

[Knox County Community Resources](#)

Community Service	Description	Link
Mental Health Association of East Tennessee	MHAET offers a variety of services to all populations.	https://www.mhaet.com/
Remote Area Medical (RAM)	A major non-profit provider of free pop-up clinics.	https://www.ramusa.org/
ETHRA Senior Transportation Services	East Tennessee Human Resource Agency	https://www.ethra.org/services/5/transportation/
At-home meal delivery options/ Meals on Wheels, Congregate Meal Sites, & Senior Nutrition in Knox County	Link to local home-based meal assistance	https://www.knoxseniors.org/mobile/
Food Bank/Food Pantry	A list of local food banks/food pantry options by county; click your county, and see the many food bank/ food pantry options near you OR to volunteer	https://secondharvestetn.org/find-a-food-pantry/
Tennessee Statewide 2-1-1	Tennessee United Way's 2-1-1 resource provides a list of services for housing, transportation, legal, health, employment, and nutrition assistance.	https://tn211.myresourcedirectory.com/
Urgent Care/Fast Med Facilities Near Me	A comprehensive list of all nearby urgent care locations	https://www.knoxcounty.org/health/urgent_care_clinics.php
Knox County CAC: Office on Aging	Community assistance with home-delivered meals, commodity food assistance, home energy assistance, etc.	https://www.knoxcac.org/office-on-aging/
SHIP- State Health Insurance Assistance Program	How to enroll in state health insurance assistance ---->	https://www.tn.gov/aging/our-programs/state-health-insurance-assistance-program--ship-.html
Poison Control	1-800-222-1222	https://www.poison.org/18002221222

Animal Services	A list of various animal-related organizations in Knox County.	https://www.knoxcounty.org/directory/details.php?id=25
How to Identify Common Pills	A resource from WebMD to help identify various common pills by shape, size, color, etc.	https://www.webmd.com/pill-identification/default.htm
County Services	Linked access to the county website for the community calendar, local news, and bill pay (utilities).	https://knoxcounty.org/#:~:text=Knox%20County%20is%20a%20county.and%20largest%20city%20is%20Knoxville.
Advance Directives Resources	Find the resources you need to discuss final directives regarding CPR, feeding tubes, DNR orders, etc.	https://www.tn.gov/health/health-program-areas/health-professional-boards/hcf-board/hcf-board/advance-directives.html
Alzheimer's Association	Our mission is to serve those facing Alzheimer's disease and related dementias, to promote brain health through education, and to champion global research, prevention and treatment efforts.	https://www.alztennessee.org/
Smoking Cessation Programs	Are you ready to quit smoking but need some guidance and/or support? These online and in-person programs utilize proven tools, tips, and support to help smokers end their addiction to tobacco and begin a new, smoke-free phase of their lives.	https://www.summitmedical.com/smoking-cessation-programs
Knox County Library	(865) 215-8750	https://www.knoxcountylibrary.org/