

# 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.

### **A Mental Health Guide for Older Adults And Their Families**

This resource from the Department of Health and Human Services provides helpful information on mental health services that are available to older adults and their families.

## **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.

### **Model Forms for Mandatory Outpatient Treatment**

Mandatory outpatient treatment (MOT) provides a less restrictive alternative to inpatient care for those with a mental illness who require continued treatment and will respond to a legal obligation to participate in outpatient treatment. Find the forms used for MOT supplied by the Tennessee Department of Mental Health and Substance Abuse at the link above.

### **Middle Tennessee**

#### **Nashville Mental Health Court**

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

Please note that the phone numbers listed may not be for your county. Use the resources below to connect with representation 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 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.

### **Find Representation:**

#### **Statewide Directory**

The Statewide Directory provides information regarding Legal Aid Attorneys and other agencies by county in Tennessee.

Still need assistance? Please speak to a librarian at your local library – they may have additional resources to assist you.

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