

*Community Resources  
For Fentress County  
Clarkrange & Jamestown  
Head Start Centers  
2025-2026*



To locate additional information on Community Resources access:

<https://empoweruppercumberland.org/discoverresources/>.

Or <https://ucassist.org/search/>

*Developed and Distributed by L.B.J. & C. Head Start*

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## **Adult Education:**

### **Fentress County Adult Education**

209 N Main St..

Jamestown, TN, 38556

phone: (931) 879-3802

***They offer: GED, Adult High School, Basic Computer Training***

*(Assists Adults to further their education)*

### **Roane State Community College**

2567 Cook Rd. Crossville, TN 38555

931-456-9880

*(Assists Adults to further their education)*

### **Roane State Community College/Jamestown Campus**

6844 S. York Hwy Clarkrange, TN

931-752-8320 or 1-866-462-7722

www.roanestate.edu

*(Assists Adults to further their education)*

### **Tennessee Technology Center**

740 Hi Tech Dr. Livingston, TN. 38570

(931) 823-5525

*(Assists Adults to further their education and job skills training)*

### **Tennessee Technological University**

1 William Jones Dr. Cookeville,

Tennessee 3101

(800) 255-8881 or (931) 372-3888

*(Assists Adults to further their education)*

### **Volunteer State Community College**

113 Windle Community Rd. Livingston, TN 38570

931-823-7065

*(Assists adults with furthering their formal education. Assistance with*

*financial aid & scholarship sign-up is available)*

## **Adult Job Training Services:**

### **American Job Center at Cookeville**

Career guidance service

620 S Jefferson Ave Ste 202 ·

(931-520-6020)

### **Skill Up Tennessee**

Barb Siddiqui

Administrative Associate II

Family & Consumer Sciences

UT Extension, Knoxville, TN

865/200-4532 - Office

[skillup.tennessee.edu](http://skillup.tennessee.edu)

### **American Job Center @ Crossville**

60 Ridley St.

Crossville, TN 38555

931-484-7456

*(Assist adults in locating jobs)*

### **Social Security Administration - SSI Program**

1145 Perimeter Park Dr. Cookeville, TN 38501

931-528-9765 & **Hotline:** 800-772-1213

*(Assists with Disability Services, Money/Employment Assistance. The SSA administer a program called SSI for persons with disabilities who are age 65 or older, a blind adult or child, or disabled adult or child - children under 18. If under 18, substantially reduced ability to function independently, appropriately and effectively in a manner expected of children of similar age due to a physical or mental impairment, which has lasted or is expected to last at least 12 months or end in death.)*

**Tennessee Department of Human Services – Fentress County**

240 Colonial Circle, Suite B  
Jamestown, TN 38556  
931-879-9976

*(Assists with Children's Issues, Disability Services, Food, Health. Responsible for a variety of functions including, but not limited to administering the Families First and Food Stamp programs, processing TennCare applications, regulating childcare centers, managing child support services and providing a wide-range of services to Tennesseans with disabilities)*

**Tennessee Technology Center at Crossville**

910 Miller Ave.  
Crossville, TN 38555  
931-484-7502

*(Assists Adults to further their education and job skills training)*

**Tennessee Technology Center at Livingston**

740 Hi Tech Dr. Livingston, TN. 38570  
(931) 823-5525

*(Assists Adults to further their education and job skills training)*

**Upper Cumberland Human Resource Agency - Fentress County**

308 Main Street  
Jamestown, TN 38556  
931-879-8040

*(Assists with Children's Issues , Clothing , Disability Services , Drug/Alcohol Abuse , Food , Health , Housing , Unruly and Delinquent Youth , Legal/Governmental Assistance , Mental Care and Counseling , Money/Employment Assistance , Transportation/Utilities , Youth*

*Activities. Provides the following services: Homemaker Aide and Elderly Chore Services; LIHEAP; WAP; Emergency Assistance; Information and Referral Services; Child and Adult Care Food; Child Care Certificate; WIA; Youth; Dislocated Worker; Adult; Families First Employment; Title V Senior; 502E Senior; Drivers' Education; Community Intervention for Juvenile Offenders; Adult Community Corrections; DUI/LIOP; CHANCE for Girls)*

**Vocational Training Center**

955 E 20<sup>th</sup> St.  
Cookeville, TN. 38501  
(931) 526-4721

*(Provides assistance with vocational education, work adjustments and job placement for people with disabilities)*

**Resources for Bereavement:**

**Heart of the Cumberland**

25 W Broad St. #11  
Cookeville, TN 38501  
Phone: 931-525-2600  
[heartofthecumberland@gmail.com](mailto:heartofthecumberland@gmail.com)

*Specifically for children and teens that are hurting because of losses suffered through death, divorce or family circumstances*

**Hospice Grief Recovery Group**

Sponsored by: Lazarus House Hospice  
155 E Spring St. Ste. A,  
Cookeville, TN 38501.  
931-528-5133

**Love Memories Support Group**

306 S. Main St. Jamestown, TN 38556  
Meet at Fentress County Library  
931-879-7512  
*(For those who have lost loved ones)*

## **Childcare:**

**CLARKRANGE HEAD START**  
1399 FRANKLIN LOOP  
CLARKRANGE, TN 38553-0000  
(931) 450-8249

**Faith Christian Academy**  
627 S. MAIN STREET  
JAMESTOWN, TN 38556  
(931) 879-9137

**JAMESTOWN HEAD START**  
629 NORTH MAIN STREET  
JAMESTOWN, TN 38556  
(931) 450-4583

**KIDS KORNER**  
629 N. Main St.  
JAMESTOWN, TN 38556  
(931) 879-3675

**Kids Land**  
719 Allred Rd  
Clarkrange, TN 38553  
931-863-5155

**KIDS ZONE**  
2016 MEADOWVIEW DRIVE  
JAMESTOWN, TN 38556  
(931) 879-0663

**SMALL WORLD DAY CARE**  
314 STEWART STREET  
JAMESTOWN, TN 38556  
(931) 879-9695

## **Resources to help in Child Abuse Situations:**

**Avalon Center**  
196 10<sup>th</sup> St. Crossville, TN. 38555  
1-800-641-3434 24-hour crisis line  
(931) 484-4642 24-hour crisis line

(931) 456-0747 Center office  
*(Crisis line for those being physically or sexually assaulted)*

**Child Abuse Hotline**  
900 2nd Avenue North  
Nashville, TN 37201  
877-237-0004

**Children's Center**  
340 West Central Ave  
Jamestown, TN. 38556  
(931) 879-7290

**Department Of Children's Services**  
240 Colonial Circle  
Jamestown, TN 38556  
(931) 879-9976

**Fentress County Anti-Drug Coalition**  
326 White Oak st. Jamsetown, TN  
38556  
931-752-7075

**Fentress County Justice Center**  
140 Justice Center Dr  
Jamestown, Tennessee 38556  
(931) 879-8142 or 931-752-0911  
9-1-1 Emergencies

**Jamestown Police Department**  
222 S Main St  
Jamestown, Tennessee 38556  
(931) 879-5871  
9-1-1 Emergencies  
*(Assist with emergency needs)*

**LifeCare Family Services**  
665 S. Jefferson Ave. Cookeville, TN.  
38501  
(931) 528-0051  
(615) 781-0688  
*(A faith-based community Non-profit mental health facility that offers community mental health and counseling)*

*services, including marriage & family therapy: child, youth and adult psychiatric care & nursing; Child & adolescent counseling: intensive and therapeutic case management: and family preservation.)*

**The Exchange Club/Stephens Center for the Prevention of Child Abuse**

616-B North Church Street  
Livingston, TN 38570  
Contact: Carolyn Isbell, Executive Director  
931-823-6432 & 800-635-5199  
*(Assist parents with building nurturing home-environments and prevent abuse/neglect through home-visitation programs, parenting classes, & community education programs)*

**Dental Providers who take TennCare:**

**Cookeville Regional Dental Clinic**  
327 North Cedar Street  
Cookeville, TN 38501  
(931) 528-5105

**Cloudland Dental Clinic**  
510 Livingston Rd.  
Crossville, TN. 38555  
(931) 484-3007

**Dr. Steven Ellis**  
215 Oak St  
Livingston, TN. 38570  
(931) 823-5517  
*(Provides dental services)*

**Dr. Buckie Parsons**  
215 Oak St  
Livingston, TN. 38570  
(931) 823-5517  
*(Provides dental services)*

**Dr. Joe Upton**  
415 University Street  
Livingston, TN 38570  
(931) 823-5653  
*(Provides dental services)*

**Hermitage Dental Clinic**  
Dr. Charles Burdeshaw  
107 Bonnahook Drive  
Hermitage, TN 37076  
615-889-1654

**Putnam County Health Department**  
701 County Services Drive  
Cookeville, TN. 38501  
(931) 528-2531

**Dental Providers, who may not take TennCare, but offer services to low-income families:**

**Bread of Life Homeless Shelter and Clinic**  
281 4th Street  
Crossville, TN 38555  
931-707-0503  
*(Primary care medical clinic for uninsured no-income and low -income persons. Medication, clinic, dental services for extractions only. Long-term day shelter program for families, single men and women or single parents with children. Employment and emergency food assistance is available)*

**Cookeville Rescue Mission**  
1331 S Jefferson Ave, Cookeville, TN 38506  
(931) 528-5819

**Resources for Persons with Disabilities:**

**Access Program**  
715 E Spring St.  
Cookeville, TN 38501

(931) 520-8465 (Assists persons with disabilities)

**Children's Special Services**

Jamestown, TN  
931-879-9936

*(Assists with the medical needs of children and young adults from birth to age 21 with chronic health issues. They offer assistance with medical bills, hearing aids, speech/language pathology for children under age 3, transportation, and TennCare appeals. Referrals are made through the local county Health Department. Eligibility is determined at time of referral and is based on income and access to other medical resources.)*

**Friends of T.I.P.S.**

1 Wiliiam L Jones Dr.  
Tennessee Tech University  
Cookeville, TN 38505  
931-372-6247

*(Assist with Children's Issues , Disability Services. This group serves the Upper Cumberland Region by providing educational, medical, social, respite, and/or support to families of special needs children from birth to 3 years of age. The service will coordinate with the family's schedule and individual needs to provide home-based services. A parent advisor will initially visit with the family to develop a goal-directed program. Monthly visits are then conducted to help the family meet those goals. These services will also coordinate with other local resources such as daycares, medical providers, etc. This program is limited to special needs/developmentally delayed children ages birth to 3 years, and their family members. Referrals must go through Philomena Palmer with the Tennessee*

*Early Intervention Program at 931-372-3561.)*

**KIDS Putnam**

1130 Chocolate Dr.  
Cookeville, TN 38501  
931-526-5437

*(Assists with Children's Issues, Disability Services)*

**Lion's Club**

931-752-8878  
*(Assist with eye exams/free glasses)*

**Project Affirm**

501 Spruce Street  
Dale Hollow Mental Health Center  
Livingston, TN 38570  
931-432-5590 & **Hotline:** 931-823—5678

*(Provides support services for families with children ages 2 - 17 diagnosed with serious emotional disturbance or dual diagnosis of developmental and behavioral disorder. They also provide respite alternatives ranging from indirect to direct care services. Services are not provided to children who are in the custody of the Department of Children's Services)*

**TN Early Intervention System (TEIS) - Jamestown**

Carol Crabtree  
Education/training  
(931) 510-5857 *(Assist children/families birth - 3 yrs)*

**Resources to help in Domestic Violence situations:**

**Alliance Against Domestic Violence**  
Cookeville TN 38501  
(931) 526-4730  
(931) 526-5197

**Genesis House**  
Street location is confidential  
Cookeville, TN N/A  
(931) 526-5197  
**Toll Free:** 800-707-5197

**Resources available to help fight  
the Alcohol and Drug Abuse  
(Including METH) Problems in  
your area:**

*All Local Churches in Area*

**Adult & Teen Challenge**  
200 Freedom Ln  
Livingston, TN 38570  
1-888-688-0470  
TeenChallengeUC.org

**Bradford Health Center @ Cookeville  
Regional Office**  
1330 Neal Street, Suite D  
Cookeville, TN 38501  
931-528-6803  
*(Treatment Facilities for Alcoholism and  
drug addiction for adults & children)*

**Dale Hollow Mental Health Center**  
501 Spruce Street  
Livingston, TN. 38570  
(931) 823-5678  
*(Assist with family or individual  
counseling for drugs/alcohol/etc.,)*

**Drug Abuse Hotline**  
1-800-662-4357  
*(Call to report illegal drug activity)*

**Drug Addiction Hotline/TN Redline**  
1-800-889-9789  
*(Call to get help for drug abuse)*

**Drug Rehab Treatment**  
1-866-845-8975  
*(Call to get help for drug abuse)*

**Manna House Ministries**  
326 White Oak St.  
Jamestown, TN 38556  
931-752-7075  
*(Outreach Ministry for those suffering  
from addictions)*

**Meth Hotline/Statewide**  
1-866-293-7031  
*(Call to report suspected Meth activity)*

**Plateau Mental Health Center**  
Substance Abuse Services  
1200 South Willow Avenue  
Cookeville TN 38506  
Phone: (931) 432-4123 & Hotline: (877)  
567-6051  
*(Assist persons with disabilities/mental  
illness & Drug abuse in various ways)*

**Thirteenth Judicial Task Force**  
1270 W. Broad St. Cookeville, TN.  
38501  
(931) 528-5400  
*(Drug Task Force)*

**UpperCumberland-Community  
Services Agency**  
1000 England Dr. Suite F.  
Cookeville, TN 38501  
(931) 520-0200

**Assistance in the event of an  
Emergency Situation:**

**Air Evac Life Team**  
106 Emergency Services Dive  
Albany, KY 42602  
(606) 387-9099  
Emergency = 9-1-1  
*(Assist with emergency needs)*

**American Red Cross**  
200 White Oak St  
Jamestown, TN 38556  
931-879-8122

*(Assistance with clothing, food & shelter in the event of a disaster, such as house fires)*

**Clarkrange Volunteer Fire**

**Department**

6802 S. York Hwy. Clarkrange, TN  
38553

931-863-5777

*(Assist with emergency needs)*

**Disaster Assistance**

DisasterAssistance.gov

1-844-684-6333

**Fentress County Fire Department**

115 Justice Center Dr.

Jamestown, Tennessee 38556

**931-879-8310** or 9-1-1 Emergencies

*(Assist with emergency needs)*

**Fentress County Rescue Squad**

222 Duncan St.

Jamestown, TN 38556

931-879-7396

**Jamestown Fire Department Unit 1**

Jamestown TN 38556

931-879-8130

**Muddy Pond Fire Department & Rescue**

Muddy Pond

Crawford, TN. 38554

(931) 445-3036

9-1-1 Emergencies *(Assist with emergency needs)*

**Overton County Rural Fire**

**Department**

255 Industrial Park Dr.

Livingston, TN. 38570

(931) 823-1133 *(Assist with emergency needs)*

**Overton County Rescue Squad**

118 N Court Square

Livingston, TN 38570

(931) 823-5404 *(Assist with emergency needs)*

**Poison Control**

1-800-222-1222

**Shriners of Tennessee**

1354 Brick Church Pike

Nashville, TN. 37207

(615) 226-7676

*(Helping children with orthopedic and burn conditions at no cost to the families or outside agencies)*

**TEMA**

[www.tn.gov/tema](http://www.tn.gov/tema)

**Volunteer Electric Cooperative (Electric)**

1023 S. Old Hwy 127

Jamestown, Tennessee 38556

931-879-5853

**Fentress County Utilities (Water)**

1026 Taylor Place Rd

Jamestown, Tennessee 38556

931-879-7639

**Assistance with Food/Clothing/Utilities Needs:**

**Alive in the Spirit Church**

126 Merry Ln.

Jamestown, TN 38556

(931) 879-4971

**American Red Cross**

931-879-4060

*(Assistance with clothing, food & shelter in the event of a disaster, such as house fires)*

**Church of The Harvest**  
5512 S. York Hwy Grimsley, TN 38565  
(931) 863-4663  
*(Assist with various needs)*

**Community Education Office for the Food Stamp Program**  
**Legal Aid Society of Middle Tennessee and the Cumberland**  
9 South Jefferson Avenue  
Cookeville, Tennessee 38501  
Phone: 931.528.7436  
Toll Free: 800.262.6817  
*(Provides Pre-screenings and information for the Food Stamp program. Serves all counties in the LBJ&C Head Start Service area.)*

**First Baptist Church**  
306 Central Ave. E  
Jamestown, TN 38556  
(931) 879-8412 or 879-8358  
*(Assist with various needs)*

**Alive in the Spirit South**  
1125 Clarkrange/Monterey Hwy  
Clarkrange, TN 38553

**Muddy Pond Baptist Church**  
Muddy Pond Community  
(931) 445-4120 *(Assist with food and other needs)*

**Pine Haven Baptist Church**  
829 N. York Hwy  
Jamestown, TN 38556  
(931) 879-5515  
*(Assist with food and other needs)*

**THE HIDDEN PEARL**  
6302 S. YORK HWY  
CLARKRANGE, TN 38553  
ASSISTS WITH FOOD AND OTHER NEEDS

**Travisville United Methodist Church**  
(931) 879-5410  
3419 Caney Creek Rd Pall Mall, TN 38577  
*(Provide assistance with food/clothing/utilities/pre-marriage counseling)*

**Tennessee Department of Human Services – Fentress County**  
240 Colonial Circle, Suite B  
Jamestown, TN 38556  
931-879-9976  
*(Services: Food Stamp; Families First; Medicaid; and TennCare)*

**Upper Cumberland Human Resource Agency - Fentress County**  
308 S. Main St. #101  
Jamestown, TN 38556  
931-879-8040  
*(Assists with Children's Issues , Clothing , Disability Services , Drug/Alcohol Abuse, Food , Health , Housing , Unruly and Delinquent Youth , Legal/Governmental Assistance, Mental Care and Counseling, Money/Employment Assistance, Transportation/Utilities , Youth Activities. Provides the following services: Homemaker Aide and Elderly Chore Services; LIHEAP; WAP; Emergency Assistance; Information and Referral Services; Child and Adult Care Food; Child Care Certificate; WIA; Youth; Dislocated Worker; Adult; Families First Employment; Title V Senior; 502E Senior; Drivers' Education; Community Intervention for Juvenile Offenders; Adult Community Corrections; DUI/LIOP; CHANCE for Girls; CHANCE for Boys)*

**York Chapel**

(931) 879-5797

3021 N. York Hwy. Jamestown, TN.  
38556

*(Provide assistance with  
food/clothing/utilities/pre-marriage  
counseling)*

**Resources to assist with  
Housing/Homeless Needs:**

**Bread of Life Homeless Shelter and  
Clinic**

281 4th Street  
Crossville, TN 38555  
931-707-0503

**Cookeville Rescue Mission**

1331 S Jefferson Ave, Cookeville, TN  
38506  
(931) 528-5819

**Habitat for Humanity**

329 McLarty Lane  
Crossville, TN 38555  
931-484-4565  
*(Builds homes for low-income families.  
There is an application and selection  
process)*

**HART**

Homeless Advocacy for Rural  
Tennessee  
Grant based program, which allocates  
homeless assistance  
P.O. Box 3311  
Crossville, TN 38557  
931-484-3207

**Cookeville Housing Authority**

67 Irwin Ave. Crossville, TN. 38555  
931-484-2990

**Upper Cumberland Homeless Shelter**

308 S. Main St. #101  
Crossville, TN. 38555

(931) 456-8172

**Upper Cumberland Human Resource  
Agency - Fentress County**

Jamestown, TN 38556  
931-879-8040

**United States Department of  
Agriculture**

*Rural Development*  
390 South Lowe Avenue Suite K  
Cookeville, TN 38501  
(931) 528-6539

**Assistance with Insurance  
Needs:**

**Blue Cross Blue Shield**

888-849-2284  
*(Affordable Insurance for Families &  
Individuals)*

**Tennessee Department of Human  
Services – Fentress County**

*Coverkids*  
240 Colonial Circle, Suite B  
Jamestown, TN 38556  
931-879-9976  
*(Insurance for children)*

**Tennessee Justice Center**

211 7<sup>th</sup> Ave. N. #100 Nashville, TN  
37219  
615-255-0331  
*Assists with strategies for obtaining  
TennCare and appeals process, etc.*

**Legal/Governmental Assistance:**

**Child Support Services of Tennessee -  
Cookeville**

580 S. Jefferson Ave. Cookeville, TN  
38501  
931-528-8598  
*(Helps locate parents who are not  
paying child support. They will provide*

*legal representation in child support hearings. They also provide paternity testing)*

**Legal Aid Society of Middle Tennessee and the Cumberlands**

9 South Jefferson Avenue, #102  
Cookeville, Tennessee 38501  
Phone: 931.528.7436  
Toll Free: 800.262.6817  
*(Serves all counties in the LBJ&C Head Start Service area. Provides free legal assistance to low-income persons on such issues as TennCare, Medicare, Domestic Violence, Housing Problems, Special Education Issues, and Consumer Issues.)*

**Rape and Sexual Assault Response Center**

1519 East Spring, Suite F  
Cookeville, TN 38506  
Hours of operation = 24 hrs/day, 7 days a week  
Phone: = 931-526-5197  
Hotline: 1-800-656-4673  
Translation services offered: Yes

**Tennessee 211**  
865-215-4211

**UpperCumberland-Community Services Agency**

1000 England Dr. #F  
Cookeville, TN 38501  
(931) 520-0200

**Upper Cumberland Human Resource Agency - Fentress County**

308 Main Street #101  
Jamestown, TN 38556  
931-879-8040

**Resources to Strengthen Marriages:**

**Allardt Baptist Church**

1478 Pennsylvania Ave  
Allardt, TN 38556  
(931) 879-6232  
(931) 879-5433

**Assessment/Counseling/training Services (ACTS)**

377 Short St. #D. Cookeville, TN. 38501  
(931) 528-9399

**Joyce Crouch, Counselor**

205 South Main Street  
Jamestown, TN 38556  
(931) 879-4725

**The Exchange Club/Stephens Center for the Prevention of Child Abuse**

616-B North Church Street  
Livingston, TN 38570  
Contact: Carolyn Isbell, Executive Director  
931-823-6432 & 800-635-5199

**Travisville United Methodist Church**

(931) 879-5410  
3419 Caney Creek Rd. Pal Mall, TN 38577

**Upper Cumberland Development District**

1104 England Dr.  
Cookeville, TN 38501  
(931) 432-4111

**Pre- Marriage Counselors:**

**Allardt Baptist Church**

1478 Pennsylvania Ave  
Allardt, TN  
(931) 879-6232  
(931) 879-5433

**Assessment/Counseling/training Services (ACTS)**

Cookeville, TN. 38501  
(931) 528-9399

**Dale Hollow Mental Health Center**

501 Spruce St. Livingston, TN 38570

931-823-5678

**Travisville United Methodist Church**

(931) 879-5410  
3419 Caney Creek rd. Pall Mall, TN  
38577

**Medical Providers who take  
TennCare:**

**Dr. Jonathon Allred**

234 West Central Ave  
Jamestown, TN 38556  
(931) 879-8139

**Children's Special Services**

Cookeville Regional Health Office  
200 W. 10th Street Cookeville, TN  
38501  
931-528-7531

**Dr. Clough & Colburn**

5751 Bradford Hicks Dr. Livingston, TN  
38570 931-823-3030

**Fentress County Health Department**

240 Colonial Circle Jamestown, TN  
38556  
(931) 879-9936

**Dr. Dilip Joshi**

117 Duncan Street North  
Jamestown, TN 38556  
(931) 879-5884

**Dr. Larry Mason**

8401 Highway 111  
Byrdstown, TN 38549  
(931) 864-3187

**Dr. Chris Sewell**

341 West Central Ave Jamestown, TN  
38556  
(931) 879-9892

**Dr. Richard Smith**

100 N. Duncan St. Jamestown, TN 38556

(931) 879-5864 or 931-863-5095

**Tennessee Pediatrics**

435 North Cedar Street  
Cookeville, TN. 38501  
(931) 526-6100

**Dr. MH Kouchecki**

40 Elmo Dr.  
Crossville, TN 38555  
931-484-5525

**Dr. Berman**

3234 Miller Ave  
Crossville, TN 38555  
931-707-8700

**Plateau Pediatrics**

3234 Miller Ave.  
Crossville, TN 38555  
931-707-8700

**Clarkrange Medical Clinic**

6845 S. York Hwy  
Clarkrange, TN 38553  
931-863-5095

**Medical Providers, who may not  
take TennCare, but offer  
services to low-income families:**

**Bread of Life Homeless Shelter and  
Clinic**

281 4th Street  
Crossville, TN 38555  
931-707-0503

*(Primary care medical clinic for  
uninsured no-income and low -income  
persons. Medication, clinic, dental  
services for extractions only. Long-term  
day shelter program for families, single  
men and women or single parents with  
children. Employment and emergency  
food assistance is available)*

**Children's Special Services**

Jamestown, TN  
931-879-9936

*(Assists with the medical needs of children and young adults from birth to age 21. They offer assistance with medical bills, hearing aids, speech/language pathology for children under age 3, transportation, and TennCare appeals. Referrals are made through the local county Health Department. Eligibility is determined at time of referral and is based on income and access to other medical resources.)*

**Fentress County Health Department**

Jamestown, TN 38556  
(931) 879-9936

*(Takes TennCare and has affordable rates for those who do not have TennCare)*

**Lion's Club**

Jamestown, TN. 38556  
752-8878

*(Vision screenings & eye glasses for those who cannot afford them)*

**Partnership for Prescription Assistance**

Phone: 1-888-477-2669  
[www.pparx.org](http://www.pparx.org)

*If you do not have prescription coverage and/or cannot afford your medicines, this organization may be able to help*

**Mental Health Providers who take TennCare:****Cumberland Plateau Recovery**

106 Elm grove Rd.  
Livingston, TN. 38570  
(931) 403-3577  
(931) 265-5382

*(Assists those recovering from substance abuse with counseling and support services)*

**Cumberland Counseling Center**

34 North Jefferson Ave  
Cookeville, TN. 38501  
(931) 528-2371

*(Assists those recovering from substance abuse with counseling and support services)*

**Dale Hollow Mental Health Center**

501 Spruce Street  
Livingston, TN. 38570  
(931) 823-5678

*(Assist with family or individual counseling for drugs/alcohol/etc...)*

**LifeCare Family Services**

665 S. Jefferson Ave. Cookeville, TN.  
38501

(931) 528-0051  
(615) 781-0688

*(A faith-based community Non-profit mental health facility that offers community mental health and counseling services, including marriage & family therapy: child, youth and adult psychiatric care & nursing; **Child & adolescent counseling**: intensive and therapeutic case management: and family preservation.)*

**Personal Growth and Learning Center**

509 North Cedar Avenue  
Cookeville, TN 38501  
931-520-8435

*(Provides out-patient psychiatric and psychotherapy services (individual - adult and child, family, couples, groups) with specialties in trauma and abuse recovery, eating disorders, child/play therapy, EMDR, employee assistance programs, expert witness, and other generalized mental health services)*

**Rape and Sexual Assault Response Center**

1519 East Spring, Suite F  
Cookeville, TN 38506

Hours of operation = 24 hrs/day, 7 days a week

Phone: = 931-526-5197

**Hotline:** 1-800-656-4673

*(Serves all eight counties in L.B.J. & C. Head Start Service area. Provides free legal & governmental assistance,, Rape and sexual assault forensic exams, legal advocacy, court advocacy, counseling (individual and support group). Also qualifies for all Genesis House service).*

**Team Evaluation Center**

600 North Holtzclaw Avenue  
Chattanooga, TN 37404-1220  
(423)-622-0500

*(Team Evaluation Center provides diagnoses for social, emotional, educational, or physical problems. After a diagnosis is made, Team will then help develop an intervention plan that includes referrals for treatment. Provides services to pre-school children)*

**Volunteer Behavioral Health Care System - Plateau Mental Health Center**

1200 South Willow Ave.  
Cookeville, TN 38506  
931-432-4123 **Hotline:** 1-800-281-4943

*(Volunteer Behavioral Health Care provide a broad array of services and treatment strategies which include: psychiatric evaluations; individual, family, and group counseling; psychological assessments; chemotherapy; case management; residential facilities; crisis response; rehabilitative and supportive services – thus providing opportunity for people to help themselves)*

**Mental Health Providers, who do not take TennCare, but offer services to low-income families:**

**Assessment/Counseling/training Services (ACTS)**

377 Short St. #D Cookeville, TN. 38501  
(931) 528-9399

**LifeCare Family Services**

665 S. Jefferson Ave. Cookeville, TN. 38501  
(931) 528-0051  
(615) 781-0688

**Plateau Mental Health Center**

Substance Abuse Services  
1200 South Willow Street  
Cookeville TN 38506  
Phone: (931) 432-4123  
Hotline: (877) 567-6051

**Pacesetters Inc.**

2511 HWY 111 North  
Cookeville, TN. 38506  
(931) 537-9100

**Upper Cumberland-Community Services Agency**

1000 England Dr. #F  
Cookeville, TN 38501  
(931) 520-0200

**Upper Cumberland Human Resource Agency - Fentress County**

308 Main Street, #101  
Jamestown, TN 38556  
931-879-8040

**Quit Tobacco Resources**

**Tennessee Tobacco Quitline:** 1-800-784-8669

**Cumberland County Health  
Department**

Smoking Cessation

Ruth Lucas

131 South Webb

Crossville, TN 931-484-6196

**Ascension Saint Thomas Highlands**

401 Sewell Dr.

Sparta, TN 38583

Quit 4 Life Smoking Cessation

Greg Williams

931-738-9211

**Cookeville Regional Medical Center-  
Algood Room**

Quit 4 Life Smoking Cessation

Tandy Todd

142 W. 5<sup>th</sup> St.

Cookeville, TN 38501

931-646-2693

**Tennessee Department of Health,  
WIC Program**

S.M.A.R.T. – Smart Mothers are

Resisting Tobacco

1-800-342-5942

**Nicotine Anonymous**

800-642-0666

**American Lung Association**

Freedom from Smoking

800-586-4872

info@lung.org

**American Lung Association of  
Tennessee**

212 S. Peters Rd Suite 106

Knoxville, TN 37923

865-691-7228

[www.lungusa.org](http://www.lungusa.org)

**Former Smokers**

The No Smoke Café

<http://clever.net/chrisco/nosmoke/stop.html>

**Resources to assist persons  
raising children possibly other  
than their own:**

**Agricultural Extension Service,  
Fentress County**

207 N. Smith St. Jamestown, TN 38556

931-879-9117

**Department Of Children's Services**

South Main Street

Jamestown, TN 38556

(931) 879-9976

**Help Us Grow Up Successful (HUGS)**

Upper Cumberland

Regional Office

200 West 10th Street

Cookeville, TN 38501

931-528-7531

**Relatives as Caregivers**

1225 South Willow Ave.

Cookeville, TN. 38506

931-476-7123

1-877-275-8233

**The Exchange Club/Stephens Center  
for the Prevention of Child Abuse**

616 N Church St. B, Livingston, TN

38570

Contact: Carolyn Isbell, Executive

Director

931-823-6432 & 800-635-5199

**Upper Cumberland-Community  
Services Agency**

417 East Broad Street

Suite A.200

Cookeville, TN 38501

(931) 520-0200

**Upper Cumberland Human Resource Agency - Fentress County**  
308 Main Street, #101  
Jamestown, TN 38556  
931-879-8040

**Youth Villages**  
448 Neal Street  
Cookeville, TN. 38501  
(931) 525-6900

**Resources to assist with Transportation Needs:**

**Beaty's Auto Repair**  
1627 Frank Campbell Road  
Jamestown, TN. 38556  
(931) 879-7218  
*(Repairs vehicles)*

**Gary's Auto Salvage**  
299 Spring Street  
Jamestown, TN. 38556  
(931) 879-4457  
*(Repairs vehicles)*

**Med Ride Inc**  
1032 Gouldstown Rd.  
Jamestown, TN 38556  
931-752-7433

**Moody's Transportation**  
1910 Michigan ave. Allardt, TN 38504  
(931) 879-7419

**Upper Cumberland-Community Services Agency**  
1000 England Dr. #F, Cookeville, TN 38501  
(931) 520-0200

**Upper Cumberland Human Resource Agency - Fentress County**  
308 Main Street, #101  
Jamestown, TN 38556  
931-879-8040 & 931-823-7323

931-879-8041

**Upper Cumberland Development District**  
1104 England Dr.  
Cookeville, TN 38501  
(931) 432-4111

**Promoting Youth Involvement:**

**ASSE**  
International Student Exchange Programs  
404-754-1667  
1-800-473-0696

**Art Circle Public Library**  
3 East St.  
Crossville, TN. 38555  
(931) 484-6790

**Boy Scouts**  
1-800-588-6514

**4-H Youth Development Programs**  
Agricultural Extension Service, Fentress County  
P.O. Box 1127 Jamestown, TN 38556  
931-879-9117

**Central Union Church**  
Jamestown TN 38556  
(931) 879-7454

**Girl Scouts**  
1-800-474-1912

**Methodist Youth Group**  
Jamestown TN 38556  
(931) 879-5410

**Teens Against Drugs (TAD Center)**  
Crossville, TN.

**Upper Cumberland-Community Services Agency**  
1000 England Dr. #F, Cookeville, TN 38501

931-520-0200

**Youth Center of Cumberland County**  
Hayes Street Crossville, TN. 38555  
(931) 484-9736

**WCTE American Graduate & Ready To Learn**  
IWray@wcte.org  
CPutnam@wcte.org  
931-528-2222

**Language Assistance**  
**(All Counties)**

**County Health Depts. - Primary Health Care Services**  
*County operated outpatient health care facilities that provide a broad range of diagnostic and treatment services including primary adult and pediatric care, prenatal care, dental care and specialty medicine as well as laboratory and radiological services and allied support services like nutrition and health education. Some public clinics may also offer public health services such as immunizations and communicable disease screening and treatment. Services are available on an ability-to-pay basis and target low-income and indigent residents of the community.*  
**(Spanish Language Services)**

**Department of Human Services, Counties**

*A state government agency that provides the following financial assistance and health insurance programs to those who qualify: Families First - temporary cash assistance program; Food Stamp Program/Electronic Benefit Transfer (EBT) - nutritional assistance program, EBT Helpline (1-888-997-9444); Medicaid/TennCare - processes applications for health insurance*

*coverage; Child Care Resource & Referral; & Adult Protective Services - investigates reports of abuse, neglect, or financial exploitation of adults (1-888-277-8366). Interpreter Services available upon request*

**Hispanic Family Resource Center**  
(615) 227-7500  
(800) 280-8682

**Hispanic Association**  
732 Lafayette Rd Red Boiling Spgs, TN 37150  
(615) 699-6279

**LifeCare Family Services - Cookeville - Counseling and Therapeutic Services**  
665 South Jefferson Avenue  
Cookeville, TN 38501  
(931) 528-0051  
*Provides a variety of counseling services such as academic and behavioral school issues, juvenile delinquency, marriage and family, separation and divorce, depression, alcohol and drug dependency & twelve step recovery, grief and loss, job and life transitions, parenting, and conflict resolution/communication training.*  
**(Spanish Language Services)**