



# MENTAL HEALTH

Resources compiled for this roundtable hosted by City of Millington Mayor Larry Dagen and Millington Municipal Schools Board Member Debra Clifton

## Common Myths & Facts

🧠 Myth 1: You have to have a mental health diagnosis to go to therapy.

Fact: Therapy is for anyone — not just for people in crisis. People go to therapy to deal with stress, anxiety, grief, school pressures, family issues, and more. It's a healthy tool for growth and healing.

🧠 Myth 2: Children and teens don't struggle with mental health.

Fact: Young people experience stress, trauma, and emotional challenges too. In fact, 50% of all lifetime mental health diagnoses begin by age 14. Early support makes a big difference.

🧠 Myth 3: Talking about suicide makes it more likely to happen.

Fact: Talking openly about suicide does not increase risk — it can save lives. Asking someone if they're thinking about suicide shows you care and creates a safe space for them to share and get help.

🧠 Myth 4: People in small towns or rural areas don't deal with mental health issues.

Fact: Rural communities face mental health challenges just like urban ones — sometimes more. Isolation, transportation issues, provider shortages, and stigma can all be barriers to care.



## What is Mental Health?

Mental health refers to our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

Mental health is important at every stage of life, from childhood through adulthood. Everyone has mental health — and everyone deserves support.

## Fast Facts

- 1 in 5 U.S. adults receives a mental health diagnosis each year
- 1 in 6 youth (ages 6–17) are diagnosed with a mental health condition annually
- Depression is the leading cause of disability worldwide
- 50% of all lifetime mental health diagnoses begin by age 14

# LOCAL PROVIDERS

## Mental Health Providers in Millington

## HERE TO HELP

### Professional Care Services – Susan E. Ingram Center

Location: 5281 Navy Road, Millington, TN 38053

Phone: (901) 873-0305

Services: Outpatient therapy for adults and children, individual, group, and family counseling; psychiatric evaluations; medication management; case management; peer support; and crisis intervention

Payment: Accepts Medicaid, Medicare, private insurance, and offers a sliding fee scale

### Nearby Mental Health Facilities

#### Alliance Healthcare Services-Frayser

Location: 2150 Whitney Ave. Memphis, TN 38127 (Approx. 13 miles from Millington)

Services: Outpatient care for children, adults, and families; medication management.

#### Methodist Behavioral Health – Memphis

Location: 3960 New Covington Pike, Memphis, TN 38128 (Approx. 7 miles from Millington)

Services: Inpatient psychiatric care, dual diagnosis treatment, individual and family therapy, medication management.

#### Lakeside Behavioral Health System

Location: 2911 Brunswick Road, Memphis, TN 38133 (Approx. 10 miles from Millington)

Services: Inpatient and outpatient care for children, adolescents, and adults; treatment for PTSD, eating disorders, and serious mental illness.

#### HealthQuest

Location: 8130 Country Village Drive, Suite 103, Cordova, TN 38016 (Approx. 13 miles)

Services: Outpatient therapy, trauma therapy, medication management, and dual diagnosis support

#### Transformation Center

Location: 1088 Rogers Road, Cordova, TN 38018 (Approx. 14 miles)

Services: Partial hospitalization and intensive outpatient programs for adolescents and adults; treatment for mood disorders, trauma, and addiction.

## Crisis Support

National Suicide

Prevention Lifeline: Call or text 988

Tennessee Suicide

Prevention Network: Visit [tspn.org](https://tspn.org)

Memphis Crisis Center:

901-274-7477 (local crisis support)

## SOURCES

- [nami.org/mhstats](https://nami.org/mhstats)
- [cdc.gov/mentalhealth](https://cdc.gov/mentalhealth)
- [who.int](https://who.int)
- [nimh.nih.gov](https://nimh.nih.gov)
- [ruralhealthinfo.org](https://ruralhealthinfo.org)



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