Tennessee Statewide Toll-free Crisis Line

24 hours a day, 7 days a week

1-855-CRISIS-1

1-855 (274-7471)

Are you or someone you know experiencing feelings such as...

- Sadness or loneliness?
- Depression?
- Anxiety?
- Sleeping too much or too little?
- Mood swings?
- Desperation?
- Powerless over drugs or alcohol?
- Hearing voices or seeing things that others don't?
- Racing thoughts?
- Thoughts of harming yourself or others?
- Helplessness?
- Others are out to harm you?

Confidential help from anywhere in Tennessee is only a phone call away.

Call Now! 1-855-CRISIS-1

Auth. #339517

Tennessee Department of Mental Health & Substance Abuse Services