

****FOR IMMEDIATE RELEASE****

DATE: March 3, 2020



TN VOICES DISPATCHES MENTAL HEALTH COUNSELORS TO ASSIST WITH MIDDLE TENNESSEE TORNADO RESPONSE

NASHVILLE, Tenn. (March 3, 2020) - [TN Voices](#), a leading statewide mental health advocacy organization, is dispatching mental health counselors to assist the public in processing the events caused by a violent storm system that ripped through Middle Tennessee Tuesday morning. The storms left 19 dead and hundreds injured or displaced throughout the area.

“The psychological impact of a disaster like this can be very difficult to process for both first responders and survivors,” says TN Voices CEO Rikki Harris. “If left untreated, that type of trauma can cause distress for months, even years to come.”

Harris says the mental and emotional injuries of this morning’s events, much like physical injuries, can be both devastating and debilitating. She stresses that even if a survivor or first responder feels okay, it can be very helpful to talk to someone and process some of the internal conflict disasters like this can cause.

TN Voices has been in contact with [Hands On Nashville](#), the organization working quickly to assess needs in the area and disperse volunteers. TN Voices Counselors will be at the following locations and times:

Centennial Sportsplex
222 25th Avenue N
Nashville, TN 37203
Noon-5pm Central

Victory Baptist Church
1777 Tate Ln
Mount Juliet, TN 37122
Noon-5pm Central

If anyone is affected by this morning's storms and is in need of mental health services, they can contact TN Voices headquarters at 615.269.7751 or log onto TNVoices.org. Per Nashville Mayor John Cooper, below are the preferred methods for donating time, money and immediate needs:

To volunteer your time, sign up with Hands On Nashville at HON.org.

To donate money, visit the Community Foundation of Middle Tennessee online at CFMT.org.

To donate everything EXCEPT clothing, stop by the Community Resource Center located at 218 Omohundro Pl, Nashville, TN 37210.

For those who have non-emergency cleanup requests, call 3-1-1.

For inquiries regarding TN Voices, contact Rikki Harris at RHarris@TNVoices.org. Members of the media inquiring about interviews with TN Voices regarding mental health and the psychological effects of this morning's storms, contact Sully@SullyPR.com or 615.280.0808.

Those who would like information on mental health advocacy in Tennessee, and to receive updates like this one, email TN Voices at TVC@TNVoices.org to join our mailing list.

MEDIA CONTACT:

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PUBLIC RELATIONS

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ABOUT TN VOICES

TN Voices, founded by Tipper Gore in 1986, is a 501(c)3 that advocates for the emotional and behavioral well-being of Tennesseans with emotional, behavioral, and mental health disorders across the state, bringing people and agencies together to address issues pertinent to individual and family needs, to gaps in services within a community, to policy issues at the local, state, and federal levels. TN Voices speaks out as active advocates for the emotional and behavioral well-being of Tennesseans. They provide advocacy, training, support, referral, prevention and early intervention.

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