

***Community Resources  
Pickett County  
Byrdstown Center Head Start  
2023-2024***



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:**

### **Tennessee Technology Center**

740 Airport RD.

Livingston, TN. 38570

(931) 823-5525

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

### **Volunteer State Community College**

113 Windle Community RD.

Livingston, TN 38570

931-8235-7065

*(Assists adults with furthering their formal education. Assistance with financial aid & scholarship sign-up is available)*

[www.UCReconnect.com](http://www.UCReconnect.com)

931-526-2211

## **Adult Job Training Services:**

### **Advocacy & Resources Corporation**

P.O. Box 3368

Cookeville, TN. 38506

(931) 432-6997

1-800-861-6997

*(Assists persons with disabilities to get jobs by providing job coaching / industrial training / school-to-work programs)*

### **Tennessee Technology Center**

740 Airport RD.

Livingston, TN. 38570

(931) 823-5525

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

### **Vocational Rehabilitation**

Cookeville, TN. 38501

(931) 526-9783

*(Provides assistance with re-education*

*of disabled individuals and job skills training)*

### **Volunteer State Community College**

113 Windle Community RD.

Livingston, TN 38570

931-8235-7065

*(Assists adults with furthering their formal education. Assistance with financial aid & scholarship sign-up is available)*

## **Resources for Bereavement:**

### **Heart of the Cumberland**

P. O. Box 717,

Cookeville, TN 38503

Phone: 931-525-2600

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

851 South Willow Ave Ste 102

Cookeville, TN.

931-520-1705

931-528-5133

## **Childcare:**

### **Byrdstown Head Start**

1012 Beason Rd

Byrdstown, TN. 38549

(931) 864-3575

*(Provide free comprehensive child development services for children 3-5 years old)*

### **PICKETT CO. PRE-K (-E-)**

1016 WOODLAWN DR

BYRDSTOWN, TN 38549

(931) 864-3496

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

**Child Abuse Hotline**

900 2nd Avenue North  
Nashville, TN 37201  
877-237-0004

*(Hotline Only. Provides a 24-hour line to take reports of abuse and neglect from anyone who knows about a child abuse situation)*

**Department of Children's Services**

8816 Highway 111  
Byrdstown, TN. 38549  
(931) 864-3153

*(Provides assistance concerning child abuse and / or Neglect)*

**Genesis House**

Street location is confidential  
Cookeville, TN N / A  
(931) 526-4730  
Hotline: 800-707-5197

*(This shelter offers a 24 hour crisis line (will accept collect calls), emergency shelter for women and children, legal advocacy, children's advocacy, case plans for employment and housing, and supportive transitional housing, and individual counseling for domestic violence issues. They will also provide services in non-crisis situation as well. They offer support groups for victims of domestic violence and rape / sexual assault).*

**Pickett County Sheriff's Department**

Byrdstown, TN.  
(931) 864-3210  
Emergency = 911

*(Provides assistance in all types of emergency situations, such as child abuse / domestic violence, etc.)*

**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 home-building nurturing environments and prevent abuse / neglect through home-visitation programs, parenting classes, & community education programs)*

**Dental Providers who take TennCare:**

**Dr. Steven Ellis**

215 Oak Street  
Livingston, TN 38570  
(931) 823-5517  
*(Provides dental services)*

**Dr. Parsons Buckie**

215 Oak Street  
Livingston, TN 38570  
(931) 823-5517  
*(Provides dental services)*

**Dr. Joe Upton**

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

**Dr. LG. Puckett**

508 North Church Street  
Livingston, TN 38570  
(931) 823-3754  
*(Provides dental services)*

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

**Bread of Life Homeless Shelter and Clinic**

281 4th Street  
Crossville, TN 38555  
931-707-0569

*(Primary care medical clinic for uninsured non-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:**

**Advocacy & Resources Corporation**

P.O. Box 3368  
Cookeville, TN. 38506  
(931) 432-6997  
1-800-861-6997

*(Assists persons with disabilities to get jobs by providing job coaching / industrial training / school-to-work programs)*

**Children's Special Services**

Pickett County Health Department  
931-864-3178

*(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.)*

**Project affirm**

**Dale Hollow Mental Health Center**

501 Spruce Street  
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)*

**Pickett County School System**

141 Skyline Drive  
Byrdstown, TN. 38549  
(931) 864-3123

*(Provides assistance with speech / language services & education)*

**Vocational Rehabilitation**

Cookeville, TN. 38501  
(931) 526-9783

*(Provides assistance with re-education of disabled individuals and job skills training)*

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

**Genesis House**

Street location is confidential  
Cookeville, TN N / A  
(931) 526-4730

Hotline: 800-707-5197

*(This shelter offers a 24 hour crisis line*

*(collect calls will accept), emergency shelter for women and children, legal advocacy, children's advocacy, case plans for employment and housing, and supportive transitional housing, and individual counseling for domestic violence issues. They will also provide services in non-crisis situation as well. They offer support groups for victims of domestic violence and rape / sexual assault).*

**Pickett County Sheriff's Department**  
Byrdstown, TN.  
(931) 864-3210  
Emergency = 911  
*(Provides assistance in all types of emergency situations, such as child abuse / domestic violence, etc.)*

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

*All Churches in Local Area (See listed under Pre-Marriage Counselors)*

**Alcoholics Anonymous (AA)**  
Sponsored by: Smyrna Church  
Byrdstown, TN 38549  
931-864-3997

**Bradford Health Center @ Livingston Regional Office**  
550 N. Church St, Ste 10  
Livingston, TN 38570  
931-403-4673

**Child Abuse Hotline**  
Nashville, TN 37201  
877-237-0004

**Pickett County Anti-Drug Coalition**  
City Hall

Byrdstown, TN.  
*4<sup>th</sup> Thursday each month 6:00 p.m.*

**Cumberland Plateau Recovery**  
550 North Church Street  
Livingston, TN. 38570  
(931) 403-3577  
(931) 265-5382

**Dale Hollow Mental Health Center**  
501 Spruce Street  
Livingston, TN. 38570  
(931) 823-5678

**Department of Children's Services**  
8816 Highway 111  
Byrdstown, TN. 38549  
(931) 864-3153

**Pickett County Fire Department**  
Byrdstown, TN.  
(931) 864-3210  
Emergency = 911  
*(Assist with emergency needs and offer CPR & First Aid Classes)*

**Pickett County Sheriff's Department**  
Byrdstown, TN.  
(931) 864-3210  
Emergency = 911  
*(Provides assistance in all types of emergency situations, such as child abuse / domestic violence, etc.)*

**Life Recovery**  
Community Center  
Byrdstown, TN 38549  
(931)650-1077  
*(Meets every Monday Night at 6pm)*

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

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

**Air Evac Life Team**

106 Emergency Services Dive  
Albany, KY 42602  
(606) 387-9099  
Emergency = 911

**First Choice Family Care**

601 W. Main St.  
Byrdstown, TN 38549  
931-864-3232

**Byrdstown Medical Center**

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

**Disaster Assistance**

DisasterAssistance.gov

**Livingston Regional Hospital**

315 Oak Street  
Livingston, TN.  
931-823-5611

**Pickett County Ambulance Service**

Byrdstown, TN.  
(931) 864-3181  
Emergency = 911

**Pickett County Fire Department**

Byrdstown, TN.  
(931) 864-3210  
Emergency = 911

**Pickett County Sheriff's Department**

Byrdstown, TN.  
(931) 864-3210 Emergency = 911

**Poison Control / National**

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)

**Thirteenth Judicial Task Force**

Cookeville, TN. 38501  
(931) 528-5400  
*(Drug Task Force)*

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

**Bloomington Christian Church**

(931) 864-3209  
Byrdstown, TN 38549

**Byrdstown Christian Church**

(931) 864-3557  
Byrdstown, TN 38549

**Calvary Bible Church**

(931) 864-3369  
Byrdstown, TN 38549

**Chanute Community Church**

(606) 387-6982

**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

**Emmanuel Catholic Church of  
Albany**

Albany, KY

**Etter Baptist Church**

(931) 864-6455

Byrdstown, TN 38549

Fairview Baptist Church  
Byrdstown, TN 38549

**First Baptist Church**  
(931) 864-3499  
Byrdstown, TN 38549

**First United Methodist Church**  
(931) 864-7372  
Byrdstown, TN 38549

**Grace Chapel**  
Byrdstown, TN 38549

**Grace Fellowship Church of Albany**  
Albany, KY

**Locust Grove United Baptist Church**  
Byrdstown, TN 38549

**Love & Grace Full Gospel Church**  
Byrdstown, TN 38549

**Lovelady Christian Church**  
Byrdstown, TN 38549

**Maupin United Methodist Church**  
(606) 348-0777

**Moodyville Union Baptist Church**  
Byrdstown, TN 38549

**Oak Grove Baptist Church**  
(931) 864-8171  
Byrdstown, TN 38549

**Pleasant View United Baptist Church**  
Byrdstown, TN 38549

**Red Hill Church of Christ**  
(931) 864-7481  
Byrdstown, TN 38549

**Red Hill First Bible Baptist Church**  
Byrdstown, TN 38549

**Smyrna Church**  
(931) 864-3997  
Byrdstown, TN 38549

**Star Point Church of Christ**  
Byrdstown, TN 38549

**Travisville United Methodist Church**  
(931) 879-6215  
Jamestown, TN 38556

**Williams Chapel Church**  
Byrdstown, TN 38549

**Wolf River Baptist Church**  
(931) 864-3487  
Byrdstown, TN 38549

**York Chapel**  
(931) 879-5797  
Jamestown, TN 38556

**Department of Human Services**  
P.O. Box 400  
8816 Highway 111  
Byrdstown, TN 38549  
931-864-3153

**Family Resource Center**  
Byrdstown, TN. 38549  
(931) 864-7123

**Pickett County Health Dept**  
Byrdstown, TN.  
(931) 864-3178  
*Provide medical services for children  
under 5 WIC Medical Services*

**U.C.H.R.A.**  
Byrdstown, TN. 38549  
Contact: Jamie Edwards  
(931) 864-6540  
*(Provide assistance with Food / Utilities  
/ Transportation / job training)*



**Upper Cumberland Development District**

1225 South Willow Avenue  
Cookeville, TN 38501  
(931) 432-4111  
*(Provide assistance with Disability Services, Housing, Legal / Governmental Assistance, Money / Employment Assistance, Parenting and Marriage Issues, Transportation / Utilities)*

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

**Bread of Life Homeless Shelter and Clinic**

281 4th Street  
Crossville, TN 38555  
931-707-0569

**Cookeville Rescue Mission**

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

**HART**

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

**Hillcrest Apartments**

100 Pickett Square  
Byrdstown, TN. 38549  
931-864-6218  
*(Rent based on income with utility allowance)*

**Rhyan Ridge Apartments**

100 Pickett Square  
Byrdstown, TN. 38549  
931-864-6218  
*(Rent based on income with utility*

*allowance)*

**Pickett County Homeless**

141 Skyline Drive  
Byrdstown, TN. 38549  
(931) 864-3123  
*(Assist homeless individuals and families)*

**Upper Cumberland Development District**

1225 South Willow Avenue  
Cookeville, TN 38501  
(931) 432-4111  
*(Provide assistance with Disability Services, Housing, Legal / Governmental Assistance, Money / Employment Assistance, Parenting and Marriage Issues, Transportation / Utilities)*

**United States Department of Agriculture**

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

**Assistance with Insurance Needs:**

**Department of Human Services / CoverKids**

P.O. Box 400  
8816 Highway 111  
Byrdstown, TN 38549  
931-864-3153  
*(Provide assistance for a variety of functions including, but not limited to Administering the Families First and Food Stamp programs, TennCare & processing applications)*

**Keisling Insurance Agency**

8500 Hwy 111 Suite 150  
Byrdstown, TN 38549-2422  
931-864-3116

*(Provide assistance in obtaining affordable Health Insurance)*

**Pickett County Farm Bureau**

1115 Olympus Drive  
Byrdstown, TN 38549-2422  
Contact: Kim Garrett  
931-864-3755

*(Provide assistance in obtaining affordable Health Insurance)*

**Legal / Governmental Assistance:**

**Child Support Services of Tennessee - Cookeville**

1525 East Spring Street  
Suite G  
Cookeville, TN 38506  
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 Cumberland**

9 South Jefferson Avenue  
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 issues such 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: 800-707-5197

Translation services offered: Yes  
*(Serves eight counties in all LBJ & C Head Start service area. Provides free legal & governmental assistance, Rape and sexual assault forensic exams, legal advocacy, and court advocacy, counseling (individual and group support). Also Qualifies for all Genesis House service).*

**Tennessee 211**

1-800-318-9335

*(Helps direct non-profit agencies within each local service area of the state. Services are networked to find suicide prevention hotlines, help caring for an elderly relative, help learning to read, to help with emergency utility bill, support groups, & transportation, etc.)*

**Resources to Strengthen Marriage:**

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

Cookeville, TN 38501  
(931) 528-9399

**Barnes Church of Christ**

Byrdstown, TN 38549

**Bloomington Christian Church**

(931) 864-3209  
Byrdstown, TN 38549

**Byrdstown Christian Church**

(931) 864-3557  
Byrdstown, TN 38549

**Calvary Bible Church**

(931) 864-3369  
Byrdstown, TN 38549

**Chanut Community Church**

(606) 387-6982

**Emmanuel Catholic Church of Albany**  
Albany, KY

**Etter Baptist Church**  
(931) 864-6455  
Byrdstown, TN 38549

**Fairview Baptist Church**  
Byrdstown, TN 38549

**First Baptist Church**  
(931) 864-3499  
Byrdstown, TN 38549

**First United Methodist Church**  
(931) 864-7372  
Byrdstown, TN 38549

**Grace Chapel**  
Byrdstown, TN 38549

**Grace Fellowship Church of Albany**  
Albany, KY

**Locust Grove United Baptist Church**  
Byrdstown, TN 38549

**Love & Grace Full Gospel Church**  
Byrdstown, TN 38549

**Lovelady Christian Church**  
Byrdstown, TN 38549

**Maupin United Methodist Church**  
(606) 348-0777

**Moodyville Missionary Church**  
Byrdstown, TN 38549

**Moodyville Union Baptist Church**  
Byrdstown, TN 38549

**Oak Grove Baptist Church**  
(931) 864-8171  
Byrdstown, TN 38549

**Pleasant View United Baptist Church**  
Byrdstown, TN 38549

**Red Hill Church of Christ**  
(931) 864-7481  
Byrdstown, TN 38549

**Red Hill First Bible Baptist Church**  
Byrdstown, TN 38549

**Smyrna Church**  
(931) 864-3997  
Byrdstown, TN 38549

**Star Point Church of Christ**  
Byrdstown, TN 38549

**Travisville United Methodist Church**  
(931) 879-6215  
Jamestown, TN 38556

**Williams Chapel Church**  
Byrdstown, TN 38549

**Wolf River Baptist Church**  
(931) 864-3487  
Byrdstown, TN 38549

**York Chapel**  
(931) 879-5797  
Jamestown, TN 38556

**Pre-Marriage Counselors:**

**Barnes Church of Christ**  
Byrdstown, TN 38549

**Bloomington Christian Church**  
(931) 864-3209  
Byrdstown, TN 38549

**Byrdstown Christian Church**

(931) 864-3557

Byrdstown, TN 38549

**Calvary Bible Church**

(931) 864-3369

Byrdstown, TN 38549

**Chanut Community Church**

(606) 387-6982

**Emmanuel Catholic Church of**

**Albany**

Albany, KY

**Etter Baptist Church**

(931) 864-6455

Byrdstown, TN 38549

**Fairview Baptist Church**

Byrdstown, TN 38549

**First Baptist Church**

(931) 864-3499

Byrdstown, TN 38549

**First United Methodist Church**

(931) 864-7372

Byrdstown, TN 38549

**Grace Chapel**

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**Grace Fellowship Church of Albany**

Albany, KY

**Locust Grove United Baptist Church**

Byrdstown, TN 38549

**Love & Grace Full Gospel Church**

Byrdstown, TN 38549

**Lovelady Christian Church**

Byrdstown, TN 38549

**Maupin United Methodist Church**

(606) 348-0777

**Moodyville Missionary Church**

Byrdstown, TN 38549

**Moodyville Union Baptist Church**

Byrdstown, TN 38549

**Oak Grove Baptist Church**

(931) 864-8171

Byrdstown, TN 38549

**Pleasant View United Baptist Church**

Byrdstown, TN 38549

**Red Hill Church of Christ**

(931) 864-7481

Byrdstown, TN 38549

**Red Hill First Bible Baptist Church**

Byrdstown, TN 38549

**Smyrna Church**

(931) 864-3997

Byrdstown, TN 38549

**Star Point Church of Christ**

Byrdstown, TN 38549

**Travisville United Methodist Church**

(931) 879-6215

Jamestown, TN 38556

**Williams Chapel Church**

Byrdstown, TN 38549

**Wolf River Baptist Church**

(931) 864-3487

Byrdstown, TN 38549

**York Chapel**

(931) 879-5797

Jamestown, TN 38556

**Medical Providers who take  
TennCare:**

**Associates In Eye Care**

***Medical Arts Building***

Albany, KY 42602 (1st & 3rd Fri /

Byrdstown Medical Center)

1-800-451-5546 (*Provide Vision Care*)

*TennCare and all is accepted)*

**Children's Special Services**  
**Pickett County Health Department**  
931-864-3178

**Dr. Mark Clapp**  
101 Duncan Street Jamestown, TN  
38556  
(931) 879-4645 (*Provide medical services*)

**Dr. Michael Cummings**  
**Twin Lakes Medical Center**  
Albany, KY 42602  
(606) 387-6627 (*Provide medical services*)

**Dr W. Andrew Todd**  
8401 Highway 111 Byrdstown, TN  
38549  
(931) 864-3187 (*Provide medical services*)

**Dr. Clough & Colburn**  
521 Medical Drive Livingston, TN  
38570  
(931) 823-5603 (*Provide medical services*)

**Dr. Jori Shaffer**  
601 W. Main St. Byrdstown, TN 38549  
(931) 864-3232 (*Provide medical services*)

**Dr. Matthew King**  
8401 Highway 111 Byrdstown, TN  
38549  
(931) 864-3187 (*Provide medical services*)

**Pickett County Health Dept**  
Byrdstown, TN 38549  
(931) 864-3178 (*Provide medical, dental & nutritional services*)

**Livingston Regional Hospital**  
315 Oak Street Livingston, TN.  
931-823-5611 (*Assist with emergency medical needs*)

**Dr. James Tompkins**  
601 W. Main St. Byrdstown, TN 38549  
931-864-3232

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

**Bread of Life Homeless Shelter and Clinic**  
281 4th Street  
Crossville, TN 38555  
931-707-0569  
(*Primary care medical clinic for uninsured non-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*)

**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 can not afford your medicines, this is available*)

**Mental Health Providers who take TennCare:**

**Cumberland Plateau Recovery**  
550 North Church Street  
Livingston, TN. 38570  
(931) 403-3577  
(931) 265-5382  
(*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.)*

**Personal Growth and Learning Center**

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

**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: 800-707-5197

*(Serves eight counties in all LBJ & C Head Start service area. Provides free legal & governmental assistance, Rape and sexual assault forensic exams, legal advocacy, and court advocacy, counseling (individual and group support). 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, then Team will 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  
PO Box 3165  
Cookeville, TN 38502  
931-432-4123 Hotline: 1-800-281-4943

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

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

Cookeville, TN. 38501  
(931) 528-9399

*(Provide Assistance with Marriage Counseling & Mental Health)*

**Crossroads Counseling**

87 Creek Lane Daddy  
Crossville, TN 38555  
931-707-8921  
Contact: Tom Netherton, LPC, LPE  
*(Child Abuse, Domestic Violence, Drug / Alcohol Abuse, Mental Health and Counseling, Rape & Sexual Abuse Provides individual counseling, sex offender counseling, anger management counseling, A & D / chemical dependency counseling, parenting counseling, psychological assessments, psychosexual, and psychosocial / or psychological evaluations.)*

**LifeCare Family Services**

Cookeville, TN. 38501  
(931) 528-0051  
1-800 - 881-0359  
(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.)*

**Plateau Mental Health Center**

1200 South Willow Avenue  
Cookeville TN 38502  
Phone: (931) 432-4123 Hotline: (877)  
567-6051

*(Assist persons with disabilities and  
mental illness in various ways)*

**Resources to assist with  
Transportation Needs:**

**U.C.H.R.A.**

Byrdstown, TN. 38549  
Contact: Jamie Edwards  
(931) 864-6540  
*(Provide assistance with  
Food/Utilities/Transportation/ job  
training)*

**Upper Cumberland Development  
District**

1225 South Willow Avenue  
Cookeville, TN 38501  
(931) 432-4111  
*(Provide assistance with Disability  
Services, Housing , Legal/Governmental  
Assistance , Money/Employment  
Assistance , Parenting and Marriage  
Issues , Transportation/Utilities)*

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

**Agricultural Extension Service -  
Pickett County**  
P.O. Box 99  
Byrdstown, TN 38549  
931-864-3310

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

Upper Cumberland  
Regional Office

200 West 10th Street  
Cookeville, TN 38501  
931-528-7531

**Pickett County Health Dept**

Byrdstown, TN.  
(931) 864-3178

**LifeCare Family Services**

Cookeville, TN. 38501  
(931) 528-0051  
1-800- 881-0359  
(615) 781-0688

**Relatives as Caregivers**

1225 South Willow Ave.  
Cookeville, TN. 38501  
Meets 3rd Thursday of each month  
12:30 – 1:30 p.m.  
At the Byrdstown Head Start Center  
(931) 432-4111

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

Livingston, TN 38570  
Contact: Carolyn Isbell, Executive  
Director  
931-823-6432 & 800-635-5199

**Youth Villages**

1420 Neal Street  
Cookeville, TN. 38501  
(931) 525-6905

**Promoting Youth Involvement:**

**Agriculture Extension Services //4-H**

105 South Main Street  
Byrdstown, TN 38549  
(931) 864-3310  
*(provide opportunities for youth to  
become involved in community and learn  
about nutritional information)*

**Upper Cumberland-Community  
Services Agency**

417 East Broad Street  
Suite A.200  
Cookeville, TN 38501  
931-520-0200  
*(Prevention case management services to children at risk of being placed in state custody, home studies requested through the Court system and crisis intervention. Family Crisis Intervention for unruly youth, TennCare transportation, Family Services Counseling, AmeriCorps Tutoring and Mentoring, and Juvenile Mental Health and Drug Court Counseling are also available)*

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

### **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

**White County Hospital**  
**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. 5th St.  
Cookeville, TN 38501  
931-528-5176

**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  
1-865-691-7228  
www.lungusa.org

**Former Smokers**  
The No Smoke Café  
<http://clever.net/chrisco/nosmoke/stop.html>

### **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

**Hispanic Service Ebenezer**

PO Box 712  
Mc Minnville, TN 37111  
Phone: 9314741551

**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)*