

Alabama Mental Health Resources for Children

Hello Alabama! For crisis situations that are not life-threatening, find mental and behavioral health resources and other information below close to you. While these resources are general, the best resource is your family's medical provider.

If you are in a life threatening situation, call 9-1-1 or go to an emergency department.

If you are having thoughts of suicide or need to talk, please contact the National Suicide Prevention Lifeline 1-800-273-8255. If you prefer to text, you can text "START" to 741-741 where a live, trained specialist will respond back to you.

Resources

- [Suicide/Crisis Hotlines](#)
- [Mental Health Hotlines](#)
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- [Parent Hotlines/Resources](#)
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Suicide/Crisis Hotlines

Alabama Public Health Suicide Prevention Hotline

- National Crisis Hotline: 1-800-273-TALK (1-800-273-8255)
- <http://alabamapublichealth.gov/teens/suicide.html>

Alabama Crisis Center (Central Alabama)

- <https://crisiscenterbham.org/>
- Crisis Center Main Line: (205) 323-7777
- Rape Response: (205) 323-7273
- UTALK - Text or Talk: (205) 328-5465
- Survivors of Suicide Support Group: <https://crisiscenterbham.org/crisis-intervention-prevention/survivors-of-suicide-support-group.htm>

Crisis Services of North Alabama (Northern Alabama)

- (256) 716-1000 or 1-800-691-8426
- www.csna.org

Lifelines Counseling Services (Southwest Alabama)

- (251) 602-0909
- <http://www.lifelinesmobile.org/solutions/crisis-services/>
- Crisis services but also wide array of counseling services for many different behavioral health/crisis conditions

Alabama Department of Mental Health

- <http://www.mh.alabama.gov/>
- Advocacy Hotline: 1-800-367-0955
- Developmental Disability Hotline: 1-800-361-4491
- Mental Illness Hotline: 1-800-367-0955
- Substance Use Hotline: 1-844-307-1760

Mental Health Hotlines

Mental Health America: <http://www.mentalhealthamerica.net/>

- Montgomery County location: (334) 262-5500
- Etowah County location: (256) 547-6888 x 115

National Alliance on Mental Illness (NAMI) Alabama:

- <http://www.namialabama.org/>
- 334-396-4799

Child Abuse

- www.dhr.alabama.gov/county-office-contact
- Go to this website, click on your county, and many different child and family support resources will pop up

Eating Disorders

National Eating Disorders Association (NEDA)

- <https://www.nationaleatingdisorders.org/find-treatment/treatment-and-support-groups>
- NEDA Helpline: 1-800-931-2237

Domestic Abuse

Crisis Services of North Alabama

- csna.org
- Main Help Line: 256-716-1000
- Non Shelter Services Contact Lines:
 - Jackson County: 256-574-5826
 - Limestone County: 256-230-1240
 - Madison County: 256-716-4052 or SAIL 256-535-4662
 - Morgan County: 256-337-3670
- dhr.alabama.gov/county-office-contact
- Go to this website, click on your county, and many different child and family support resources will pop up

Parent Hotlines/Resources

Alabama Parent Center

- <http://alabamaparentcenter.com/web/>

Autism

Autism Society of Alabama

- <https://www.autism-alabama.org/>

Easter Seals Central AL

- Speech Therapy, Autism Diagnostic Services, Job development/placement, learning disability evaluation, ASL interpreting services, DME re-use program, pediatric occupational therapy
 - <http://www.easterseals.com/alabama/our-programs/live/autism.html>

Alabama Early Intervention System

- www.rehab.alabama.gov/services/ei
- 1-800-543-3098