

Families First - Resources for Struggling Families

Books

The links below will give you information on getting help with bills and food when you have money trouble.

Statewide Social Services Resources

[Department of Human Services \(DHS\)](#)

Families First is Tennessee's Temporary Assistance for Needy Families (TANF) program. It is a workforce development and employment program. You can apply for Families First or get more information about this program at your local DHS office.

Statewide Social Services Resources

[211 Tennessee - United Way](#)

For help by phone, dial 211 for Tennessee's community services help line or visit the 211 website.

[Kid Central](#)

Kid Central is a one-stop shop for Tennessee families to connect with important information and resources provided by Tennessee state departments.

Forms

[Standard Court Forms for all of Tennessee](#)

This resource contains standard court forms that are approved for all counties of Tennessee. If you need help filing one of these forms, you can ask a lawyer in your area.

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 will then ask their volunteer attorneys your 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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