

For Nashville based artists:

MusiCares - For help with both the financial burden and mental health and coping resources during the COVID-19 crisis, please visit MusiCares, the affiliated charity foundation of the Recording Academy (GRAMMY) at <https://www.grammy.com/musicares/get-help/covid-19-relief-fund-faq>

(qualifying conditions for financial relief apply)

Mobile Crisis Line - <https://www.mhc-tn.org/need-help/emergency-psychiatric-services/>

P: 615 726 0125 (24hrs)

Crisis Intervention Center - <http://www.crisisinterventioncenter.org/>

P: 615 244 7444 (24hrs)

Porter's Call (counseling service based in Nashville, exclusively for artists) -

<https://porterscall.com/about/>

P: 615 591 6622

Porter's Call are running some great Zoom sessions during COVID-19 crisis. Check the MusicCares website link for details <https://www.grammy.com/musicares/get-help/covid-19-relief-fund-faq>

Entertainment Health Services - <http://www.ehsnashville.com/about>

P: 615 800 2634

NAMI (National Alliance on Mental Illness) Davidson County & TN Crisis Line -

<https://namidavidson.org/support-groups/>

P: 1 855 274 7471

The Refuge Center for Counseling (sliding scale of fees ranging from \$25-\$120 a session, depending upon income) <https://refugecenter.org/about-us/mission-vision-history/>

P: 615 591 5262

If someone is in immediate danger to themselves or others, the best course of action is to head to the **NEAREST ER** – even if you don't have insurance OR call the **National Suicide Prevention Hotline 1-800-273-TALK (8255)**.