

## Community Resources

### DENTAL

Healing Hands Health Center	(423) 652-0260 Bristol, TN. \$35 per visit. Must be uninsured and a resident of Southwest Virginia and Upper East Tennessee. Someone in the household must be working, or have worked in the last 2 years or on disability. Must provide tax form 1040 showing being claimed as dependent if not working. Dentures \$300-600. Cleaning \$25.
Friends in Need	(423) 246-0010 Kingsport, TN. Serves the working uninsured and under-insured and full-time students on a sliding scale. Must work at least 20 hours per week, part time, or draw social security.
Keystone Dental	(423) 232- 7919 Johnson City, TN. Must be at least 19 years old and live in East Tennessee. Application is online.
ETSU School of Dental Hygiene	(423) 439-4514 Johnson City, TN. Senior Citizens (55+) receive free treatment. Cleanings on Monday, Wednesday, and Friday for \$20. Sealants for \$12.
Washington County Free Dental Clinic	(276) 676-5604 Bristol, VA. Free to Washington County residents only. 19 years and older, for extractions only.
Southwest VA Regional Dental Center	(276) 496-4492 Option #5. Saltville, VA. Accepts uninsured and underinsured residents. Sliding Scale payment based on income.

### MEDICAL

Healing Hands Health Center	(423) 652-0260 Bristol, TN. \$25 per visit. Must be uninsured and a resident of Southwest Virginia and Upper East Tennessee. Someone in the household must be working, or have worked in the last 12 months. Must provide tax form 1040 showing being claimed as dependent if not working.
Friends in Need	(423) 246-0010 Kingsport, TN. Serve the working uninsured, under-insured & full-time students on a sliding scale. Must work at least 20 hours/week.
Bluff City Medical	(423) 538-5116 Bluff City, TN. Serves on a sliding scale, bring proof of household income.
Twin City Medical	(276) 669-5179 Option #3 Bristol, VA. Serves on sliding scale. Bring proof of income.
Providence Medical Clinic	(423) 247-4536 Kingsport, TN. Offers medical services to the uninsured residents of Sullivan County and the Kingsport Area. Monday, Tuesday, Wednesday, and Friday 9 a.m.- 1 p.m., Thursday 4 p.m.- 8p.m. but doors open at 1:30.
Crossroads Medical Mission	(276) 466-1600 Bristol, VA. Serve low-income uninsured or under-insured individuals. State Street UMC. Call for scheduling and location or go to <a href="http://crossroadsmedicalmission.com">crossroadsmedicalmission.com</a> .
Community Health Center	(423) 929-6916 Johnson City, TN. Serve the uninsured, underinsured, TennCare enrollees, and homeless. Monday through Friday 9 a.m. to 1 p.m.

### MENTAL HEALTH

Crisis Center, Inc. (Bristol Crisis Hotline)	(276) 466-2312. (276) 466-2218 (office) .24 hours a day, 7 days a week. Bristol, VA. Providing free services for clients with various issues including: sexual assault, domestic violence, stalking, abuse, neglect, & suicide.
Frontier Health	(423) 467-3600 Southwest VA and Upper East TN. 18 outpatient sites, call or visit <a href="http://www.frontierhealth.org">www.frontierhealth.org</a> for locations. Serves on a sliding scale.

Hospice House Counseling	(423) 844-5252 Bristol, TN. Offer free to the public group grief counseling. Call for counseling schedule.
Good Samaritan Ministries	(423) 928-0288 Johnson City, TN. Serve upper East Tennessee. Heart 2 Heart is a free counseling service for marriage, family, parenting, and more.
Celebration Church	(423) 323-3969 Blountville, TN. Offer counseling based on need. 3 on-site counselors. Call to set up an appointment.
Highlands Community Services	(276) 525-1550 Abingdon, VA. Serve Washington County and Bristol, VA by providing appropriate medication services to serve both adults and children. Initial \$25 assessment fee, then sliding scale fees.

## FOOD

Bristol Emergency Food Pantry	Vouchers may be obtained from: Bristol Faith in Action- Bristol, VA (276) 466-8292, People, Inc.- Bristol, VA (276) 466-5587, Tennessee Community Support-Bristol, TN. (423) 989- 4558, Public Housing, or directly from the food pantry (423) 571-4449. Bring photo ID & social security card.
The Haven of Rest	(423) 968-2011 Bristol, TN. Monday, Tuesday, Thursday, and Friday from 9:00-11:00 a.m. Must arrive by 10:30 a.m. Dinner every night from 5-6 p.m.
Sharing Christ	(423) 764-1442 Bristol, TN. Free dinner, household items, furniture, clothing, and more every Saturday night. Free meal provided to those who attend a Sunday 9:00 a.m. or Wednesday 6:30 p.m. service.
Grace Point Food Ministry	(276) 644-4494 Bristol, TN. The Grace Point Food Ministry gives out food two Thursdays per month from 9:00 a.m. to 11:00 a.m. On first visit, bring a proof of address and they will give you a schedule for dates available to pick up food.
Second Harvest Food Bank	(423) 279-0430 Bristol, VA. Call the main line for info about food distribution locations.
Good Samaritan Ministries	(423) 928-0288 Johnson City, TN. Serves Upper East Tennessee. Offer a food pantry, food distribution for those eligible, food boxes for elderly and disabled without transportation, emergency food supplies. They provide breakfast and lunch for the homeless community Sunday-Saturday at The Melting Pot.

## CLOTHING

Higher Faith Outreach "The Clothes Closet"	(423) 764-7904 Bristol, VA. Free clothing and household items on site. First and Third Tuesdays of every month from 11:00 a.m. to 6:00 p.m.
Grace Point Clothing Ministry	(423) 764-6832 Bristol, TN. Call the church or stop by the Clothing Center located behind the church building (1318 Shelby Street Bristol, TN 37620). Every Wednesday from 1-4 p.m. and the first Monday and third Saturday from 9 a.m. - 11 p.m. and the second Tuesday from 5 - 7 p.m.

## COMMUNITY SERVICES

Community Info	Dial (211)	Community information and referral services.
Good Samaritan Ministries	(423) 928- 0288 Johnson City, TN.	Serve upper East Tennessee. Free legal help first Saturday of the month from 9-11:30 a.m. Also offer Miscellaneous Services include: assistance obtaining ID, Social Security Cards, and Birth Certificates.
TN Dept. of Human Services	Offer disability, nutrition, child and adult care, and more. Find local department to receive services on tn.gov. (423) 279-9164 Bristol/Blountville Office. (423) 224-1900 Kingsport. (423) 543-3189 Elizabethton. (423) 929-0171 Unicoi. (423) 929-0171 or (423) 434-6953 Johnson City.	

Bristol City Dept. of Social Services	(276) 645-7456 Bristol, VA. Offer protective services, nutrition, child care, adult care, and more. Find out more on <a href="http://dss.virginia.gov">dss.virginia.gov</a> .
Bristol Faith in Action	(276) 466-8292 Bristol, Va. Offer assistance with rent and utilities, obtaining prescriptions (no narcotics), food, diapers, hygiene items, and debt/budget counseling. Call for more information.

### ABUSE SERVICES

Abuse Alternative	Crisis Hotline (423) 764-2287 Bristol, TN. Emergency shelter for survivors of domestic violence & their children needing a safe place to stay. Bristol, VA 423-652-9094, Washington Co, VA 276-628-6940, & Bristol, TN 423-652-9093
Alcoholics Anonymous	(423) 928-0871 Visit <a href="http://www.aatricitiestn.org/districtmeeting.html">http://www.aatricitiestn.org/districtmeeting.html</a> for schedule dates and times or call the hotline.
The Tennessee Redline	(615) 780-5901 An information and referral line providing alcohol, drug, problem gambling, and other addiction information and referrals.
Highlands Community Services	(276) 525-1550 Abingdon, VA. Serve Washington County and Bristol, VA by providing adult recovery, case management, and psychosocial rehabilitation services. Initial \$25 assessment fee, then sliding scale fees.
Celebration Church	(423) 323-3969 Blountville, TN. Offer counseling for those in need.
Good Samaritan Ministries	(423) 928- 0288 Johnson City, TN. Serve upper East Tennessee. Heart 2 Heart is a free counseling service for drug and alcohol abuse.

### HOUSING

Bristol Housing Authority	(276) 642-2001 Bristol, VA. They provide safe, attractive, affordable housing and housing assistance. Applications will only be accepted on-site.
Kingsport Housing Authority	(423) 245-0135 Kingsport, TN. Apply at <a href="http://kingsporthousing.org">kingsporthousing.org</a> or stop by one of the locations to apply. After interview, there will be an interview.
Hope Haven Ministries	(423) 246-6012 Kingsport, TN. Emergency shelter for those in distress.
Good Samaritan Ministries	(423) 928-0288 Johnson City, TN. Serve upper East Tennessee. Provides emergency rental, electric, water, and gas payments to prevent families from going homeless.
Family Promise of Bristol	(276) 494-0388 Provide shelter for families with children under the age of 18. Call to check for availability.

### TRANSPORTATION

Net Trans	(423) 461-8233 Schedule a ride by 12:00 p.m. the day before your trip. Operate 6:00 a.m.- 6:00 p.m. Find pricing at <a href="http://nettrans.org/ride-guide/fares/">nettrans.org/ride-guide/fares/</a>
City of Bristol Virginia Transit	(276) 645-7384 Bristol, VA. Transit System offers fixed-route service with convenient pickup and drop-off points along the routes. Find pricing and transit route on <a href="http://bristolva.org">bristolva.org</a> . 6:15 a.m. to 6:00 p.m. Monday through Friday.
Bristol, TN Transit	(423) 989-5685 Bristol, TN. Offers fixed route service from 6:15 a.m. until 6 p.m. Monday - Friday, except on holidays observed by the city. Find pricing and transit route on <a href="http://bristoltn.org">bristoltn.org</a> .
Good Samaritan Ministries	(423) 928-0288 Johnson City, TN. Serve upper East Tennessee. Offer bus and transit tickets for job interviews or doctor appointments.