



The Tennessee Department of Mental Health and Substance Abuse Services is a government agency that provides, plans for, and promotes a comprehensive array of quality prevention, early intervention, treatment, rehabilitation, and recovery support services for Tennesseans with mental illness and substance use issues.

What services or resources does this agency provide?

The Department of Mental Health and Substance Abuse Services provides many different services to Tennesseans. Through a large network of providers, the department offers crisis services, community-based mental health and substance use services, family support services, peer recovery services, and housing services, among many others. While the agency serves individuals of all ages, there are specific programs in place for youth and young adults who might have mental health or substance use needs. Visit their site to learn more about the programs for youth: www.tn.gov/children-young-adults-families. The Department also maintains a helpline. When you're having trouble getting mental health or substance use services, calling the helpline offers you and your family access to an advocate who will listen to your concerns and provide information about available resources in your area. If you are experiencing a mental health emergency, call the crisis hotline.



Trained professionals are available to help 24 hours a day/7 days a week.

What areas of Tennessee do they serve?

The Department of Mental Health and Substance Abuse Services serves all of Tennessee.

Is there a cost and, if so, who pays?

The majority of services supported by the Department of Mental Health and Substance Abuse Services are provided through large network of providers located throughout the state. Costs may vary contingent upon one's insurance payor and type of service rendered. If you are 19 years of age or older, have a serious mental illness, and have no behavioral health insurance, you may qualify for the Behavioral Health Safety Net of TN program. More information on the Behavioral Health Safety Net can be found here <https://www.tn.gov/behavioral-health/mental-health-services/>



[mental-health-services-for-adults0/behavioral-health-safety-net-.html](https://www.tn.gov/behavioral-health-services-for-adults0/behavioral-health-safety-net-.html)

For which students might this agency be appropriate?

This organization typically provides services to children and youth with mental health, emotional disturbance, and substance use disorders.

Who is eligible to receive their services/ supports and when?

There are different supports for children, youth, adults, and families who are affected by a mental illness or substance use disorder. The agency offers different programs and services, and eligibility for programs will vary.

What is the responsibility of an educator?

If the teacher suspects substance use or notices changes in the student's behavior, they should inform the school counselor immediately. The school counselor can then suggest different programs, which might be offered through the Department of Mental Health and Substance Abuse Services.

How (and when) do you involve them in the transition planning process?

- For those students who have received counseling for mental health needs through school in past, bridging the connection to the Department of Mental Health and Substance Abuse Services and one its contracted providers can be useful for finding services post-graduation.
- Counselors can share information about the

Where can I learn more?

Visit their website at:

<https://tn.gov/behavioral-health>

Department of Mental Health and Substance Abuse Services with all families at the beginning of the transition process.

- Invite a representative to come speak to students about substance use and mental health issues.

What questions should I ask of the Department of Mental Health and Substance Abuse Services?

- How does this agency define behavioral health needs and at what juncture should I seek professional help?
- How is crisis defined by the agency and at which point should intervention be sought?
- What do I do if I am denied services?

Additional contact information:

- Call their helpline at: 1-800-560-5767
- If experiencing a mental health crisis, call their hotline at: 1-855-CRISIS-1 (1-855-274-7471)