

Resource Guide for Students in Putnam County

See below for a list of services offered in Putnam County to help with various challenges students may face.
Simply click the name of the organization/service to visit their website.

Homelessness

[Vol-State Homeless Student Liason](#)

Tiffany Zwart, Coordinator of Student Support
Tiffany.Zwart@volstate.edu
(615) 230-3492

[Cookeville Rescue Mission](#)

1331 S Jefferson Ave
Cookeville, TN 38506
info@cookevillerescuemission.org
(931) 528 5819

[Highlands Residential Services](#)

To complete the pre-application: [click here](#)
235 West Jackson St.
Cookeville, TN 38501
dgriffin@highlandsrs.com
(931) 526-9793

[Helping Hands of Putnam County](#)

food, utility, rent, gas, and prescription assistance
421 E. Broad St.
Cookeville, TN 38501
(931) 526-3838

[Upper-Cumberland Human Resources Agency](#)

580 South Jefferson Avenue Suite B
Cookeville, TN 38501
(931) 528-1127

[HART \(Homeless Advocacy for Rural Tennessee\)](#)

Homeless Referral Line: (844) 556-7626

[USAC Affordable Connectivity Program](#)

To apply for discounted internet and devices: [click here](#)

[Low-Income Home Energy Assistance](#)

To apply for this UCHRA program: [click here](#)

[Low-Income Household Water Assistance](#)

To apply for this UCHRA program: [click here](#)

Transportation

[UCHRA Public Transit](#)

Schedule a Ride: 1 (833) 828-7477
Ride booking form: [click here](#)

[Upper-Cumberland Shuttle Service](#)

(931) 447-8277
ucshuttles@gmail.com

[Upper Cumberland Development District](#)

1104 England Dr.; Cookeville, TN 38501
(931) 432-4111

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Food Insecurity

[The Care Center](#)

406 Short St.
Cookeville, TN 38501
M W F 12PM – 2PM
(931) 520-4881

[Monterey Mission Center](#)

Jim McCracken
315 East Peter Ave.
Monterey, TN 38574
mmcvolunteer7@gmail.com
(833) 315-4673, ext. 4

[The Commodities Program at UCHRA](#)

To apply for supplemental food program: [click here](#)

[God's Grace Food Pantry](#)

servant@cookevillefumc.org

[Putnam County Food Stamps](#)

Terri Dunn, Field DManagement Director
955 E 20th Street,
Cookeville, TN 38501
(931) 528-7487

[Cookeville First United Methodist Church](#)

165 E Broad
Cookeville, TN 38501
931-526-2177
(There is also a clothing store that helps with providing clothes for those in need, located on 2nd Street and is open Tuesday - Thursday, 9:00 a.m. - 11:00 a.m)

[Helping Hands of Putnam County](#)

421 E Broad Street
Cookeville, TN
931-526-3838
hhpc@frontiernet.net

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Mental/Emotional/Physical Health

[Putnam County Health Department](#)

701 County Services Dr.
Cookeville, TN 38501
(931) 528-2531

[Mental Health Cooperative](#)

418 N. Willow Avenue
Cookeville, Tennessee 38501
(931) 646-5600

[Volunteer Behavioral Health - Cookeville Campus](#)

Anne Stamps, Director
1200 South Willow Ave
Cookeville, TN 38506
(931) 432-5838

[TDMHSAS Helpline](#)

Monday - Friday, 8am-4:30pm CST
oca.tdmhsas@tn.gov
(800) 560-5767

[Heart of the Cumberland](#)

Peer Support Group [form](#)
25 W. Broad St., Suite 11
Cookeville, TN 38501
info@heartofthecumberland.org
(931) 525-2600

[Power of Putnam](#)

Substance Abuse Support
Nathan Payne, Lifeline Coordinator
npayne2012@comcast.net
(865) 266-9764

[TMHCA IPS](#)

mental health recovery through employment
Jordan Young, IPS Manager
jyoung@tmhca-tn.org
(615) 920-2349

[Renewed: Eating Disorders Support](#)

Lauran Sauter, Executive Director
Find Help From: [click here](#)
info@renewedsupport.org
(615) 831-9838

[Mobile Crisis Service](#)

(855) 274-7471

Childcare/Expecting Mothers

[Cookeville Pregnancy Clinic](#)

714 North Dixie Ave
Cookeville, TN 38501
(931) 526-5525

[Putnam County WIC Program](#)

Putnam County Health Department
701 County Services Dr.
Cookeville, TN 38501
(931) 528-2531
WIC Hotline: 800-342-5942

[The Tennessee Breastfeeding Hotline](#)

(855) 423-6667

[Shiloh Head Start](#)

Rhonda Hardy, Supervisor
839 P. Brewington Rd.
Cookeville, TN 38501
shiloh@lbjc.org
(931) 268-2759

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Domestic Violence

[Genesis House](#)

info@genesishouseinc.com
1 (800) 707-5197

[Upper Cumberland Family Justice Center](#)

269 S Willow Avenue, Suite E
Cookeville, TN 38501
(931) 528-1512

[Putnam County-Lee Conlee House](#)

Main Phone: 386-325-4447
24/7 Hot-Line: 386-325-3141

Hispanic/Latino Services

[Hispanic Family Foundation](#)

3955 Nolensville Pike, Suite 107
Nashville, TN, 37211
(615) 562-2222

[Conexión Américas](#)

2195 Nolensville Pike
Nashville, TN 37211
(615) 270-9252

[Dial 211](#)

Tele Interpreter available
For service dial: 2-1-1 or 865-215-4211

Dependent Siblings

[Bright Ideas Enrichment Center](#)

1160 Perimeter Dr.
Cookeville, TN 38501
(931) 520-7400

[Putnam County LEAPS](#)

After-school program partnering with 5 schools in county
3:30 – 5:30 PM
For contact information by site: [click here](#)

Legal Aid

[Legal Aid Society of Middle TN and Cumberlands](#)

9 South Jefferson Avenue, Suite 102
Cookeville, Tennessee 38501
(931) 528-7436