

Beyond FEMA: Tennessee Disaster Recovery Resources

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FEMA is only part of the recovery solution for most survivors of Tennessee's **March 31 to April 1, 2023**, tornadoes. Other government agencies and private voluntary and faith-based community organizations are available to help. [FEMA's Voluntary Agency Liaison](#) works with many of them to make sure survivors get the assistance they need. Below are community services available through the state and community groups:

Mental Health Care, Food, Furniture and Other Needs

United Way: Call **211**. The **211** Helpline is a 24/7, 365-day information and referral helpline that provides individuals in need with help in times of crisis and beyond. Visit the website at [TN211.myresourcedirectory.com](https://tn211.myresourcedirectory.com).

For tornado assistance in your area, visit these United Way websites:

- [United Way of Greater Nashville](#) serves residents in 42 counties in Middle Tennessee including Hardeman, Hardin, Haywood and McNairy counties.
- [United Way of Rutherford & Cannon Counties](#): The direct phone number for the office is 615-893-7303, but survivors are encouraged to first call the 211 Helpline.
- [UW Midsouth.org](https://uw-midsouth.org) serves Tipton County. Call 211 or the call center: 844-444-4211.

Mid-Cumberland Community Action Agency offers help with utility bills, rent or mortgage assistance, a food pantry and other needs. Visit MidCumberland.org.

Upper Cumberland Human Resources Agency offers help with utility bills, rent or mortgage assistance, a food pantry and other needs. Visit UCHRA.org.

Second Harvest Food Bank of Middle Tennessee: Search by ZIP code to **Find a Food Bank Near Me**. Visit [Second Harvest MidTN](https://SecondHarvestMidTN.org).



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Housing Assistance

[Tennessee Continuum of Care](#) provides individuals and families with an affordable place to live and care for mental health and substance abuse issues, if needed.

[U.S. Department of Agriculture Housing Programs](#)

USDA Rural Development in the State of Tennessee provides low-interest loans for repairs and mortgage payment assistance for families living in rural areas. The agency also provides repair grants to rural residents ages 62 and older. You may call the office in your area for assistance.

- Tennessee State Office of Rural Development: **615-783-1388**
- USDA Housing Programs main number: **615-783-1375**; Nashville: **615-783-1335**; Cookeville: **931-528-6539**

Legal Services

[Tennessee Bar Association](#): Information and resources for legal services and referrals to attorneys providing free or reduced-fee legal services to individuals affected by a disaster. For Middle Tennessee residents: **615-242-6546**.

[Memphis Area Legal Services](#) provides help with civil cases for low-income and elderly people affected by disasters in **Tipton County**. Call **901-523-8822**.

[West Tennessee Legal Services](#) provides free legal help with civil legal issues for survivors in Hardeman, Hardin, Haywood and McNairy counties. Call **800-372-8346** or **731-423-0616**.

Aging and Disability

[Tennessee Aging and Disability Resource Center](#) provides information and assistance to older persons, adults with physical disabilities, caregivers and professionals looking for services or programs available in Tennessee. Call **866-836-6678**.

Crisis Services



Crisis Hotline: If you or someone you know is experiencing a mental health emergency, call **855-CRISIS-1 (855-274-7471)** or Text **“TN”** to **741-741**. To reach the national **Suicide & Crisis Lifeline**, call **988** or visit 988lifeline.org/, a free and confidential service staffed by trained professionals.

FEMA remains available to answer your questions, provide updates about your case (if you’ve applied for assistance) and direct you to federal, state and community programs and assistance. FEMA specialists are a phone call away on the **Disaster Assistance Helpline** at **800-621-3362**. If you use a relay service such as Video [Relay Service](#) (VRS), captioned telephone service or others, give FEMA your number for that service when you call. Helpline operators speak many languages and lines are open from **6 a.m. to midnight Central Daylight Time daily**. Press 2 for Spanish. Press 3 for an interpreter who speaks your language.

For the latest information on Tennessee’s recovery from the severe storms, straight-line winds and tornadoes, visit FEMA.gov/Disaster/4701. You may also follow TN.gov/TEMA; Twitter.com/TEMA, Facebook.com/TNDisasterInfo, @FEMARegion4/Twitter and Facebook.com/FEMA.



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