

Community Mental Health Centers

Altapointe Health Systems

5750 A Southland Drive
Mobile, AL 36617
Phone: (251) 450-5901 Fax: (251) 666-7537
Email: ceo@altapointe.org

Counties Served: Clay, Coosa, Randolph, Talladega, Baldwin, Mobile, Washington

Cahaba Mental Health Center

417 Medical Center Parkway
Selma, AL 36701
Phone: (334) 875-2100 Fax: (334) 418-6540
Email:
carrie.bearden@cahabamentalhealth.com

Counties Served: Dallas, Perry, Wilcox

Highlands Health System

PO Box 2205
Anniston, AL 36202
Phone: (256) 236-3403 Fax: (256) 238-6263
Email: MTurner@ccmhb.net

Counties Served: Calhoun and Cleburne

Chilton-Shelby Mental Health Center

PO Drawer 689
Calera, AL 35040
Phone: (205) 663-1252 Fax: (205) 663-3175
Email: kcrouthers@chiltonshelby.org

Counties Served: Chilton and Shelby

Indian Rivers Mental Health Center

PO Box 2190
1924 Seventh Street
Tuscaloosa, AL 35403
Phone: (205) 391-3131 Fax: (205) 391-3135
Email: rphillips@irmhc.org

Counties Served: Bibb, Pickens, and Tuscaloosa

Cherokee, Etowah, DeKalb Mental Health Center

425 5th Avenue NW
Attalla, AL 35954
Phone: (256) 492-7800 Fax: (256) 494-5536
Email: shurley@cedmhc.org

Counties Served: Cherokee, Etowah, DeKalb

East Alabama Mental Health Center

2506 Lambert Drive
Opelika, AL 36801
Phone: (334) 742-2700 Fax: (334) 742-2707
Email: Jamie.herren@eamhc.org

Counties Served: Chambers, Lee, Tallapoosa, Russell

East Central Alabama Mental Health Center

200 Cherry Street
Troy, AL 36801
Phone: (334) 566-6022 Fax: (334) 566-5346
Email: dschofield@ecmhm.org

Counties Served: Macon, Bullock, Pike

Jefferson/Blount/St. Clair Mental Health Authority

940 Montclair Road, Suite 200
Birmingham, AL 35213
Phone: (205) 595-4555 Fax: (205) 592-3539
Email: rcraig@jbsmha.com

Counties Served: Blount, Jefferson, St. Clair

Community Mental Health Centers

Mental Health Center of North Central

Alabama

1316 Somerville Rd SE, Suite 1
Decatur, AL 35601
Phone: (256) 260-7300 Fax: (256) 355-6092
Email: lcoleman@mhcna.org

Counties Served: Lawrence, Limestone, Morgan

Mountain Lakes Behavioral Healthcare

2409 Homer Clayton Drive
Guntersville, AL 35976
Phone: (256) 582-3203 Fax: (256) 582-4161
Email: mgargis@mlbhc.com

Counties Served: Jackson, Marshall

Riverbend Center for Mental Health

PO Box 941
Florence, AL 35631
Phone: (256) 746-3431 Fax: (256) 582-4161
Email: bryanlibell@rcmh.org

Counties Served: Colbert, Franklin, Lauderdale

Southwest Alabama Mental Health Center

PO Drawer 964
Monroeville, AL 36461
Phone: (251) 575-4203 Fax: (251) 575-9459
Email: Candace@swamh.com

Counties Served: Clarke, Conecuh, Escambia, Monroe

WellStone, Inc.

4040 South Memorial Parkway
Huntsville, AL 35802
Phone: (256) 533-1970 Fax: (256) 532-4112
Email: Jeremy.blair@wellstone.com
Counties Served: Madison, Cullman

Montgomery Area Mental Health Authority

PO Box 3223
Montgomery, AL 36109
Phone: (334) 279-7830 Fax: (334) 277-8862
Email: phall@mamha.org

Counties Served: Autauga, Elmore, Lowndes, Montgomery

Northwest Alabama Mental Health Center

1100 7th Avenue North
Jasper, AL 35501
Phone: (205) 387-0541 Fax: (205) 302-9002
Email: dale@nwamhc.com

Counties Served: Fayette, Lamar, Marion, Walker, Winston

SpectraCare Mental Health Systems, Inc.

PO Drawer 1245
Dothan, AL 36302
Phone: (334) 712-2720 Fax: (334) 712-2727
Email: melissak@spcare.com

Counties Served: Barbour, Dale, Geneva, Henry, Houston

South Central Alabama Mental Health Board

PO Box 1028
Andalusia, AL 36420
Phone: (334) 222-2525 Fax: (334) 222-4660
Email: tommy.wright@scamhc.org

Counties Served: Butler, Coffee, Covington, Crenshaw

Community Mental Health Centers

West Alabama Mental Health Center

PO Box 260
Demopolis, AL 36732
Phone: (334) 289-2410 Fax: (334) 289-2416
Email: pmoore@wamhc.org

Counties Served: Choctaw, Greene, Hale
Morengo, Houston

UAB Comprehensive Community Mental Health Center

UAB Community Psychiatry
908 20th Street South
Birmingham, AL 35294
Phone: (205) 934-4108 Fax: (205) 975-8950
Email: react@uab.edu

Counties Served: Central Jefferson

Capitol Care South

2619 Commerce Blvd
Irondale, AL 35210
Phone: (205) 956-2000 Fax: (205) 876-1016
Email: sbarry@capitolcaresouth.com

Counties Served: Jefferson

Eastside Mental Health Center

129 East Park Circle
Birmingham, AL 35235
Phone: (205) 836-7283 Fax: (205) 836-9594
Email: drbecky53@aol.com

Counties Served: Eastern Jefferson, Blount, St. Clair

Brewer Porch Children Center

PO Box 870156
Tuscaloosa, AL 35405
Phone: (205) 348-7236 Fax: (205) 348-9368
Email: ross.grimes@ua.edu

Counties Served: Tuscaloosa

Glenwood Autism & Behavioral Health Center

150 Glenwood Lane
Birmingham, AL 35242
Phone: (205) 969-2880 Fax: (205) 969-0611
Email: leeyount@glenwood.org

Counties Served: Jefferson

National Crisis Resources

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

This is a crisis hotline that can help with many issues, not just suicide. For example, anyone who feels sad, hopeless, or suicidal; family and friends who are concerned about a loved one; or anyone interested in mental health treatment referrals can call the Lifeline. Callers are connected with a professional nearby who will talk to them about what they are feeling or concerns for other family and friends. Call the toll-free Lifeline 24 hours/day, 7 days/week.

Crisis Text Line

Text MHFA to 741741

Available 24/7, 365 days a year, this organization helps people with mental health challenges by connecting callers with trained crisis volunteers who will help provide confidential advice, support, and referrals if needed.

Lifeline Crisis Chat

www.crisischat.org

Visit this website to chat online with crisis centers around the United States.

The Trevor Project

Call 866-488-7386 or Text START to 678678

<https://www.thetrevorproject.org>

Trained counselors available 24/7 to support youth who are in crisis, feeling suicidal, or in need of a safe and judgement free place to talk. Specializing in supporting the LGBTQI+ community.

Substance Abuse and Mental Health Services Administration's (SAMHSA) Disaster Distress Helpline

Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related or natural or human-caused disasters.

Finding a Behavioral Health Provider

The National Council for Behavioral Health

<https://www.thenationalcouncil.org/providers/?region=>

Search for organizations that are committed to providing mental health services to anyone in the community who needs it regardless of their ability to pay.

Substance Abuse and Mental Health Administration

<https://www.samhsa.gov/find-help>

SAMHSA provides information on mental health services and treatment centers through an online service locator. You can search by your location, whether or not they provide services for youth, payment options (private insurance, cash or something else), languages spoken, etc.