

Behavioral Health Support Groups – *A Support Group is a gathering of people with similar situations who meet regularly to share their concerns and victories with others in the group.*

Anonymous Support Groups

Adult Children of Alcoholics in Knoxville – www.adultchildren.org

Alcoholics Anonymous 865-522-9667 – www.etiaa.org, www.aa.org

Al-Anon/Alateen Family Group in Maryville – www.knox-al-anon.org

Narcotics Anonymous 1-844-409-3762 – www.naknoxville.org

Anger Management @ Recovery Education Center – TennCare Only - 865-970-9800 to make an appointment

BRIDGES – Building Recovery of Individual Dreams and Goals thru Education and Support –

1st, 3rd, 5th Fridays @ 1:30 @ Peninsula Professional Building – 865-373-8207 for Blount Peer Support

Caregiver Support Group for any adult caring for another adult 865-977-5744

CompPASS (Communicating the Pain as Suicide Survivors) 1) Dr. Cynthia Lynn, 865.680.3256 –

clynn3118@gmail.com Meets first Thursday of the Month at 6PM, or 2) Jack and Robin Maples 865.680.3256, Meets 3rd Thursday of the Month at 6PM or 3) at Peninsula: The Light House 1451 Dowell Springs Blvd, Knoxville, TN 37909 Date & Time: 2nd Monday of each month, 6-7:30pm; Administrative Board Room (lower level) Mark Potts at (865) 374-7106 or mpotts@covhlth.com.

Co-Occurring Disorders Group – Wednesdays @ 740 @ First United Methodist, Montvale Station

Divorce Support Group – 865-982-6070 – Spring and Fall Sessions – Meets @ Monte Vista Church

Domestic Violence Class – www.dvclass.com - On-Line Course that meets court requirements

Domestic Violence Support Group – women only 865-982-1087; www.havenhousetn.org

Eating Disorders –

OA in Maryville – Teresa@ 865-437-8601 – for information www.oa.org

Focus in Knoxville – 865-622-7116 - separate Groups for the person with eating disorders and the family members of that person– male or female groups www.focustreatmentcenters.com

Family Support Group thru NAMI – for family and caregivers of adults with a mental health diagnosis. Call Roxie 865-317-4413

Grief Support Group information numbers

For Widows and Widowers

Adult Grief Group at Blount Memorial 865-977-5702 – Call for dates

Care and Share with Lisa 865-983-1000 – first Wednesday every other month

Compassionate Friends - Parents who have lost a child at any age 865-687-2117

tcffoothills@bnet.com, www.compassionatefriends.com

Mane Support – for children and families; veterans or first responders -

www.manesupport.org equine assisted, no riding

Pet Loss Support Group – UT Veterinary Medicine 865-755-8839, www.vetsocialwork.utk.edu

Suicide Grievors Support Group – for family and friends 865-640-5492 - Knoxville

Parenting Classes – 865-660-3711, LivingWaterLCE@outlook.com

Parkinson's – 4th Thursdays from 1100 am– 1230 pm @ Shannondale Community Center, 865-268-5588

Peer Support Academy – Mental Health Classes and Activities for Adults. Free Transport 865-373-8207

PFLAG (Parents, Families, Friends of Lesbians and Gays) – 865-268-9665, monthly meetings

Recovery – Groups vary by location: Co-dependency; Chemical Dependency: Men Only or Women Only; Family Support; Life Hurts, God Heals; Grief and Loss; Teens (age 13-18), etc.

Recovery @ Maryville 865-982-1273 – (Wed) www.CRMaryvilleTN.com at FUMC on Montvale

Recovery of Blount County in Louisville 865-679-8610 – (Sun and Wed) www.harboursgate.org

Recovery Revolution @ RIO in Maryville 865-984-9200 – (Tues) www.RIOrevolution.net

Recovery Advance in Alcoa – (Mon) www.rioadvance.org

Recovery @ Cokesbury (Knoxville) 865-246-0449 – (Thu) www.RecoveryatCokesbury.com

Sexual Abuse and/or Assault Survivors (Men, Women, and Teen Groups)– Sexual Assault Center – 865-558-9040
Info Line

Trauma Support Group - Call Focus - 865-622-7116 – adults 18 and over

Veterans – Reboot Combat Recovery – for Veterans and Spouses – Call Stacy @ 865-582-5330

www.RebootRecovery.com 12 week class on Spiritual Aspects of Combat Recovery

Crisis Hotlines

1-855-CRISIS-1 (1-855-274-7471) – Mental Health and Substance Use Crisis Services in TN

1-800-273-TALK (1-800-273-8255) – www.suicidepreventionlifeline.org, www.TSPN.org

Text Crisis Resources, text “TN” to 741-741 - or call 1-800-273-8255

LGBTQ Crisis – 1-866-488-7386 – www.thetrevorproject.org

Transgender Crisis – 1-877-565-8860 – www.TransLifeLine.org – staffed by transgender people

Adult and Youth Mobile Crisis 865-539-2409 or 1-855-CRISIS-1 or 1-855-274-7471

Adult Protective Services 1-888-277-8366 – www.reportadultabuse.dhs.tn.gov

Child Abuse and Neglect Reporting Hotline 1-877-237-0004 www.apps.tn.gov/carat

Contact CareLine of East TN 865-584-4424 (10am – 10pm) www.contactlistens.org

Domestic Violence – Haven House – Maryville 865-982-1087 www.havenhousetn.org

Domestic Violence – National 1-800-799-SAFE (1-800-799-7233) – www.thehotline.org

Family Promise – Shelter for Homeless Families 865-233-4737 www.blountfamilypromise.org

Pregnancy Resource Center 865-977-8378 – www.prcbctn.com

Pregnant Teens 865-602-2956 – ask for Richelle

Runaway Hotline 1-800-run-away (1-800-786-2929) – www.1800runaway.org

Sexual Assault Center – Crisis Line 1-865-522-7273 - www.mcnabbcenter.org/sacet

Human Trafficking – Natl Human Trafficking Resource Ctr 1-888-3737-888 – www.polarisproject.org

Veterans Crisis Line – 1-800-273-8255, Press 1 – www.maketheconnection.net

Advocacy Help-lines and Other Resources

Adult Protective Services 1-888-277-8366 www.reportadultabuse.dhs.tn.org

Autism Society of America in ETN – www.asaetc.org – 865-247-5082

Bipolar - Depression and Bipolar Support Alliance – www.dbsalliance.org – 1-800-826-3632

Bullying = Cyber, Verbal, Social, or Physical – www.stopbullying.gov

Child Protective Services 1-877-237-0004 www.apps.tn.gov/carat

ChildNet at Helen Ross McNabb– counseling and psychiatric medications for ages 2 to18 - 865-681-6990

Gamblers Anonymous – www.gamblersanonymous.org for a meeting list

Man Therapy – free and interactive mental health website for men – www.mantherapy.org

Mental Health Association of East Tennessee – provides free screenings, workplace

programs, free speakers, and technical assistance 865-584-9125 – www.mhaet.com

National Alliance on Mental Illness (NAMI) – www.namitn.org

Maryville – 800-771-5491 – nami.maryville@gmail.com

New Hope – Blount County Children’s Advocacy Center - For victims of sexual and/or physical

abuse and their non-offending family members - 865-981-2000 – www.blountkids.org

Peer Recovery Call Center – 865-584-9125; (M – F from 900 – 430) - www.mhaet.com

Self-Injury – 1-800-DONTCUT (800-366-8288) – www.selfinjury.com

Substance Abuse and Mental Health Treatment Referral Information 1-800-662-4357

www.findtreatment.samhsa.gov

Surviving Suicide Loss – American Foundation of Suicide Prevent – 888-333-2377 www.afsp.org

Teen Suicide Prevention – 1-800-273-TALK (1-800-273-8255) – www.JasonFoundation.com

Tennessee Mental Health Consumers Association - Knoxville 865-281-3683 - www.tmhca-tn.org

TN REDLINE – 1-800-889-9789 – Addiction Treatment Referral Line – www.taadas.org/Redline

TN Voices for Children – Knoxville Region - 865-523-0701- www.TNvoices.org

True Purpose Ministries – 865-681-4861 – Christian-based Male Residential, learn a trade –

www.truepurposeministries.com

Veterans – Homeless – 1-800-VET-HELP (1-800-838-4357) 9:00 a.m. -5:00 p.m.– www.nchv.org

Youth Topics – www.youth.gov – over 25 topics with information and links