



One of the easiest ways to get help is by dialing 2-1-1, Tennessee's community services help line. When you call, you will get a real person, one who is trained to help you sort out your needs, and then give you the phone numbers and addresses of the closest places where you can get help. 2-1-1 has a database of more than 10,000 health and human services programs, cross-referenced for all sorts of keywords. So do not worry if you do not know what type of service you need or the name of an agency — just talk with the specialist at the other end of the line and she or he can help you find what you need. All calls are free and completely confidential.

Please also visit the website: <https://www.uwtn.org/>

- Housing Assistance
 - Utility Assistance
- Food Pantry & Soup Kitchen Listings
 - Food and Nutrition Services
 - Caregiver Outreach
- Interpersonal Violence Hotlines
 - Substance Abuse Services
- Children's Summer Food Programs



USDA is an equal opportunity provider, employer, and lender.

