

# ADDICTION AND MENTAL HEALTH ORGANIZATIONS AND CONTACTS

## HELP TO NAVIGATE THE SYSTEM WHEN BATTLING ADDICTION

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**FAITH BASED COMMUNITY COORDINATOR:** James Harper | [jharper@pc4s.org](mailto:jharper@pc4s.org) | 615-603-9092

## HELP ORGANIZATIONS

### SAFE HARBOR

<http://safeharbornashville.org>

Safe Harbor is a men's program designed to provide a safe drug- and alcohol-free environment and structured support program in which participants regain their work skills and habits; learn about recovery and relapse prevention; and to prepare to live a sober, independent life after graduation.

Pastor Ron Smith | [rsmith@lhmm.org](mailto:rsmith@lhmm.org) | 901-490-4331

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### BLUE MONARCH

<https://www.blumonarch.org>

Blue Monarch's mission is to provide long-term, residential and therapeutic Christian community for women and their children to break adverse cycles and rebuild their families.

Kate Cataldo | [kate@blumonarch.org](mailto:kate@blumonarch.org) | 931-924-8900

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### SPRING 2 LIFE RECOVERY

<https://www.s2lrecovery.org>

We are a Christian-based addiction recovery residential care facility for men ages 18yrs-65yrs old.

Adam Comer | [pastoradam@spring2life.net](mailto:pastoradam@spring2life.net) | 615-427-2282

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### NEXT DOOR

<https://thenextdoor.org>

The Next Door provides services to women who are impacted by addiction, mental illness, trauma and/or incarceration.

April Barnes | [april.barnes@thenextdoor.org](mailto:april.barnes@thenextdoor.org) | 615-414-0741

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## **JOURNEY PURE**

<https://journeypureriver.com>

Journey Pure's chief aim is to enable people to get healthy and stay healthy by providing evidence-based treatments to treat people's addictions as well as their co-occurring mental health issues, including anxiety, trauma, depression and bipolar.

Tyler Bowman | [TBowman@journeypure.com](mailto:TBowman@journeypure.com) | 615-715-8463

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## **NEW VISION OUTREACH MINISTRY**

<http://www.newvisionoutreach.org>

New Vision Outreach Ministry will provide Christ-centered, relationship based care to hurting individuals with a specific interest in substance abuse recovery, aftercare and re-entrance into society.

Randy Garza | [regarza58@gmail.com](mailto:regarza58@gmail.com) | 731-926-0741

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## **WELCOME HOME MINISTRIES**

<https://www.welcomehomemin.org>

Since 1992, Welcome Home Ministries has provided a ministry of recovery, hope, healing and reconciliation for men who suffer from chronic alcohol and drug addictions.

Darryl Murray | [welcomehomemin@comcast.net](mailto:welcomehomemin@comcast.net) | 615-309-7087

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## **BELLEVUE BEHAVIOR HEALTH GROUP**

Counseling

Tammy Hines | [therapywithtammy@gmail.com](mailto:therapywithtammy@gmail.com) | 615-970-2852

## **USEFUL LINKS**

<https://www.learnpsychology.org/suicide-depression-student-guidebook>

[https://www.tn.gov/content/dam/tn/mentalhealth/documents/A\\_Journey\\_toward\\_Health\\_and\\_Hope](https://www.tn.gov/content/dam/tn/mentalhealth/documents/A_Journey_toward_Health_and_Hope)

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## CRISIS ORGANIZATIONS

### TENNESSEE STATEWIDE CRISIS LINE

24/7/365 | 1-855-CRISIS-1 (1-855-274-7471)

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

A mental health crisis is any intensive, emotional or psychiatric situation that is perceived to be a crisis by the individual/family experiencing the crisis. A crisis can consist of the following criteria:

- Threat or imminent risk of suicide
- Threat or imminent risk of harm to others
- Inability to avoid imminent danger or self - harm
- Inability to properly care for self

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### REDLINE

1-800-889-9789

<https://www.taadas.org/our-programs-and-services/redline>

Alcohol, drug, problem gambling, and other addiction information and referrals to all citizens of Tennessee.

Nashville Prevention Partnership (Drug Disposal Kits) <http://nashvilleprevention.org/>

DeWayne Holman [dewayne@npponline.org](mailto:dewayne@npponline.org) 615-297-7635

## FREE TRAININGS

Mental Health 101 is a curriculum developed by the Mental Health Association of East Tennessee (MHAET). It provides mental health information with a focus on youth suicide prevention and resources to middle and senior high school students statewide. It also helps reduce the stigma of mental illness.

QPR (Question, Persuade, and Refer) mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. The signs of crisis are all around us. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

Mental Health First Aid is an 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.