

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. #339519

Tennessee Department of Mental Health

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