



2020 Tornado Relief Resources

Music Health Alliance has compiled this list from the multiple resources posted and shared since the March 3, 2020 Tornadoes in TN.

To follow are the categories included in this list of resources:

- GENERAL / MISC
- SHELTER
- TRANSPORTATION
- EMOTIONAL/MENTAL HEALTH
- FOOD
- HEALTH/VISION
- LEGAL AID
- MOVING ASSISTANCE
- MUSICIAN SPECIFIC
- PETS
- PHONE/WI-FI
- PHOTO ID

GENERAL / MISC

- wpln.org https://wpln.org/post/want-to-help-after-nashville-tornado-need-help-heres-where-to-turn-this-weekend/?mc_cid=93e5bde00e&mc_eid=9aab203cc7
- News channel 5
- Tornadoes across Central Tennessee (Facebook group) https://www.facebook.com/crisisresponse/?crisis_id=2283464545281290
- tn.gov (TEMA- Tennessee Emergency Management)
- TN dept of Labor and Workforce- apply for disaster unemployment
- Hermitage community center, East Park and Hadley- Distribution centers
- Nashvillediaaperconnection.org
- Planet fitness- free showers and gym time
- Tide- free laundry services
- U-haul- free month of storage
- Mt. Juliet residents: <https://mjpgdnews.org/help/>
- Home cleanup/ debris pick up, showers, crisis counseling, ect -<https://do615.com/p/how-to-help-after-nashville-tornado>
- relief.tntornado20?af=196660319&c=general DRR tntornado20 2020Q1
- <https://styleblueprint.com/nashville/everyday/nashville-tornado-support/>

SHELTER

- Red Cross Shelters- <https://www.redcross.org/get-help/disaster-relief-and-recovery-services/find-an-open-shelter.htm> Holy Rosary Catholic Church: 601 Graylynn Drive in Donelson
- East Nashville Magnet High School- 24 Hour Shelter located at 110 Gallatin Avenue in East Nashville Hadley Park Community Center. 615-862-8451. Located at 1037 28th Avenue North in North Nashville. (Accepts pets)

- Centennial Sportsplex 222 25th Avenue North in West Nashville. 24 hour, accepts pets
- Smith Springs Community Center 2801 Smith Springs Road in Southeast Nashville
- TN Housing Development Agency
- Air BnB- Via its Open Homes program, short-term-rental company Airbnb is currently offering free accommodations for those displaced by the tornadoes, as well as those helping with the relief efforts. (Through March 24th)
- Nashville Rescue Mission- open to men, women and children who may otherwise not have a place to stay. The mission's men's campus is located at 639 Lafayette St., and the women's campus is at 1716 Rosa L. Parks Blvd. the Nashville Rescue Mission website.
- Freedman Housing www.freedmanwebb.com. currently offering temporary housing "with no premium at the company's best rates" in Nashville to those displaced by tornado damage.

TRANSPORTATION

- Uber- free rides to and from shelters
- **Transportation for wheelchair bound:** Navarre Corp is offering transport services to wheelchair bound individuals. <https://navarrecorp.com/>

EMOTIONAL / MENTAL HEALTH

- Our sliding scale counseling resources - *ATTACHED ON LAST PAGE*
- Dispensary of Hope
- The Crisis Phonenumber -mental health 855-Crisis1
- Salvation Army- emotional support, food
- Cigna has created a 24/7 Disaster Response help line for people in affected TN communities that do not have Health Benefits or access to an Employee Assistance Program. They have licensed professional clinicians available if you need someone to talk to. If you do have benefits, they can still try to help you figure out how to access the benefits you have. (866) 912-1687
- The Disaster Distress Helpline, 1-800-985-5990, is a 24/7, 365, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.
- Safe Haven Nashville is offering pro bono trauma services to those affected by the tornado. They have support groups for both adults and children. For more info, contact info@safehaventherapy.com or 615-241-6130
- Trauma specialist Shaine Malek, a Licensed Professional Counselor-Mental Health Service Provider, is offering Eye Movement Desensitization and Reprocessing therapy for those impacted to help them navigate emotion following the natural disaster. For information, call (615) 474-9012 or email malek.lpcmhsp@gmail.com
- NAMI (National Alliance on Mental Illness) is offering free support groups.
- Alive Hospice is offering free counseling and grief support for anyone affected by the tornado. Treatment is available for all ages. Please call (615) 963-4732.
- Daystar Counseling Ministries is offering counseling sessions for elementary through high school kids needing a safe place to process. No cost for families directly impacted by the storms. Support groups are also available Mondays from 6-8pm at the Daystar house. Dinner provided. Led by Executive Director Melissa Trevathan & Aaron Weber. Start date TBA. Call 615-298-5353 to setup an appointment or join a group. 2801 Azalea Pl, Nashville, TN 37204

- The Onsite Foundation is offering free crisis support and grief counseling services are available to all Middle Tennessee residents affected by the storms and tornadoes. Call or text 615-323-3191 to be connected to a licensed therapist.
- Lantern Lane Farm is offering tornado support groups on Tuesday, March 17th at 4pm. Pre-register by calling 615-9733-5454. 6201 Corinth Rd. Mt. Juliet, TN. There will be three separate groups: Adults, Teens (grades 9-12) and children (grades K-8).

FOOD

- Second harvest- <https://www.wkrn.com/news/nashville-tornado/mnps-second-harvest-food-bank-providing-meals-to-students-and-families-after-tornadoes/amp/>
- https://mobile.twitter.com/2HarvestMidTN/status/1237482550261698565?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Etweet

HEALTH / VISION

- Neighborhood Health for free clinics
- Free chiropractic services
- Look East
- Optique Nashville *Dr. Jeffery Sonsino with Optique Nashville is offering free eye care treatment to those injured. Services offered from 9 a.m. to 6 p.m. Wednesday through Friday at 2817 West End Avenue Suite #117, Nashville, TN 37203 . Call 615-321-4393 for more information. 2817 West End Ave #117, Nashville, TN 37203
- ChiroNash is offering free chiropractic services to those offering disaster relief. 604 Gallatin Ave. Ste 100 Nashville, TN 37206
- Blood donation:
American Red Cross Blood Donation Center: 2201 Charlotte Ave, Nashville, TN 37203; 800-733-2767
- (Blood Bank)
- Vanderbilt University Medical Center: Light Hall 2215 Garland Avenue, Nashville, TN 37232 (Blood Bank)
- Veteran Affairs Medical Center: 1310 24th Ave S, Nashville, TN 37203; 615-327-4751 (Blood Bank)

LEGAL AID

- The Legal Aid Society's clinics are available to all those impacted by the tornadoes. Locations and dates include:
 - -Tuesday, March 10th, 4:30pm-6:30pm
 - Gallatin Civic Center, 210 Albert Gallatin Avenue Gallatin, TN 37066
 - Thursday, March 12th, 3-5pm
 - Greenhouse Ministries, 309 South Springs St. Murfreesboro, TN 37130
 - *In addition to the clinics, the Legal Aid Society plans to release a guide for navigating disaster relief later this week.*

MOVING ASSISTANCE

- *Bellhops is offering discounts on moving services. Call 888-836-393 and use code NASHDR20
- *Muscle Men Movers will move personal belongings free of charge. Contact 615-982-0108 or musclemenmovers@gmail.com

MUSICIANS

- *Gibson is donating guitars to players with damaged or destroyed instruments. Guitarists needing instrument replacement can reach the Gibson Gives Recovery Plan at donation.request@gibson.com

PETS:

- VCA Animal Hospitals in Tennessee are providing free boarding for pets. 4408 Murphy Rd, Nashville, TN 37209 ; 1120 Bell Rd, Antioch, TN 37013; 2701 N Mt Juliet Rd, Mt. Juliet, TN 37122
- Metro Nashville Animal Care and Control is handling Lost and Found, emergency medical cases and they are taking calls regarding stray animals with an emphasis on the affected areas here in Nashville. If you have FOUND a stray animal, and have that animal contained, Metro is asking you to call: 615-862-7928. If you have LOST your pet, complete a 'Lost Pet' report located on MACCs website or Pet Harbor. Also, be sure to check your neighborhood Facebook group and/or Next Door page. <https://www.nashville.gov/Health-Department/Animal-Care-and-Control.aspx>
- The Nashville Humane Association has supplies and resources available including crates, food, blankets, leashes, collars and other basic supplies at their headquarters at 213 Oceola Avenue near the intersection of White Bridge Road and Charlotte Pike. If you are unable to get to NHA, please contact Alexandra at alexandra@nashvillehumane.org or by calling 615-933-9809. Friday, March 6th NHA will be set up at First Horizon Park (Sounds Stadium) in Germantown beginning around 10:30a, and at Walden in East Nashville (at 3pm) both will have pet food, blankets, kennels, treats, etc.
- need food, supplies, or temporary caging, ARC may be able to assist. Please send any requests to: ahaverstick@animalrescuecorps.org. In case you missed our earlier post: Our Rescue Operation Center in Lebanon, TN currently has no power. The building does not have windows so it's also quite dark inside, but we are working on getting emergency lighting at this time. The parking lot is flooded, but most importantly all of the animals are safe and we're undamaged. If you find yourself free later today, we can probably use your help here. Please email: volunteer@animalrescuecorps.org
- If you have been displaced by the devastating tornado that hit Tennessee please email us at opedanimalrescue@gmail.com for assistance with your pet's needs. We are here to lend a hand in this aftermath of destruction.
- While You Are Away Pet Services is offering to house pets in Antioch while residents clean up. 4014 Shufeld Ct. Antioch, TN
- SATURDAY MARCH 7th 12-4PM, Tractor Supply in Hermitage/Old Hickory will be offering a place to give your pet a bath. 2 bathing rooms will be free of charge. Shampoo and towels included! 14925 Lebanon Rd. Old Hickory, TN

PHONES & WiFi

- AT&T told customers Tuesday evening that the company would be waiving overage fees on talk, text and data for those in the affected areas. The fees are going to be waived for a whole week — from 12 a.m. Tuesday morning through 11:59 p.m. next Monday. For more information visit www.go.att.com/tennesseetornado
- T-Mobile is offering community relief and free WiFi at 4015 Lebanon Pike Ste. E in Hermitage and 650 S. Jefferson Avenue Ste. 106 in Cookeville.

- To help residents and emergency personnel stay connected in the wake of the tornadoes impacting Middle Tennessee, Comcast is opening access to approximately 8,500 Xfinity hotspots around Nashville in impacted areas and in the vicinity of shelters. More Info- <https://south.comcast.com/2020/03/03/29477/?linkId=83496701>
- *uBreakiFix is offering charging vans at multiple locations:
 - -Highland Heights Church of Christ- 505 N. Cumberland St. Lebanon, TN
 - -Centennial Sports Complex- 222 25th Ave N. Nashville, TN
 - -Buena Vista Elementary School- 1531 9th Ave. N. Nashville, TN

PHOTO ID's

- the Tennessee Department of Safety and Homeland Security's (TDOSHS) Driver Services division has deployed its two mobile units to issue duplicate or photo identification licenses. Fees for duplicate or photo identification licenses will be waived. Citizens can also visit any Driver Services Center in person if it is more convenient. Current locations include:
- Centennial SportsPlex 225 25th Ave. North Nashville, Tennessee 37203; Cookeville Community Center 240 Carlen Ave. Cookeville, Tennessee 38501. New locations will be announced as needs arise.

COUNSELING RESOURCES CONTINUED BELOW



NASHVILLE AREA COUNSELING/THERAPY RESOURCES

Each of the options below offers sliding scale payment options.

Insite Counseling

615-383-2115

<http://insightcounselingcenters.org/counseling/>

Insight Counseling Centers exists to restore lives to wholeness - mentally, emotionally, and spiritually. There is a Faith based element to their counseling, however, it's subtle and loving from our experience.

The Refuge Center For Counseling

103 Forrest Crossing Blvd #102

Franklin, TN 37064

615-591-5262

<https://refugecenter.org>

The Refuge Center for Counseling was founded on the belief that everyone, regardless of income level, deserves a chance to improve their life and find hope and healing through counseling.

Sage Hill Counseling

Nashville & Franklin Offices

615-258-5526

<https://sagehillcounseling.com>

\$35 sessions available. Ask the receptionist for an appointment with an intern (don't worry, often these are some of the best therapist because they understand the most current research and they always have an overseeing therapist to assist).

LifeCare Family Services

Nashville & Franklin Locations

Nashville Location: (615) 781-0013

Franklin Location: (615) 224-1590

<http://lifecarefamily.org>

Agape Nashville

615-781-3000

11 Locations in the Nashville Area

<https://www.agapenashville.org/counseling>

Our compassionate and professional counselors can help you work towards growth, healing, and well-being.

SUICIDE PREVENTIION RESOURCES

Both services below are free and available 24 hours a day, seven days a week and confidential.

Crisis Text Line: Text HELLO to 711741

National Suicide Prevention Lifeline

1-800-273-8255

<http://www.suicidepreventionlifeline.org>

Suicide Safety Plan App or Template:

Have everyone in your band and on the road fill one out and keep it in their wallet just in case they need a path.

<https://suicidepreventionlifeline.org/wp-content/uploads/2016/08/Brown-StanleySafetyPlanTemplate.pdf>

NOTE: Music Health Alliance makes recommendations based on the best available resources in our area. For the best counseling outcome it is important that you trust your counselor. If this is not the case, please try a new counselor.