



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 PREVENTION 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.