


Dial 211 first (24/7 personalized help in Northeast TN) • Bring Photo ID, SS card, proof of address/income to most places • Services can change—always call ahead
 Low-barrier options highlighted in *italics* where possible.

<p>Crisis / Immediate Help</p> <ul style="list-style-type: none"> • 988 Suicide & Crisis Lifeline: Call/Text 988 (24/7) – mental health, substance use, overdose, emotional crisis • Frontier Health Crisis Line: (877) 928-9062 (24/7) – mobile crisis response, intervention • Turning Point Walk-In Center: 208 E Unaka Ave, Johnson City – 24/7 in-person crisis support <p>Food Pantries & Free Meals</p> <ul style="list-style-type: none"> • <i>Heritage Heals Fridge</i> (JC): N Roan St behind Frannie’s Vegan Café – 24/7 take-what-you-need (no ID/questions) • Salvation Army Johnson City: 200 Ashe St • (423) 926-2102 – Mon-Fri dinner 6:30pm, Sat-Sun lunch 12pm; pantry available • Good Samaritan Ministries JC: 100 N Roan St • (423) 928-0288 – emergency food boxes, pantry, hot meals • Second Harvest Food Bank: (423) 279-0430 • netfoodbank.org – online locator for dozens of pantries & mobile distributions • The Table at The Corner (Kingsport): 510 Gibson Mill Rd • Mon evenings ~6–7:30pm free community meal • Munsey UMC Melting Pot (JC): Weekend breakfasts + weekday meals (call Good Samaritan for current schedule) • Hope Helps TN (Kingsport): 4540 W Stone Dr Ste I • (423) 530-7156 – pantry & clothing (Thursdays; call for hours/appointments) • Hales Community Ministry - 423-547-2560 Carter County, 423-547-2560 Johnson County 	<ul style="list-style-type: none"> • Elizabethton First Baptist Church: 212 E F St • (423) 543-1931 – free food bags, periodic meals, coat/clothing help (call for schedule) (Food Hub meal 3rd Thursday @12:30pm) • Elizabethton Loaves & Fishes: 1200 19E Bypass • (423) 543-4901 – hot meals & pantry boxes • Elizabethton ARM Ministries: 714 W C St • (423) 542-0919 – food pantry Tue/Wed 10am–4pm • Elizabethton Unaka Baptist Church: 1598 Hwy 91 • (423) 474-2224 – pantry (call ahead) • Gray Community Chest / Bread of Life Fellowship: 2308 Watauga Road, Johnson City, TN • (423) 722-3065 – Tuesdays 1–3 PM (Serves all counties; bring Photo ID). For Food Pantry appointment: Tony Barnes (423) 913-2695 or Dewayne Price (423) 943-5854. Applications at Gray Library. • Cherry Grove Baptist Church: 104 Cherry Grove Road, Jonesborough, TN • (423) 753-2033 (best to call in mornings) – First four Thursdays each month, 9–10 AM. Photo ID required. Can deliver in emergency. • Mt. Zion Baptist Church: 284 Mt. Zion Church Road, Jonesborough, TN • (423) 753-2985 – 1st and 3rd Tuesday each month, 4–6 PM. Photo ID, income info, family size required. • Bread of Life Fellowship: 2308 Watauga Road, Johnson City, TN • (423) 722-3065 - Tuesdays 1-3PM Serves all counties. Bring Photo ID. 	<ul style="list-style-type: none"> • JAWA – Jonesborough United Methodist Church (Persimmon Ridge): Persimmon Ridge Pk, Jonesborough, TN • (423) 753-3942 – Third Thursday of the month, 9 AM–12 PM (some months evenings). Photo ID, proof of income, proof of address. Serves Jonesborough, Telford, Limestone. • Potter’s Wheel Ministries: 201 Cherokee Mountain Road, Jonesborough, TN • (423) 741-3235 – 2nd Sunday each month, 7–8 PM. Can deliver in emergency (call first). • Other spots: Oasis Kingsport (Tue/Thu 9am–12pm), Bristol Emergency Pantry (Mon-Fri 1–3pm) <p>Clothing Closets & Kids/Household Needs</p> <ul style="list-style-type: none"> • First Presbyterian Church Kingsport: 100 W Church Circle • (423) 245-0104 – Tue 9am–12pm free clothing • Good Samaritan JC: (423) 928-0288 – monthly clothing distributions + back-to-school supplies • Higher Ground Baptist Kingsport: (423) 245-3141 – free clothing & household items • Crossroads UMC Kingsport: Thu mornings clothing + pantry • Elizabethton ARM Ministries: 714 W C St • (423) 542-0919 – clothing closet Tue/Wed 10am–4pm • Elizabethton First Baptist Church: (423) 543-1931 – clothing/coat assistance (call) • Many pantries offer diapers, formula, school supplies – ask 211 or Good Samaritan for local kids closets
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<p>Shelters & Housing Support</p> <ul style="list-style-type: none"> • Salvation Army Center of Hope JC: (423) 926-8901 – 24/7 emergency shelter (33 beds) + veterans program • Hope Haven Kingsport: (423) 246-6012 – emergency shelter for individuals in distress • Haven of Rest Rescue Mission Bristol: (423) 968-2011 – shelter, meals, long-term support • Family Promise Johnson City: (423) 929-9967 – families at risk/emergency shelter • Family Promise Kingsport: (423) 246-6500 – family shelter program • Manna House JC: (423) 434-9310 – emergency shelter • ARCH (regional housing referrals): (423) 928-2724 – non-emergency permanent housing connections <p>Utilities & Government Aid</p> <ul style="list-style-type: none"> • UETHDA LIHEAP: (423) 246-6180 – one-time heating/cooling/water bill assistance (≤60% state median income) • Core Services Northeast TN (JC): (423) 483-1057 - resource linkage for employment, housing, health 	<p>Free/Low-Cost Medical, Dental, Vision</p> <ul style="list-style-type: none"> • <i>Providence Medical Clinic</i> (Kingsport First Baptist): 441 Clay St • (423) 247-4536 – Mon-Wed/Fri 9am–1pm (uninsured/underinsured) • Friends In Need Health Center Kingsport: (423) 246-0010 – primary care + dental • Healing Hands Health Center Bristol: (423) 652-0260 – sliding scale medical/dental/vision <p>Mental Health & Substance Use</p> <ul style="list-style-type: none"> • Frontier Health (multiple locations): crisis line (877) 928-9062 – therapy, psychiatric, substance support • 988: 24/7 for emotional/substance/overdose crises • Overmountain Recovery JC: outpatient MAT (methadone/Suboxone) + housing/job assistance • Catalyst Health: locations in JC & Bristol – substance treatment programs • Narcan (overdose reversal) kits: Insight Alliance JC (423) 956-6529 or local pharmacies 	<p>Employment, Education, Legal, Transport</p> <ul style="list-style-type: none"> • American Job Center (Kingsport & others): free job training, resume, interview, placement • Goodwill Community Employment Services: support for barriers (convictions, education gaps) • Legal Aid of East Tennessee JC: (423) 928-8311 or (800) 821-1312 – free civil legal help (evictions, benefits) • NET Trans: (423) 461-8233 – transportation assistance <p>Senior-Specific</p> <ul style="list-style-type: none"> • Appalachian Agency for Senior Citizens: servingtricity.org – in-home meals, transport, home repairs • Johnson City Housing Authority (JCHA): jchousing.org – affordable housing for seniors/veterans • Many programs prioritize 60+ – mention age when calling <p>Pet Resources (Limited)</p> <ul style="list-style-type: none"> • Call 211 or local animal control (Kingsport: 423-247-1671; JC: 423-926-8769) for emergency boarding referrals • No dedicated pet-friendly homeless shelters in area – prioritize human safety; foster/rescue may assist temporarily
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<p>Quick Tips:</p> <ul style="list-style-type: none"> • Low-barrier standouts: <i>Heritage Heals fridge</i>, 988/Frontier lines, <i>Providence Clinic</i>, Elizabethton ARM • Latest updates: netfoodbank.org • feedkingsport.org • easttn211.communityos.org • armfoodpantry.com • For seniors, pets, DV, vets: specify needs when calling 211 • Share/print freely – verify contacts as needed • Online version at tricitystnguide.com/helps • Updates/corrections averyjparker@gmail.com - Subject: "TriCities Helps" • Revision 3/20/2026 	
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