

Resources Available

Early and ongoing therapeutic intervention is key to preventing the longer-term adverse mental health effects for those exposed to trauma.

Trauma/First Responder Mental Health Providers
<p>Trauma Recovery Network Dr. Lisa Battle-Gwathney-MidTown TRN Email: midtntrn@gmail.com Trauma Recovery Network will offer ANY first responder Pro-Bono sessions with trauma-certified, EMDR certified clinicians in their network.</p> <p>Email to get connected with a clinician</p>
<p>Melanie Reese, LMFT, CCTP Trauma Therapy of Nashville 1305 16th Ave S Nashville, TN 37212 615-946-8549 Melanie@traumatherapynashville.com</p> <p>Certified trauma-focused therapists certified in EMDR and/or Brainspotting for traumatic incidents. Experienced with first responders.</p> <p>Offering sliding scale and significantly reduced fee based on ability to pay for Nashville First Responders. Has immediate availability.</p>
<p>Joy Hutchinson, LPC, NCC, CTP, NREMT-P Legacy Center 140 South Main Street Suite 27 Collierville, TN 38017 901-504-5250</p> <p>Former paramedic, certified trauma-focused provider, specialty with first responders. Has openings for immediate appointments. Offers Telehealth.</p>

Ins Accepted: Cigna. Offers sliding scale fee & reduced rate for first responders.

Rebecca Horn, MA, LPC

Clarksville, TN 37040

rhorn@eluccc.org

931-233-9499

eluccc.org

Experienced with first responders and trauma, in process of starting a first responder support group. Offers Telehealth sessions. Medication management available at practice also.

Ins. Accepted: Aetna, Cigna and Evernorth, Friday Health, Optum, UnitedHealthcare UHC | UBH

Cinda Gee, LPC, MHSP

109 E Lafayette St

Jackson, TN 38301

Contact:

Email: cindagee@anucounseling.com

or TEXT at (731) 236-3623

US Air Force Veteran (25 yrs), Specializes with first responders. Offers Telehealth sessions.

Ins. Accepted: Aetna, BlueCross and BlueShield, Cigna and Evernorth, Humana, Optum, TRICARE, TriWest, UMR, UnitedHealthcare

Mary Bryant-Likens, LPC, MHSP

Nashville Center for Trauma and Psychotherapy, PLLC

346 21st Ave. N.

Nashville, TN 37203

[615-268-3344](tel:615-268-3344)

Email: info@nashvilletherapy.co

www.nashvilletherapy.co/

Experience with trauma and EMDR. Available as early as Friday. Will provide a reduced fee of \$50-\$75 for first responders.

Janelle Edmondson

Psychiatric Nurse Practitioner, APRN, PMHNPBC, CCTP-II, EMDR, CFRC

7405 Shallowford Road
Suite 230
Chattanooga, TN 37421
423-208-8099

Certified First responder counselor, and EMDR certified. Specializes with first responders. Offers medication management also.

Ins. Accepted: Aetna, Beacon Health Options, BlueCross and BlueShield, Cigna and Evernorth, Humana, Medicare, Optum, UnitedHealthcare UHC | UBH

Emily Hawkins

HCA Skyline Madison
615-982-2990

June Mchenry

Clinical Social Worker

Specializes in First Responders. Former First Responder who worked with Metro PD.

615-943-1105

Doug Kinnard

Specializes in First Responders. Former First Responder who worked with Columbia TN Firefighter

931-981-2633

Lieutenant Jane Callen, MA, MSW, LCSW-C

Fire & Emergency Services Commissioner

Therapist & Trauma Professional

K9 Therapy & Fire Rescue PS-CISM Team

Suicide Intervention, Reiki, Mind-Body, & End-of-Life CT Certified

301.213.8553 (c)

Licensed therapist (LCSW-C) with a focus on assisting first-responders who have experienced trauma. I am a member of our county's fire-rescue CISM and Peer Support teams (including a lead CISM/PS trainer) and also do K9 therapy. I've been a fire-rescue volunteer for 18 years where I am a LT and also Fire and Emergency Services Commissioner.

I also provide disaster mental health services to FEMA, international medical organizations, and the American Red Cross

Phone call or Telehealth Available

Dakota K Lawrence

I'm EMDR trained and happy to offer free sessions to those affected. Our practice Mind The Gap TN is in Murfreesboro, but we can do Telehealth as needed.

615-510-4597

dakota@mindthegaptn.com

www.mindthegaptn.com

Johnny Murphy

I specialize in trauma, using brain spotting, IFS, and mindfulness. LMFT in Brentwood.

www.johndmurphytherapy.com

Diana Casella

LCSW

I am trained in EMDR. My office is in Columbia TN.

931-774-0048

diana.casella@braverobins.com

General Resources



As a Metro employee, you and your family members have access to mental health and grief support through a variety of resources including **Metro's**

Employee Assistance Program (EAP) with Ulliance by calling the toll-free number 1-877-871-NASH (6274) or visit the [Ulliance Website](#) for helpful resources, guidance, and support.

ALL METRO EMPLOYEES AND FAMILY MEMBERS

Cigna is offering all Metro employees and family members the opportunity to talk with a qualified mental health representative through **Cigna's toll-free number 866-912-1687. This additional resource will be open 24 hours a day, seven days a week, for as long as necessary to help people manage their stress and anxiety during this difficult time.**

Crisis Services and Suicide Prevention

[Crisis Services and Suicide Prevention Information](#)

If you are experiencing a mental health emergency, call now. Help is available 24 hours a day, 7 days a week.

Blue Cross Blue Shield Insurance

Blue Cross Blue Shield Behavioral Health Case Management

[Blue Cross Blue Shield Behavioral Health Case Management Information](#)

800-818-8581

Available to: Employee and dependents covered by Blue Cross Blue Shield Preferred Provider Organization.

Download the APP



Cigna Choice Insurance

Cigna Health Advocates

[Cigna Health Advocates Information](#)

Available to: Employee and dependents covered by Cigna Choice.



FIRST RESPONDER RESOURCES



SAFE CALL NOW
PROTECTING OUR PROTECTORS | 206.459.3020

Safe Call Now (First Responders) Crisis Line –(206) 459-3020

[Home](#) | [Safe Call Now \(safecallnowusa.org\)](#)



Behavioral Health Services Division (Police Department)

Professional Wellness Section

Phone: 615-862-7887

[Police Department Professional Wellness Section](#) | [Nashville.gov](#)



Confidential Help

615-373-8000

[Serve & Protect](#) | [Facilitating Trauma Services for Public Safety \(serveprotect.org\)](#)



Frontlines Recovery

First Responder Support Group

Mondays 6:30pm Longhollw Celebrate Recovery

Contact Danny Spanno@ 615-4261689