

Blount County Mental Health Resource Directory

Crisis Resources

Suicide and Crisis Lifeline , 24/7/365 – Call, text, or chat 988; or visit https://988lifeline.org/
Teen Suicide Prevention , call, text, or chat 988; or visit www.JasonFoundation.com
Crisis Text Line , 24/7/365, Text "TN" to 741741, or visit https://www.crisistextline.org/
Mobile Crisis Unit – Adults and Youth, Mobile Crisis Services is a 24/7/365 response team for those who are experiencing a mental health emergency. Call 865-539-2409 or 1-855-CRISIS-1 (1-855-274-7471) or visit https://mcnabbcenter.org/mental-health-care/
Veterans Crisis Line , call 988 & press "1" or text 838-255, or visit www.maketheconnection.net
Crisis Stabilization Unit (CSU) , alternative to inpatient treatment during the time of a crisis. The CSU provides crisis stabilization in a less intensive environment. Patients receive a thorough medicine evaluation and will be linked with community resources once they are stable. The CSU serves clients that are uninsured and in a psychiatric or behavioral crisis. (865) 541-6958, and/or Medically Monitored Crisis Detox , (865) 523-4704.
Children's Crisis Stabilization Unit (CCSU) , 865-245-0070
LGBTQ+ Crisis Hotline , 1-866-488-7386 or text "START" to 678-678; or visit www.thetrevorproject.org
Transgender Lifeline , 1-877-565-8860 or visit www.TransLifeLine.org
CONTACT CareLine , call, text, or chat 988, or visit www.contactlistens.org ; TN TeenLine text "HELLO" to 865-345-3336
Haven House , Women's Domestic Violence Shelter, 865-982-1087; or visit www.havenhousetn.org
National Domestic Violence Hotline , 1-800-799-SAFE (7233) or text "START" to 88788; or visit www.thehotline.org
Sexual Assault Crisis Hotline , 865-522-7273; or visit https://mcnabbcenter.org/victim-services/#sexual-assault
Children's Protective Services , 1-877-237-0004 and Adult Protective Services 1-888-277-8366; or visit https://www.tn.gov/humanservices
Runaway Hotline , 1-800-RUN-AWAY (1-800-786-2929) or visit www.1800runaway.org
Runaway/Homeless Youth Hotline , 865-523-2689; or visit https://mcnabbcenter.org/victimservices/#runaway-youth
National Human Trafficking Resource Center , call 1-888-373-7888, text "Be Free" to 233-733, or visit www.polarisproject.org .
Family Walk-in Center , 865-257-9982, 5645 Merchants Center Blvd, Knoxville, TN, 37912; provides crisis services to children seven days a week from 8am to 8pm
Substance Abuse and Mental Health Services Administration (SAMHSA) - SAMHSA's National Helpline 24/7 free and confidential treatment referral and information about mental and substance use disorders, prevention, and recovery. Call 1-800-662-HELP. - Disaster Distress Helpline toll-free, multilingual, crisis support service is available 24/7 to all residents in the U.S. and its territories who are experiencing emotional distress related to natural or human-caused disasters. Call or text 1-800-985-5990

Mental Health & Suicide Prevention Advocacy / Education Resources

American Foundation for Suicide Prevention (AFSP) , or visit https://afsp.org/suicide-prevention-resources
StopBullying = Cyber, Verbal, Social, or Physical – or visit www.stopbullying.gov
NAMI (National Alliance on Mental Illness) Maryville , 865-603-6545; or visit www.namitn.org ; www.namimaryville.org
Tennessee Mental Health Consumers Association , 865-281-3683; or visit www.tmhca-tn.org
Tennessee Suicide Prevention Network ; or visit www.TSPN.org
TN Voices – Knoxville Region, Statewide, and national source of referral, support, and advocacy for families and the systems that serve them - 865-523-0701; or visit www.TNvoices.org
Self-Injury, S.A.F.E. Alternatives – 1-800-DONT-CUT (800-366-8288); or visit www.selfinjury.com
Senior Services at Prisma Health , 865-977-5744, or visit https://prismahealth.org/services/other-services/geriatric-senior-services
Mental Health Association of East Tennessee , 865-584-9125, Knoxville, TN; or visit www.mhaet.com

Community Resources

Blount County Health Department , 865-983-4582, 301 McGhee St, Maryville, TN 37801; or visit https://www.blounttn.org/291/Health-Department
New Hope Children's Advocacy Center - Victims of sexual & physical abuse & non offending family members, 865-981-2000; or visit www.blountkids.org
Eating Disorders – Knoxville – IOP, Counseling, & Support Group, 865-622-7116; or visit www.FocusTreatmentCenters.com
FindHelp.Org - Find food assistance, help paying bills, and other free or reduced cost programs; or visit https://www.findhelp.org/
Peer Support Academy (Thru Peninsula) – 865-556-7961; or visit https://www.covenanthealth.com/peninsula/peer-support-academies/
United Way Essential Community Services Helpline : free and confidential service that helps people find local resources they need including local agencies for mental health support and other vital needs. Monday-Friday 8:00 AM-4:00 PM Simply dial 2-1-1, if you don't have an 865 phone number, dial (865) 215-4211 or visit: www.211.org
Magnolia Harbor Carefarm , Services for those who have experienced trauma and traumatic grief and loss, including individual therapy, group therapy, and retreats utilizing animal assisted therapy, Powell, TN; or visit https://magnoliaharbor.org/ ; info@magnoliaharbor.org

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Shangri-la Therapeutic Academy of Riding (STAR), equine assisted therapy provider that works with children and adults aged four to 65+ with physical, mental, and neurological disabilities or those considered at-risk, has Veterans program, 11800 US-11 Lenoir City, 865-988-4711; or visit <https://www.rideatstar.org/>

Alcohol & Drug Information and Support Groups

Alcoholics Anonymous, Hotline 865-522-9667, or visit www.aa.org or www.etiaa.org
Be Aware Blount, 865-500-0530; or visit <https://beawareblount.org/>
Metro Drug Coalition (MDC) works to increase access to evidence-based prevention education, harm reduction programs and recovery support services for anyone desiring to maintain or seek a life free from substance misuse, **865-588-5550**, or visit <https://metrodrug.org/>
Narcotics Anonymous, Helpline 1-844-409-3762, or visit www.naknoxville.org
Substance Abuse and Treatment Referral Information, 1-800-662-4357; or visit <https://findtreatment.samhsa.gov>
Tennessee REDLINE, 24/7 hotline connecting Tennessee residents with state-funded, addiction treatment and recovery services, **800-889-9789**, or visit <https://www.tn.gov/behavioral-health/substance-abuse-services/prevention/tennessee-redline.html>

Mental Health Hospitals

	TennCare	Self Pay	Medicare	Payment Plan	Private Insurance	Sliding Scale
Peninsula Hospital (Division of Parkwest) 2347 Jones Bend Road, Louisville, TN 37777, 865-970-9800 , https://www.covenanthealth.com/peninsula/	X	X	X		X	
East TN Behavioral Health (partner of Covenant Health) 1444 Old Weisgarber Road, Knoxville, TN, (888) 610-7381, https://www.easttennesseebehavioralhealth.com/	X	X	X	X	X	
The Village, Residential (9-17 years old) 2431 Jones Bend Road, Louisville, TN 37777, 866-295-0466 , www.villagebh.com	X	X			X	

Alcohol & Drug Treatment - Adult

	TennCare	Self Pay	Medicare	Payment Plan	Private Insurance	Sliding Scale
River Valley Health formerly Cherokee Health System (CPRS, EOP, MAT) 255 E Watt Rd., Alcoa, TN 37701 865-273-1616 *Mental Health Safety Net Provider, https://www.rvh.org/	X	X	X	X	X	X
Cornerstone of Recovery, Residential (IP, Detox, IOP, MAT) 4726 Airport Hwy, Louisville, TN 37777, 865-326-3755 , www.cornerstoneofrecovery.com	X	X	X		X	
Stepping Stone to Recovery (IP, Detox, IOP, MAT) 1214 Topside Rd, Louisville, TN 37777, 205-782-1836 , https://bradfordhealth.com/stepping-stone-rehab-near-knoxville-location/		X		X	X	
McNabb Center (Co-Occurring MAT program, IOP, ARP) 1704 E. Broadway Ave, Maryville, TN 37801 865-681-6990	X	X	X	X	X	X
Talbott Legacy Centers, Opioid Treatment Services , offer medications, medical services, and psychosocial services, 1821 W Broadway Avenue Maryville, TN, 865-724-0852 , https://www.talbottlegacy.org/home						
True Purpose Ministries 2628 Morganton Rd, Maryville, TN 37801, 865-681-4861 , https://www.truepurposeministries.com/		X			X	

Alcohol & Drug Treatment – Adolescents

Florence Crittenton Agency, (Residential and IOP) 1531 Dick Lonas Rd., Knoxville, TN 865-602-2021 , https://www.fcaknox.org/	X	X			X	X
McNabb Center , 1704 E Broadway Ave, Maryville, TN 37804, 865-681-6990	X	X	X	X	X	X

Mental Health Centers with Psychiatrists and/or Counselors

Prisma Health Psychiatry – 405 Ellis Ave. Maryville, 37804, 865-980-5377 . Treats a broad spectrum of needs, individual & family counseling sessions. https://prismahealth.org/locations/practices/psychiatry-maryville	X	X	X	X	X	
*River Valley Health (fka Cherokee Health System), 255 E Watt Rd., Alcoa, TN 37701, 865-273-1616 https://www.rvh.org/care-treatment/behavioral-mental-health/ . *Mental Health Safety Net Provider	X	X	X	X	X	X
*McNabb Center , 1704 E Broadway Ave, Maryville, TN 37804, 865-681-6990 (infancy and up) https://mcnabbcenter.org/locations/blount/ . *Mental Health Safety Net Provider	X	X	X	X	X	X
*Peninsula Outpatient Center , 203 Corporate Place, Alcoa, TN 37701, 865-970-9800 (ages 3 and up) https://www.covenanthealth.com/peninsula-our-services/outpatient/ . *Mental Health Safety Net Provider	X	X	X		X	
Veteran Center , 1645 Downtown West Blvd, Suite 28, Knoxville, TN 37919 Counseling and Groups, 865-633-0000 , https://www.va.gov/knoxville-vet-center/ FREE for VETERANS						

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Psychiatrists in Private Practice

Bright Star Child and Adolescent Psychiatry (<i>Cynthia Easter, MD and Linda Cabbage, APRN, PMHNP-BC</i>) 641 Morganton Square Drive, Maryville, TN 37803 865-724-1590 , (ages 4-18), https://brightstarforkids.com/ (accept TennCare – UHC only)	X				X	
Southland Health Services , 659 Morganton Square, Maryville, TN 37801 865-622-8736 , https://southlandhealthservicesn.com/	X		X	X	X	

Counseling Centers

B&T Health, 865-324-2043, info@bthealth.org , 2211 East Broadway Ave, Maryville, https://www.bthealth.org/	X	X	X		X	X
*Child Net - Ages 2-18, McNabb Center, 865-681-6990 1704 E Broadway Ave, Maryville, TN 37804, *Mental Health Safety Net	X					
COMPASSion Counseling, 865-724-2325 , 1830 Clydesdale St, Maryville, TN 37801, https://ccmaryville.org/		X				X
Cove Mountain Counseling, Meghan O'Nyon, LMFT; Emma Poole, LMFT; Tina Magnus, LMFT; Morgan Adams, LCSW; Alison Mistak, LCSW; Jennifer Lusinger, LCSW (accept TennCare – UHC only) 865-681-2869 , 309 High Street, Maryville, TN 37804; www.covemountaincounseling.com	X	X		X	X	
Foothills Christian Counseling, Cindy Irwin, LPC; Lonnie Locke, MA, MDiv, NCC; Sharon Sittler, LMFT, 865-681-4914 , 314 Peterson Lane., Maryville, TN 37803; www.foothillschristiancounseling.org	X	X		X	X	
Man Made Group , therapy for children, teens, men, and families, 865-281-1830 , 296 Gamble Avenue, Maryville, TN 37801, https://manmadegroup.com/		X			X	
Maryville Counseling, Katherine Campbell, LPC-MHSP, NCC, MS; Lauren Shockley, LPC-MHSP, MS; Jacob Parsons-Wells, LMFT, McKenna Taylor, MA; 865-809-0274 ; 508 W Broadway Ave, Maryville, TN 37801; https://www.maryville-counseling.com/	X	X		X	X	
New Hope Children's Advocacy Center, 865-981-2000 , 216 Southdowne Dr, Maryville, TN 37801, for Victims of sexual a/o physical abuse and their non-offending family members, https://newhopecac.org/ FREE GRANT FUNDED						
Next Step Behavioral Health, 402 Greenbelt Dr, Maryville, 865-338-5384 , https://www.thenextstepbh.com/index.html						
Psychological and Counseling Services, Karan Goins, LCSW, Jessica Reed, LMFT, 865-977-7593 , 601 Charles St, Maryville, TN 37804 psychcounseling@live.com	X	X				
Psychotherapy & Forensic Services Safe - Whole - Happy, Shannon Brown, LCSW 865-309-5427; Laila Sherrod, LCSW 865-210-8669; Chelsey Birch, LPC-MHSP 865-221-7551; Susan Baxter, LPC-T 865-210-8222 ; 547 W Lamar Alexander Pkwy, Maryville, TN 37801 https://safewholehappy.com/ *Insurance coverage varies by provider. Please visit website for individual provider information.	X	X			X	
Sexual Assault Center of East TN, Hotline 865-522-7273 , Advocacy and therapy services for Victims and Family Members of all ages, can be accessed through the Blount County McNabb clinic, https://mcnabbcenter.org/victim-services/#sexual-assault , info line 865-558-9040 FREE GRANT FUNDED						

Independent Practitioners

	TennCare	Self Pay	Medicare	Payment Plan	Private Insurance	Sliding Scale
Jennifer Hardy, PhD, 865-337-1198 , 211 Foothills Mall Dr, Maryville, TN 37801; https://www.drjennhardy.com/		X	X		X	X
Lori Brooks, LCSW, 865-313-7010 , 356 Sanderson St, Midland Towers, Alcoa TN 37701; LbrooksLCSW@gmail.com		X	X	X	X	
Catherine Denton, MDiv , Maryville, TN, Email for Appointment and Directions; dr.catherinedenton@willowpondspirit.com		X				X
Lifeline Counseling Center, Brenda-Lee Duarte, EdM, LPC-MHSP, 865-981-7400 , 386 High St., Maryville, TN 37801; www.lifelinecounseling.org		X	X	X	X	
Melanie McGhee, LCSW, 865-384-4104 , Call for directions, Maryville, TN; https://www.aaitaia.org/tennessee		X				
Nancy Olsen, LCSW, 865-983-7631 , 119 Indiana Ave., Maryville, TN 37803		X	X	X		

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Ron Schumann, LMFT; Catherine Robbins, LMFT, 865-238-5696 , 307 High St, Maryville, TN 37804; www.heartsmindstherapy.com						X		
Mark Vanderlip, NCC, LPC-MHSP, 865-524-5757 , 3845 Holston College Rd, Louisville, TN 37777						X		X
Amanda McEntee, LPC-MHSP; 865-412-8442 ; 307 High St, Maryville, TN 37804; https://www.amandamcenteecounseling.com/						X		
Carla Winchester, LCSW, 865-382-3732 , 356 Sanderson St, Midland Towers, Alcoa TN 37701; https://www.carlawinchesterlcsw.com/			X	X	X	X		
McKenzie Russell, LPC-MHSP; 865-737-2698 , 211 Foothills Mall Dr, Maryville, TN 37801 (Maryville Wellness Center); https://www.bloom-well-counseling.com/			X			X		
Kara Logan, LPC-MHSP; 865-228-2059 ; 331 W Broadway Ave, Maryville, TN 37801 (Maryville Wellness Center); https://www.logancounselingservices.com/			X			X		
Kim Donovan, LCSW; 815-310-0424 ; 331 W Broadway Ave, Maryville, TN 37801 (Maryville Wellness Center)			X					
Katrise Thompson, LPC-MHSP; 865-263-6471 ; 331 W Broadway Ave, Maryville, TN 37801 (Maryville Wellness Center); https://www.beautyfromashes.tn.com/			X					
Angelina Drennen, LPC-MHSP(t) , 865-314-1176, 211 Foothills Mall Dr, Maryville, TN 37801 (Maryville Wellness Center); https://www.drennen-counseling.com/			X					

Behavioral Health Support Groups

Anonymous Support Groups: Alcoholics Anonymous, 865-522-9667 – www.etiaa.org , www.aa.org Narcotics Anonymous, 1-844-409-3762 – www.naknoxville.org Adult Children of Alcoholics in Knoxville – www.adultchildren.org Al-Anon/Alateen Family Group in Maryville, 865-525-9040 – www.knox-al-anon.org Gamblers Anonymous – www.gamblersanonymous.org for a meeting list.
Anger and Stress Management Classes. Curriculum is court approved – Compassion Counseling - (865) 724-2325 , www.cccmaryville.org
Bipolar Depression and Bipolar Support Alliance – www.dbsalliance.org
BRIDGES – Building Recovery of Individual Dreams and Goals thru Education and Support – 1 st , 3 rd , 5 th 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
Celebrate Recovery – Celebrate Recovery is a Christ-centered, 12 step recovery program for anyone struggling with hurt, pain or addiction of any kind. Groups vary by location: Co-dependency; Chemical Dependency: Men Only or Women Only; Family Support; Teens (age 13-18); etc. Find a group at: https://locator.crgroups.info/
CompPASS (Communicating the Pain as Suicide Survivors), Meets on the 2 nd Tuesday of each month from 6-7:30 pm at Peninsula Lighthouse, 1451 Dowell Springs Blvd., 37909, Lower Level or via Zoom. Contact Hannah (865) 374-7309 , via email at mpotts@covhith.com , or https://www.peninsulabehavioralhealth.org/compass/
Co-Occurring Disorders Group, 865-982-1273 , Wednesdays at 7:40 pm at First United Methodist, Montvale Station, view online at https://cmaryilletn.com/watch
Divorce/Separation Co-Parenting Classes - For persons with minors who are in the process of getting a divorce or going through a separation. Curriculum is court approved – Compassion Counseling – 865-724-2325 , www.cccmaryville.org
Divorce Support Group, 865-982-6070 – Spring and Fall Sessions – Meets at Monte Vista Church
Domestic Violence Class – www.dvclass.com - Online Course that meets court requirements
Domestic Violence Support Group , Women only 865-982-1087 ; www.havenhouse.tn.org
Eating Disorders – OA in Maryville , Marcia at 865-548-4355 , for information https://oasmokymtn.org/ Knoxville Eating Disorder Treatment Center, 888-610-7381 , https://www.easttennesseebehavioralhealth.com/mental-health/eating-disorder/
Family Support Group (NAMI) – For family/caregivers of adults with a mental health diagnosis. 865-603-6545 or, https://namimaryvilleblount.org/support-and-education/support-groups/nami-family-support-group/
Grief Support Group: For Widows and Widowers Adult Grief Group at Blount Memorial 865-977-5702 – Call for dates Compassionate Friends - Parents who have lost a child at any age 865-687-2117 tcfhopechapter@gmail.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 , https://vetsocialwork.tennessee.edu/ Suicide Grievors Support Group – for family and friends 865-640-5492 – Knoxville HeartLight Center, 720-748-9908 ; or contact McKenzie at mrussell@heartlightcenter.org ; https://heartlightcenter.org/

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<p>Parenting Classes, Curriculum is court approved – Compassion Counseling - (865) 724-2325, http://www.cmaryville.org/; one on one classes 865-660-3711, LivingWaterLCE@outlook.com</p>
<p>Parkinson's Support– 4th Thursdays from 11:00 am– 12:30 pm at Shannondale Community Center, 865-621-7666, or email at info@PJParkinsons.org</p>
<p>Peer Support Academy – Mental Health Classes and Activities for Adults. Free Transport 865-373-8207</p>
<p>Peer Support Group (NAMI) – For individuals with a mental health condition. 865-603-6545 or, https://namimaryvilleblount.org/</p>
<p>Peer Recovery Call Center – 865-584-9125; (M–F, 9:00 am – 4:30 pm) - www.mhaet.com</p>
<p>PFLAG (Parents, Families, Friends of Lesbians and Gays) – 865-268-9665, monthly meetings. Oak Ridge, 865-556-3099 or pflagoakridgetn@gmail.com</p>
<p>Sexual Abuse and/or Assault Survivors (Men, Women, and Teen Groups), Sexual Assault Center, 865-522-7273</p>
<p>Trauma Support Group - Call Focus - 865-622-7116 – Adults 18 and over.</p>
<p>Veterans – Reboot Combat Recovery – for Veterans and Spouses – Call Stacy at 865-582-5330 www.RebootRecovery.com 12 week class on Spiritual Aspects of Combat Recovery.</p>
<p>TN Department of Veteran's Services - https://www.tn.gov/veteran.html</p>
<p>Veteran Resource Guide - https://cookingwithaveteran.org/wp-content/uploads/2025/05/V-3-TN-Veteran-Guide-2025-Print.pdf</p>

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