



Shelter/Permanent Housing

Coldest Nights (in-person for intake times)

- Crisis shelter program for adults when outdoor exposure to cold temperatures is a threat
- Men: First Baptist Church- 200 E Main St, Murfreesboro, TN 37130
- Women: St. Paul’s Episcopal Church- 116 N Academy St, Murfreesboro, TN 37130
- Operating hours depend on weather, updates on Murfreesboro Cold Patrol Facebook

Stepping Stones Safe Haven

- Assists single women and women with children battling homelessness
- 615.900.4427
- 720 Old Salem Rd, Murfreesboro, TN 37129
- Day Shelter
 - Monday – Saturday 8:00 am – 4:00 pm
- Night Shelter
 - Reserved for clients participating in case management aspect of program
- <https://steppingstonestn.org/>

The Salvation Army

- Fighting poverty and preventing homelessness 615.895.7071
- 1137 W Main St, Murfreesboro, TN 37129
- Monday-Thursday 8:00 am – 4:30 pm
- Friday 8:00 am – 12:00 pm
- <https://www.salvationarmymurfreesboro.org/about-us>

Murfreesboro Cold Patrol

- Ending homelessness through outreach, advocacy, and resource support
- 615.434.2653
- 800 Park Ave., Murfreesboro, TN 37129
- <https://www.murfreesborocoldpatrol.com/>

The Journey Home (Murfreesboro & N. Rutherford)

- A Christian Outreach serving the homeless and disadvantaged
- 615.809.2644
- 308 W Castle St, Murfreesboro, TN 37129
- Monday-Friday 7:00 am – 3:00 pm
- <https://lovegodservepeople.org/>

Financial Crisis Assistance

Community Helpers (rental assistance)

- Provides emergency financial assistance (utilities, rent, medicine, and referrals) to residents of Rutherford County
- 615.898.0617- please leave voicemail
- 1809 Memorial Blvd., Murfreesboro TN 37129
- Appointment Only: Tuesday, Wednesday, & Thursday 8:00 am – 4:00 pm
- Walk-ins: welcome during appointment hours if there is availability
- Medicine Hours: 9am-11:30am& 1:30-3:30 pm
- Closed 12:00 pm – 1:00 pm
- <http://www.chorctn.org/>

Barnabas Vision

- A Christ-focused organization; Intervention including rent and utility assistance, security deposits, seasonal clothing, tax relief, education classes and community programs
- 615.556.5134
- 141 MTCS Road, Murfreesboro TN 37129
- <https://thebarnabasvision.org/>

Mid-Cumberland Community Action Agency

- Non-profit dedicated to helping families and individuals achieve self-sufficiency
- 615.742.1113, ext. 7500
- 412 E Vine St, Murfreesboro, TN 37130
- Monday – Friday 8:00 am – 4:30 pm
- Walk-in available, appointments preferred
- Call needed for list of documents
- <https://midcumberland.org/>

Basic Needs

Food Boxes

Middle Tennessee’s Table

- Second Harvest Food Bank program distributes grocery store foods
- Distribution Centers:
 - <https://www.secondharvestmidtn.org/get-help/?county=rutherford>

Nourish- Rutherford County Emergency Food Bank

- Exists to feed families, fuel hope and nourish families and communities
- Murfreesboro
 - 615.203.3963
 - 1809 Memorial Blvd., Murfreesboro TN 37129
 - Mon-Wed&Fri. 10am–2pm;Thurs. 5- 7pm
- Smyrna
 - 615.355.0697
 - 130 Richardson St., Smyrna, TN 37167
 - Mon.-Fri. (except holidays) 10am–2pm
- <https://www.nourishfoodbanks.org/>

Hot Meals

The Journey Home (Murfreesboro & N. Rutherford Offices)

- 615.809.2644
- 308 W Castle St., Murfreesboro, TN 37129
- Community Café:
 - Monday – Friday 6:30-8am breakfast & 11:30am–1:00pm lunch; closes at 3pm
 - Supper (Sat & Sun): 5:30 pm – 6:30 pm

The Salvation Army

- Fighting poverty and preventing homelessness
- 615.895.7071
- 1137 W Main St., Murfreesboro, TN 37129
- ToGo meals for anyone not living in the Supportive Housing Program daily @ 5:00 pm

Clothing

Amelia’s Closet

- Professional apparel to women pursuing employment – Appointment only
- 615.584.9029
- 810 NW Broad St. Suite 10 Murfreesboro, TN 37129
- <https://ameliascloset.org/>

Community Servants (Smyrna)

- Provides clothing for every season to community members
- 615.223.1391
- 113 Stonewall Dr., Smyrna, TN 37167
- Tuesdays, Thursdays, & Saturdays 9am–12pm
- <http://www.communityservants.org/>

Greenhouse Ministries

- Provides immediate needs of food, clothing, and personal items as well as long-term needs of educational resources, health services, counseling, and career preparation
- 615.494.0499
- Tuesday – Friday 9:30 am – 5:00 pm
- Saturday 9:00 am – 12:00 pm
- <https://www.greenhousemin.org/>

Outreach Thrift Store

- Provides emergency clothing to community members in need
- 615.849.8278
- 338 SE Broad Street, Murfreesboro, TN 37129
- Monday-Saturday 9:00 am – 7:00 pm
- Sunday 1:00 pm – 5:00 pm

Mental Health / Substance Abuse Services

Doors of Hope

- Provides women experiencing homelessness with emergency shelter for up to 30 days
- 615.203.5221
- 428 E Bell St., Murfreesboro, TN 37130
- Monday-Thursday 9:00 am – 5:00 pm
- Closed 12:00 – 12:30 pm
- Closed Fridays
- <https://www.opendoorsofhope.org/>

Mental Health Cooperative

- Empowers adults and children struggling with serious mental illnesses, emotional/behavioral challenges, and substance use issues
- Office: 615.904.6490.
- Intake #: 615.743.1555
- 1419 Kensington Square Court, Murfreesboro, TN 37130

- Hours of operation 8:00 am – 4:30 pm
- <https://www.mhc-tn.org/>

TrustPoint Hospital (In-Patient)

- Provides inpatient psychiatric programs for adolescents, adults, and seniors experiencing crisis from substance abuse or mental health issues
- 855.422.6477
- TrustPoint Hospital and Rehab
 - 1009 N Thompson Ln., Murfreesboro, TN 37129
- ClearPath Behavioral Health
 - 1639 Medical Center Pkwy., Suite 202, Murfreesboro, TN 37129
- Open 24/7
- <https://www.trustpointhospital.com/>

Volunteer Behavioral Health

- Welcomes any person seeking services for mental health conditions or addiction issues
- 615.898.0771
- 1504 Williams Drive, Murfreesboro, TN 37129
- Monday-Friday 8:00- 5:00
- 615.459.9251
- 131 Mayfield Dr., Smyrna, TN 37167
- Monday & Wednesday 8:00-7:00;
- Tuesday, Thursday & Friday 8:00-5:00
- <https://www.vbhcs.org/>

General Healthcare

Rutherford County Health Department

- 615.898.7880
- 100 W Burton St., Murfreesboro, TN 37130
- Monday-Friday 8:00 am – 4:30 pm
- <https://health.rutherfordcountyttn.gov/>

Primary Care and Hope Clinic

- 615.893.9390
- 1453 Hope Way, Murfreesboro, TN 37129
- Monday-Thursday 7:00 am – 6:00 pm
- Friday 8:00 am – 4:30 pm
- Saturday 8:00 am – 4:00 pm
- Appointment required
- <https://hopeclnc.org/>

Saint Louise Family Medicine Center

- Primary care clinic that provides care for non-emergency medical situations
- 615.396.6620
- 1020 N Highland Ave Suite A., Murfreesboro, TN 37130

Mathew Walker Comprehensive Health Center, Inc.

- Provides primary care including family & internal medicine, pediatrics, women’s services, ancillary services, dental, behavioral health, health education, and social services.
- 615.984.4290. (615.327.9400 after hours)
- 739 President Pl., Smyrna, TN 37167
- Monday-Thursday 8:00 am – 5:00 pm
- Friday 8:00 am – 12:00 pm
- Saturday 9:00 am – 1:00 pm
- <https://mwchc.org/>

Interfaith Dental

- Mission to create a healthier community by providing transformational oral health care for those experiencing poverty
- 615.225.4141
- 210 Robert Rose Dr., Murfreesboro, TN 37129
- Monday-Wednesday 8:00 am – 4:00 pm
- Thursday 1:00 pm – 7:30 pm
- Friday 8:00 am – 12:00 pm
- <https://interfaithdental.com/>

Crisis Lines / Help Lines

- Veterans Crisis Line: 1.800.273.8255 Press 1
- Redline for Addiction Treatment: 1.800.889.9789
- Mental Health Crisis Line: 855.274.7471
- Suicide Lifeline: 1.800.273.8255
- Domestic Violence Hotline: 615.896.2012
- Sexual Assault Hotline: 615.494.9262
- [Findhelpnow.org/tn](https://findhelpnow.org/tn)
- [WeCARERutherford.org](https://www.wecarerutherford.org)
- United Way: 211
- (Essential Community Services)
- <https://tn211.myresourcedirectory.com/>
- <https://www.h3arc.org/>

