



POINT IN TIME COUNT

MEMPHIS AND SHELBY COUNTY 2025

RESOURCE GUIDE 2025



HOTLINES + KEY NUMBERS:

National Safeline:	1-800-786-2929
MIFA 24/7 Hotline:	901-529-4545
YWCA 24/7 Hotline:	901-725-4277
Family Safety Center 24/7 Crisis Line:	901-249-7611
National Runaway Switchboard:	1-800-786-2929
Youth Villages Teen Crisis Line:	901-276-7233
Young Adult Crisis Hotline:	1-877-702-2463
Memphis VA Homeless Department:	901-523-8990 x5661
Catholic Charities of West TN:	901-722-4707
Alliance Crisis Hotline:	901-577-9400
Trans Lifeline:	1-877-565-8860
TN Redline (Addiction/Overdose)	1-800-889-9789
National Domestic Violence Hotline:	1-800-799-7233
TN Domestic Violence Hotline:	1-800-356-6767

YOUTH SYSTEM NAVIGATORS:

Teresa McClatchey
tmclatchey@cismemphis.org
(901) 605-6376

Vincent J. McCaskil
vince@schoolseed.org
(901) 602-2418

Stephanie Presley
stephanie.presley@lebonheur.org
(901) 305-3684

Travis Chalmers
travis@hospitalityhub.org
(901) 501-6378

Shalonda Adams-Young
shalonda.adamsyoung@ccwtn.org
(901) 401-2008

SHELTER (ALL GENDERS)

Hospitality Hub

FREE

590 Washington Ave, Memphis, TN 38105

hospitalityhub.org

(901) 730-1736

A centralized hub of information and services for homeless persons in Memphis and Shelby County.

LGBT Friendly

Room in the Inn

FREE

409 Ayers St.

(901) 467-0122

Winter Shelter : November 1-March 31 accepts ALL. limited space is available, check in for new persons starts at 4pm.

Tues + Fri for Individuals, Daily for Families with Children

LGBT Friendly

Dorothy Day House

FREE

1429 Poplar Ave.

(901) 726-6760

A small shelter that keeps homeless families together, creating a safehaven and a community for entire families.

Living for Christ Restoration House

\$10 / nightly

3095 Thomas St.

(901) 791-4022

Feeding, housing, and clothing homeless men and women.

Youth Emergency Center/OUTMemphis

2055 Southern Ave

(901) 278-6422

The Youth Emergency Center (YEC) provides wrap-around support for LGBTQ+ young adults ages 16-24 in crisis.

Darkness II Light

1110 Faxon Ave

(901) 585-8657

The program is open to men, women, and children. We are committed to making a difference in our community by making these individuals spiritually aware in the process of assisting them.

SHELTER (WOMEN ONLY)

Agape Child and Family Services

FREE

3160 Directors Rd.

(901) 323-3600

agapemeanslove.org

Serves homeless women, pregnant women, and mothers with up to 3 children with transitional housing and support.

Families in Transition (FIT)

FREE

111 Racine St.

(901) 323-3600

An effort to serve homeless women and mothers fleeing domestic violence through transitional housing and support.

Missionaries of Charity Shelter

FREE

700 N. 7th Street

For women and children to stay from 3PM-8AM and receive breakfast for up to three weeks.

Salvation Army Purdue Center of Hope

FREE

696 Jackson Ave.

(901) 543-8586

Provides long term (up to two year) transitional housing for women with up to three children. Please call first.

Salvation Army Single Women's Lodge

696 Jackson Ave.

(901) 543-8586

Her Faith Ministries, Inc.

FREE

3396 Park Ave

herfaithministries.org

(901) 324-3705

Tu-F 9AM-4PM Provides transitional housing, support, food, clothing, bus passes, GED assistance.

SHELTER (MEN ONLY)

Calvary Rescue Mission

\$5 / nightly

960 Third St.

(901) 775-2570

calvaryrescuemission.org

Men's shelter (21+), must have ID/SSN offering 2 meals per day and clothing. The first 3 stays are free. Check in is at 4PM.

Memphis Union Mission

\$6 after 2 pm

383 Poplar Ave

(901) 526-8403

Men's Emergency Shelter and Opportunity Center. Must have proof of ID. Check in is from 9am-2pm (free) after 2PM (\$6), after 7pm not allowed to enter or exit the building.

FOOD

Hot Meal / Pantry Locations + Times

First Congo

1000 S. Cooper St.
901-278-6786
Lunch : Mon-Thur 11am-1pm
Pantry : Wed 10am

St. Luke UMC

480 S. Highland St.
901-452-6262
Saturday Supper : 4pm
Sunday Breakfast : 8am-9am
Pantry : 2nd + 4th Thurs of the
month 9:30am-12pm

Idlewild Presbyterian

1705 Union Ave.
901-726-4681
Thurs Dinner : 4pm-5:30pm

Grace St. Luke

1720 Peabody Ave.
901-272-7425
Sunday Dinner : 4pm-5pm

St. Patrick Catholic Church

297 Ida B Wells St.
901-527-2542
Pantry : Tues-Thurs 1pm-2:30pm
Sunday Lunch : 1pm-2:30pm

Starting All Over Outreach

1234 Mississippi Blvd.
901-275-8579
Sunday Breakfast : 8:30am

First Presbyterian Church

166 Poplar Ave.
901-525-5619
Sunday : 1pm-3pm

St. John UMC

1207 Peabody Ave.
901-726-4104
Pantry : 1st + 3rd Thurs of the
month 10am-11:30am
Dinner : Tues + Sat 3:30pm-
5:30pm

Catholic Charities of West TN

85 N Cleveland St.
901-722-4700
Breakfast : Mon-Fri 8am-10am
Pantry : Mon-Thurs 9am-11am

OUTMemphis

892 S Cooper St.
(901)278-6422
Thursday Dinner 4pm-6pm

Calvary Church

102 N Second St.
Sunday Breakfast : 6am

ADDITIONAL RESOURCES

Asha's Refuge

ashasrefuge.com

200 East Parkway North, Floor 3

(901) 500-9200

Mon-Fri : 9AM-2PM

Support and defend the rights of refugees from other countries through community, client education, help with immigration status, and language services.

Latino Memphis

latinomemphis.org

6041 Mount Moriah Rd. Extd., Suite 16

(901) 366-5882

Mon-Fri : 9AM-5PM

Education, justice, health services, and advocacy for the betterment of the Memphis Hispanic Community.

LivItUp, Inc.

6949 Appling Farms Pkwy, Suite 112

(901) 761-4277

Mon-Fri 8AM-4PM

Personal assistance for adults with disabilities, including day programs, in-home services, and community-based services.

Manna House

1268 Jefferson

901-334-5832

open every Monday and Thursday from 8:00-10:30 a.m. On Monday and Thursday mornings we offer showers for men and women, offering of basic services such as clothing, hygiene items, showers.

LGBT+ Friendly

Memphis Center for Independent Living

111 S Highland St #358

(901) 726-6404

Mon-Fri 9AM-5PM

Provides for people with disabilities by giving information, referrals, advocacy, peer mentoring, nursing home transition, and help with independent living skills.

First Congregational Church

1000 South Cooper St

(901) 278-6786

Clothes Closet Tu & Th 2PM–3:15PM

LGBT+ Friendly

Catholic Charities of West Tennessee

ccwtn.org

1325 Jefferson Ave.

(901) 722-4702

Provides the following services:

- Fig Tree Emergency Services (clothes and food)
- St. Sebastian housing ministry for veterans
- Genesis homeless services for those with mental illness
- Driving the Dream path from poverty to self-sufficiency
- Immigration Services providing education and hope

LGBT+ Friendly

Memphis Area Prevention Coalition

(901) 249-2828

Provides resources for overdose prevention, treatment, and recovery for the mid-south.

OUT Memphis

892 Cooper St

(901) 278-6422

Serves the LGBTQ+ community of Memphis, including healthcare, legal services, housing navigation, and youth services.

HEALTHCARE

Shelby County Health Department:

814 Jefferson Avenue
Memphis, TN 38105
Phone: 901-222-9000

Christ Community Health Services:

Main Phone: 901-842-3160
Operation Outreach (Housed with Catholic Charities):
1325 Jefferson Avenue
Memphis, TN 38104
Phone: 901-842-3167

Wellness and Stress Clinic:

3915 Tchulahoma Road
Memphis, TN 38118
Phone: 901-306-5433

Memphis Health Center

360 E E.H. Crump Blvd.
Memphis, TN 38126
Phone: 901-261-2000

**FOR ANY ADDITIONAL HELP
PLEASE CALL 211**



EVERYONE COUNTS
NO MATTER WHERE THEY LIVE