



Desoto Family Counseling  
& Pediatric Therapy Center

FINDING SILVER LININGS SINCE 2001

# RESOURCE LIST

*for Shelby County*

## HEALTH AND ABUSE RESOURCES

- Memphis Child Advocacy Center
  - <https://www.memphiscac.org/>
  - 901-525-2377
- TN Child Abuse Report
  - <https://www.tn.gov/dcs/program-areas/child-safety/reporting/child-abuse.html>
  - 877-237-0004
- Life Choices of Memphis
  - <https://lifechoicesmemphis.org/>
  - 901-388-6262



## MENTAL HEALTH RESOURCES

- Unity Psychiatric Care (INPATIENT FOR 55+)
  - <https://unitypsych.com/memphis>
  - 901-791-0600
- Crestwyn Behavioral Health (inpatient 18+)
  - <https://www.crestwynbehavioral.com/>
  - 888-450-0221
- Lakeside Behavioral Health (children-adults)
  - <https://lakesidebhs.com/>
  - 901-499-4990



## HOUSING AND ADDICTION HELP

- Calvary Rescue Mission (Homeless shelter for men)
  - <https://calvaryrescuemission.org/>
  - (901) 775-2570
- Memphis Addiction Help
  - <https://memphisaddictionhelp.org/treatment/>
  - 901-272-0003
- Grace House of Memphis (Women's rehab for substance use)
  - <https://gracehouseofmemphis.org/>
  - 901-722-8460



## FOOD RESOURCES

- Midsouth Food Bank
  - <https://www.midsouthfoodbank.org/>
  - 901-527-0841
- Friends for All
  - <https://www.friendsforall.org/food>
  - 901-272-0855

