to addiction treatment, call or text the Tennessee REDLINE at 800-889-9789.

Another troubling trend that was on the rise and has now been complicated even further by the pandemic is the loss of life to suicide. Suicide is most prevalent among Tennesseans age 25 to 65, but suicide is an issue that impacts all age ranges. Whether it's disruption from school, pressure from exams, and disconnect from friends in younger age ranges, stress of economic hardship and caring for children and parents in middle age, or isolation from friends and family in older age, there are myriad reasons someone of any age might succumb to hopelessness and thoughts of suicide. Please know, there is hope, and there is help.

If you or a friend or loved one is having thoughts of suicide or experiencing a mental health crisis, please call our Statewide Crisis Line at 855-CRISIS-1 (855-274-7471) or text TN to 741-741. [TN.gov/crisisline](https://www.tn.gov/crisisline)

[Learn more about the ResilienTN campaign in the joint press release.](#)

What will it take to overcome the challenges we face in the areas of suicide and overdose?

"We believe it's a shared sense of resilience," says Commissioner Williams. "Pay attention to your coworkers, neighbors, friends, family, and children. Notice when changes happen and "normal" isn't normal anymore. Be a support to those around you and build them up. If you're the one who needs the support, don't be afraid or ashamed to ask. We are going to get through this together."

It takes a village . . .

What a collaboration this has been! We'd like to thank the Tennessee Department of Revenue for reaching out to TN employers and informing them of our free "Be the One" trainings taught by Joanne Perley, MPH, from our Office of Crisis Services and Suicide Prevention. We'd also like to thank the Tennessee Department of Human Resources for your support and also offer much gratitude and appreciation to each and every person who attend these sessions and learn techniques that could potentially save a life.



The trainings held this month were scheduled in conjunction with the ResilienTN campaign but are offered regularly. [Visit our website to learn more](#) about our "Be the One" trainings, and to schedule one for your workplace or organization, send inquiries to BeTheOne.Info@tn.gov

'Tis the season for resources!



A big part of the ResilienTN campaign revolves around offering resources! If you haven't already, we hope you'll check these out, participate, and share!

Have some time off over the holidays? [Find upcoming, virtual, FREE Opioid Overdose Trainings on our website!](#) Several are being held from Dec. 21 through the end of the year.


For the campaign, we asked some of our friends: What does resilience mean to you? [Visit our YouTube page](#) to watch these videos and hear their answers.

Do you know someone who struggles with substance use disorder? We encourage you to [watch the Addiction-Informed Suicide Prevention training](#) led by TN Certified Peer Recovery Specialist Jaime Murphy.

Visit [TNTogether.com](https://www.tntogether.com) for more resources, tools, trainings, and inspiration to get involved and help save lives!

We kicked off the #ResilienTN20 campaign with a panel of experts. [Watch the panel](#)

[discussion via this link](#) or click the video player below.



What is the state of drug overdose and suicide prevention in Tennessee? Why are these issues important during the winter holidays and especially during the time of COVID-19?

Join us on December 10th for a panel discussion.

More info and the link to join [https://www.tn.gov/behavioral-health/panel](#)

Participants Include:

- Misty Leitsch**, Executive Director, Tennessee Suicide Prevention Network
- Will Taylor**, Lifeline Peer Project, Regional Overdose Prevention Specialist
- Kate Durst**, Epidemiologist, Office of Informatics & Analytics, Tennessee Department of Health
- Brittany Willis**, Suicide Prevention Program Director, Tennessee Department of Health

Moderated by **Lisa Ragan**, Director of Consumer Affairs and Peer Recovery Services, TDMHSAS

ResilientTN is a partnership between the Tennessee Department of Mental Health and Substance Abuse Services, the Tennessee Department of Health, and TNtogether to bring attention to drug overdose and suicide prevention. Connect with the campaign at www.tnitogether.com.

Creating Homes Initiative 2.0 grantee celebrates ribboncutting, grand opening



We were so happy to celebrate alongside Recovery Community, Inc. as they opened this amazing facility that houses 22 men who are in recovery from addiction. The first men to call this address home will be leaving the criminal justice system and starting their new chapter right here in Gallatin just in time for the holidays. This opportunity was made possible through the Creating Homes Initiative 2.0 program, Gov. Bill Lee, the TN General Assembly, and citizens who believe in recovery!

Thank you all for funding and supporting life-changing opportunities like this!



TDMHSAS Faith-Based Initiatives team celebrates 7 years with (another) invitation to the White House



We are so very proud (and inspired!) by the work being done via the TDMHSAS Office of Faith-Based Initiatives and its partners. Dr. Monty Burks and his team are celebrating seven years of #ServingTN and countless Tennessee citizens. Because of their continuous work and dedication, Monty was asked to participate in the Rural Faith Leaders Workshop Series hosted by the White House Office of National Drug Control Policy. Monty called the honor one of the highlights in his career.

Dr. Burks' key takeaways from the event "Empowering Faith Leaders to Help Persons with Substance Use Disorder":


1. Partnerships make faith-based initiatives work!
2. Access to recovery can be a community-changing process from start to finish!
3. Acceptance of people who are in recovery is one of the keys to an individual's sustained freedom from addiction and other issues!
4. We are all different, and we must honor those differences, both secular and non-secular. This is what makes the concept of recovery capital work!

In its seven years, the program has grown tremendously. "We now have three Faith-Based Community Coordinators, 20 Lifeliners, and 736 Recovery Congregations as allies in the quest to provide services for people with behavioral health concerns," Monty reports. "To any church, mosque, temple, or house of faith, you don't have to start a program to be recovery-friendly. We can help you learn about state and community resources so when you meet a person where they are, you can help take

them to a better place.

[Learn more about the amazing work being done by TN faith-based communities](#), including how to become a TN Certified Faith-Based recovery community on our website.

Find many more federal resources for faith communities and more in the ONDCP [Rural Community Toolbox](#).



We encourage you to watch the full ONDCP presentation. Fast forward to 42:00 to hear Monty speak about faith-based recovery initiatives in Tennessee!

Draft Synar report ready to review

The public is invited to comment through Dec. 28



Each year, the Tennessee Department of Mental Health and Substance Abuse Services teams up with the Tennessee Department of Agriculture to visit tobacco product retailers across the state to determine if they are following the law.

A tobacco inspector, along with a person, under the age of 18, visit select stores and try to buy a tobacco product. If the retailer is willing to sell the tobacco product to the under-age buyer, the store is cited in violation of the law and may be fined.

Since the Department began randomly checking stores in 1997, the number of retailers complying has steadily increased. In fact, as of 2018, it's estimated that more than 90% of retailers are in compliance, no longer attempting to sell tobacco products to minors. You can find the latest county-by-county compliance inspection results in the Related Links section below.

The U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA) requires states to effectively enforce laws prohibiting the sale and distribution of tobacco products to persons under the age of 18. Once a year the Tennessee Department of Mental Health and Substance Abuse Services submits a report detailing its activities to enforce the law.

[Find the document at this link.](#)

Send any questions and/or comments to Bev Fulkerson at bev.fulkerson@tn.gov no later than Dec. 28, 2020. [Learn more on our website.](#)

State law limiting purchase of tobacco products changes to 21 effective January 1, 2021.

Recognizing our stellar IT staff

Due to COVID-19, the annual Information Technology Professionals Association (ITPA) Awards looked a little different this year, but the standards and recognition of excellence were unsurpassed! No surprise. The TDMHSAS Information Technology and business staff were nominated for several awards and recognized in a virtual ceremony held earlier this month. This team is led by Executive IT Director Richard Zhu who shares the exciting news:

1. The **TDMHSAS Development Team** made up of Gina Young, Mohammed Osman, Carrie Kissner, and Adeel Mohammed were nominated for the IT and Business Collaboration award for their work on the Behavioral Health Safety Net 2.0 application, a huge success and high-priority project.
2. **The Waystar Implementation Team** made up of Chris Terry, Colin Buchans,

Shannon Rogers, Leanne Prokop, Freeman Ramsey, Vivian Verran, Wasiu Onaade, James Graddey, Arthur Reed, Vic Hearne, Mrugesh Kharavala, Laura Young, Richard Zhu, Michael Walden, Gene Wood, Ty Thornton, and Heather Gundersen were nominated for the Improving State Operations Award for their work to implement the Waystar billing clearing house solution and to improve revenue collection at the four Regional Mental Health Institutions.

3. **Gina Young** was nominated for an individual excellence award for her work on the Behavioral Health Safety Net 2.0 Project.

4. **Elaine Wilson** and **Crockett Hope** were nominated for career excellence awards and Crockett was selected as a finalist!

Congratulations to all who were nominated! We are so grateful to our IT professionals, especially this year. You are the BEST!

Office of Children, Young Adults, and Families announce new staff member

Please help us welcome Laritha Fentress!



It is with great pleasure that the Office of Children, Young Adults, and Families welcomes our new Community Engagement Coordinator Laritha Fentress.

Laritha comes to us with a master's degree in conflict resolution from Bethel University. She offers more than ten years of experience in serving families and youth with unique challenges and diverse populations with an emphasis on strong communication skills, child welfare, advocacy, customer service, training, and program development. In addition, she brings extensive experience and success in community engagement as evidenced by her many

statewide partnerships. Laritha has worked alongside the System of Care Across Tennessee team for the last four years as the Middle Tennessee Divisional Coordinator with the Tennessee Commission on Children and Youth (TCCY).

In her new role, Laritha is working to coordinate community collaborations, ensuring seamless care for families in the communities in which they live. Laritha will oversee six Community Engagement Specialists and will work closely with the Office of Faith-Based Initiatives to build upon the success of the Lifeline program. In addition, Laritha will oversee referrals coming into OCYAF, helping community providers as they work to help families reach their goals.

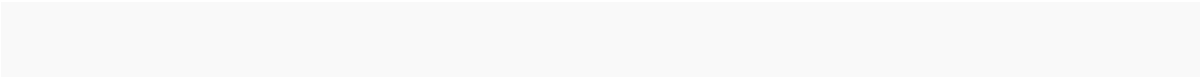
Please join us in welcoming Laritha to the team!

Office of Crisis Services & Suicide Prevention welcomes Christy East

Please join us in welcoming Christy East to the Office of Crisis Services and Suicide Prevention team as Program Manager, Data and Quality Assurance.

Prior to joining our team, Christy worked for Centerstone for 16 years, serving in an array of positions, including Data and Resource Specialist, Crisis Triage Consultant, and Learning Consultant, to name a few. In her various roles, she was responsible for development of crisis training programs, data collection and analysis, crisis consultation, development/maintenance of resource database, quality assurance reviews, and new employee orientation/continued education. Additionally, she assisted in the planning and implementation of Centerstone's first remote national crisis call center.

In her current role, Christy will oversee program monitoring, data reporting and analysis, and will assist in provider/community crisis consultation. She will also assist in maintaining resource materials for community partners and those reaching out in crisis. With her background and skillset, she is already a great asset to our team. Please help us welcome Christy!



Centerstone announces retirement of regional CEO Dr. Robert Vero

Regional COO Ben Middleton will assume the role of regional CEO

Centerstone has announced that Dr. Robert “Bob” Vero, regional chief executive officer, will retire from his post effective May 2021. Vero has spent 40 years of his career at Centerstone and helped the nonprofit grow from a relatively small organization into one of the largest community-based behavioral healthcare providers in the country. He has led Centerstone in its development of nationally-acclaimed products and services, including an internationally-recognized crisis management strategies program.

Vero’s industry impact is also visible through his service as a volunteer board member for several not-for-profit organizations, including Cumberland University and the Tennessee Association of Mental Health Organizations (TAMHO) where he served three terms as president. He has also extended service as co-chair of the Nashville-Davidson County Behavioral Health and Wellness Advisory Council and as a member of Tennessee Governor Bill Lee’s Long Term Care Task Force (COVID-19).

Vero holds retired licenses as a Marital and Family Therapist, Licensed Professional Counselor, and Licensed Psychological Examiner. He has worked in the behavioral health field since 1976, beginning his career at Creighton University in Omaha, Nebraska where he worked in the campus counseling center. His early work was followed by counseling positions in private and public sector practice, and he served as a psychological consultant to Nebraska State Highway Patrol and Metro Nashville Police Department.

He received the President’s Award at the 2020 TAMHO Annual Conference. The President's Award is an honor given at the discretion of TAMHO president Jimmie Jackson. He bestowed the award to Vero in recognition of his 40 years of leadership in community behavioral health.

Vanderbilt Kennedy Center wants to know: What do YOU need?



We hope you'll help support disability organizations across Tennessee by taking this survey! Share how you find disability information and resources, and share what you need! Take a few minutes and complete the survey at www.tndisabilitysurvey.org

'Tis the season for giving!

While COVID-19 is taking much from communities across Tennessee, the United States, and the world, we are encouraged and inspired by the countless acts of generosity and kindness happening right here in the Volunteer State. Here are just a few we found. May all that everyone gives be returned to you tenfold.



Chattanooga gives back; continues support of MBMHI

Submitted by Moccasin Bend Mental Health Institute

Southern Lit Alliance recently held its annual book drive for Moccasin Bend Mental Health Institute. They donated a whopping 526 books. In the past, this has been an in-person event with volunteers working to help library in the library. Due to the current health crisis, this year's drive had to be a contact-less delivery, but that didn't stop the community from coming out and donating. For that, the MBMHI community is immensely grateful. Gently used books on topics such as health, sports and hobbies, spirituality and religion, history and biography, popular fiction novels, mystery books, and so much more were added to library.

Southern Lit Alliance is a longstanding literary arts organization in Chattanooga, founded in 1952. Its mission is to deliver literary arts experiences that encourage people to read and write. The organization engages audiences through innovative and interesting literary arts experiences and educational enrichment in local schools and underserved communities in Chattanooga. For more information about Southern

Lit Alliance, please visit www.southernlitalliance.org. Southern Lit Alliance is funded by a grant from the Tennessee Arts Commission and Arts Build.

Law enforcement gives back!



Thanks to the Knox County District Attorney General's Office and everyone who partnered with the McNabb Center's Dear Santa Program. See more photos and more by following DA [Charme Allen's facebook page](#).

God bless you, Memphis!



On a cold, dark December night in Memphis, the outreach continues! Thank you, members of the Memphis Area Prevention Coalition, Safe Point, and everyone working to help their neighbors in the greatest times of need. You ALL are awesome!!!

'Tis the season for festive, fun sweaters!

We could all use a little festivity and fun these days, so despite COVID-19, the TDMHSAS Wellness Council held its first Virtual Ugly Sweater Contest, and the fabulous photos can be found on our [Facebook](#) and [Instagram](#) pages. Check them all out there! and vote for your favorites! And in the meantime, here are a few of the entrants!



Chris Loftis (Central Office) and Mary Young (CEO, Moccasin Bend Mental Health Institute)



Rashaad Stewart (Middle Tennessee Mental Health Institute) and Tijuana Terrell (Memphis Mental Health Institute)



Congratulations to Katie Lee (Central Office) and to everyone who welcomed a new blessing to their family in 2020! We rejoice with you - and proud big sister!

See you next year!

Planning and Policy Council meetings return in 2021



Due to the pandemic and [Executive Order 65](#), all Statewide, Committee, and Regional Council meetings will resume in 2021.

To listen to recordings of past meetings, and to verify the schedule and plans for future meetings, please visit the department website at these links:

[Statewide and Committee meeting schedule](#)

[Regional Committee meeting schedule](#)

'Tis the season to celebrate safely!



[Visit this webpage](#) for measures you can take to prevent the spread of COVID-19 and reduce the risk of illness associated with holiday gatherings and travel.

Emotional support for healthcare workers ...

COVID-19 EMOTIONAL SUPPORT LINE FOR HEALTHCARE WORKERS

Need to talk to someone about feelings of stress, anxiety, sadness, or depression related to work? The COVID-19 Emotional Support Line for healthcare workers can help.



888-642-7886

Calltakers are available: 6 a.m. - 10 p.m. (CT), 7 a.m. - 11 p.m. (ET)



In the event of a mental health emergency ...

STATEWIDE

CRISIS LINE

HELP IN A MENTAL HEALTH CRISIS

855-CRISIS-1 [TN.gov/CrisisLine](https://www.tn.gov/CrisisLine)
855-274-7471



For questions about addiction treatment/referrals ...



*We hope you've enjoyed this issue of the Update!
If you have news to share (a story idea, accomplishment,
provider news, etc.) or if you'd like to be added to the
distribution list, please email: the Office of
Communications at OC.TDMHSAS@tn.gov.*

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