

### Possible Sources of Help

Name	Phone & Address	Services	Qualifications
Upper Cumberland Family Justice Center	112 S Church St. Livingston Tn 931-644-3963	Domestic Violence, Victim advocacy, Counseling, civil legal aid, law enforcement aid	Currently fleeing domestic violence, stalking, or sexual assault
Volunteer Behavioral Health	1-800-704-2651  501 Spruce St. Livingston, TN 931-823-5678	Breakdown, Suicidal or homicidal thoughts Leading mental health provider In the middle, southeast, and Upper Cumberland regions of Tennessee.	In need of counselor or other mental health assistance Please call for insurance and payment information and other types of available treatments.
Christian Counseling	53 N Main St Crossville, Tn 931-707-8200	Adult, Child, and Adolescent Counseling	Fees based on your income and the size of your family.
National Suicide Hotline	800-403-2668 Text "GO" to 741741	Suicide prevention	Needing counseling or other assistance
Cookeville Pregnancy Clinic	714 N. Dixie Ave Cookeville, Tn 38501 931-526-5525	Testing, Education/classes Mentoring, Counseling, Abortion recovery, STI/STD testing	Monday, Wednesday, Thursday Friday 9am til 5 pm
Legal Aid Society	931-528-7436	They handle a broad range of cases to protect livelihood, health and safety of low-income families.	Must meet under the income limits. Please call for more information and to see if assistance is available.
Overton County Dept. of Human Services	411 West Main Street Livingston, Tn. 38570 931-823-5695	SNAP (food stamps) TANF (families first) WIC, TennCare	Must meet under income limits. (each program has different limits)
UCHRA	106 Henson St. Livingston, Tn. 38570 931-823-7323	Ucars (transportation) LIHEAP, Crisis Funding -- rent & unilities	Varies
GOOD SAMARITANS	281 10th Street Crossville, Tn. 38570 931-484-3225	Food, Jobs, Items, rent, Utilities	Varies on family need

Please call locations to verify information

### Churches and Food

Name	Phone & Address	Services	Qualifications
First Christian Church Food Pantry	320 Oakley Street 931-823-2413	Food boxes available to Overton County Residents every 6 months	Walk in, Call in for information stalking, or sexual assault
Pickett County Food Bank	931-864-7123 Byrdstown, Tn. 38549	Food Pantry	Food bank hours Monday Thru Friday 8:00 am to 3 pm
First Baptist Church	708 E. Main St. Livingston, Tn 38570	Food Pantry Backpack Ministry	Income based and register each Friday from 1 pm til 4 pm.
5 Loaves Food Pantry	602 Vine Ridge Rd Crawford, Tn. 38554 931-445-3414	Food pantry	Hours vary. Call ahead for hours.
Livingston Church of Christ	931-823-1441 215 East Main Street Livingston, Tn. 38570	Food pantry Thanksgiving meal	Food pantry for needy and those in community needing help.
TCAT Upper Cumberland/Livingston Food Pantry	931-823-5525 740 Hi Tech Drive Livingston, Tn. 38570	Food pantry Food and hygiene	Contact student services with needs.

Please call locations to verify information

### Employment Resources

Name	Phone & Address	Website
American Job Center	620 S. Jefferson Ave. 931-520-6020	<a href="http://jobs4tn.gov">jobs4tn.gov</a>
Express Employment Professionals	1529 W. Main Street Livingston, Tn. 38570 931-823-9223	<a href="http://www.expresspros.com/cookevilletn">www.expresspros.com/cookevilletn</a>
ResourceMFG	315 Airport Rd. Livingston, Tn 38570 931-823-6006	<a href="http://resourcemfg.com">resourcemfg.com</a>
@work Personnel Services	105 E Ct Square Livingston, Tn 38570 931-823-6915	
UCHRA	106 Henson St. Livingston, Tn. 38570 931-823-7323	<a href="http://uchra.org">uchra.org</a>
Livingston Regional Hospital	315 Oak St. Livingston, Tn. 38570 931-823-5611	<a href="http://mylivingstonhospital.com">mylivingstonhospital.com</a>
Cookeville Regional Medical Center	1 Medical Center Cookeville, Tn. 38501 931-528-2541	<a href="http://crmchealth.org">crmchealth.org</a>
TN Dept of Human Resources		<a href="http://www.tn.gov/content/tn/hr.html">www.tn.gov/content/tn/hr.html</a>
Overton County School System	302 Zachary St. Livingston, Tn. 38570 931-823-1287	<a href="http://www.oc-sd.com">www.oc-sd.com</a>
Internet Job Boards	Please use caution when searching these sites	Indeed.com, Monster.com Ziprecruiter.com, Snagajob.com

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