

## About Help First

Helpfirst is a community-based web center, constructed to be a resource to the Upper Cumberland, making it easy to find volunteer opportunities as well as resources families may need.

“Give Help” connects community members to volunteer opportunities.

“Get Help” connects community members to resource agencies.

Your search can be filtered by county as well as by areas of interest.

If you are a non-profit organization and would like a page on this site, visit the “contact” page and send us an email.

*“Each day, we are creating the kind of community we want to live in through our actions and service to others. We give as we can and we help as we are able.” – Melinda James*

**Source URL:** <https://helpfirsttn.org/home>