

# Behavioral and Mental Healthcare

*Below you will find links to resources about mental health benefits. Additionally, you can find information on how to seek aid from a lawyer, if needed. Some areas of the state have more information than others. You may wish to look at information from other areas in addition to your own.*

## **National Resources**

### **Medicare & Your Mental Health Benefits**

This booklet from the Department of Health and Human Services talks about mental health benefits. This information applies if you have Original Medicare. This booklet can also tell you who is eligible, available benefits, prescription drug coverage, and help for people with limited resources.

### **Mental Health and Substance Abuse Resources**

Find information and resources for mental health concerns and substance use disorder treatment from the Department of Health and Human Services.

## **Statewide Resources**

### **What does Disability Rights Tennessee do?**

Learn more about Disability Rights Tennessee and their work to promote freedom from harm, freedom from discrimination, and freedom to participate in the community for the disabled.

### **Declaration for Mental Health Treatment Form**

This guide from the state of Tennessee provides helpful information about Declarations for Mental Health Treatment. A DMHT is a legal document where you can communicate your wishes in the case of a mental health crisis. Additionally, this resource provides a sample form for you to fill out a DMHT.

### **Forms for Involuntary Commitment**

Find the forms used for involuntary commitment supplied by the Tennessee Department of Mental Health & Substance Abuse Services at the link above.

## **Middle Tennessee**

### **Nashville Mental Health Court**

<http://gscourt.nashville.gov/departments-services/mental-health-court/>

## **Legal Advice:**

### **TN Free Legal Answers**

If you are in Tennessee, the website, Free Legal Answers, allows you to ask a lawyer for help with a legal issue at no cost. It is fast and easy, and all you need is a computer. This is a FREE service for people who cannot afford a lawyer.

How it works:

- You will answer a few questions to see if you qualify for their service. If you qualify, you will have the option to create an account.
- If you are eligible, you can ask their volunteer attorneys a non-criminal legal question.
- Once your question receives a response, you will get an email. You will need to sign into the website to read your response and ask any additional questions.

Visit <https://tn.freelegalanswers.org/> to sign up.

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