



# MEDIA RELEASE

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## **Mayor Jacobs Highlights Emotional Crisis Services And Resources**

*KNOXVILLE, Tenn.*— As we wrap up Mental Health Awareness Month, Knox County Mayor Glenn Jacobs asks people to make the topic a year-long priority.

“I know it can be difficult to talk about your mental health. It is very personal. A lot of times people who are struggling are not ready to open up about it to close friends or family,” said Mayor Jacobs.

If you find yourself or someone else in an emotional crisis, there are services that let you confidentially reach out for immediate support. These resources are typically provided by non-profit organizations with volunteers who are trained to help get you through an emergency.

In Knox County, the Helen Ross McNabb Foundation operates the McNabb Center. It offers crisis services for children and adults. You can call the McNabb Center crisis hotline 24 hours a day at 865-539-2409.

The McNabb Center can deploy a Crisis Stabilization Unit as an alternative, less intensive environment for treatment during the time of crisis.

Other 24-hour free mental health crisis services include:

- National Suicide Prevention Lifeline: Call 1-800-273-TALK (8255)
- Tennessee Statewide Crisis Line: Call 855-CRISIS-1 (855-274-7471)
- Crisis Text Line: Text “TN” to 741741 for confidential support from a trained crisis counselor.

“Please remember there is no shame in asking for help, and there is always help available. So, no matter what, you are not alone,” said Mayor Jacobs.

You can see this week's video for Mental Health Awareness Month on [YouTube](#) and [Facebook](#).

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