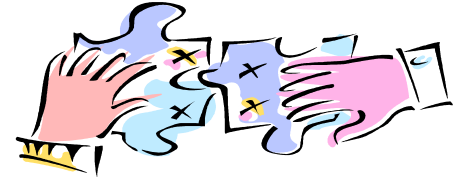


Resources for Counseling or Support



AMERICAN FOUNDATION FOR SUICIDE PREVENTION (AFSP)

National not-for-profit organization exclusively dedicated to understanding and preventing suicide through research, education and advocacy, and to reaching out to people with mental disorders and those impacted by suicide

www.afsp.org

ALABAMA BAPTIST CHILDREN'S HOME AND FAMILY MINISTRIES - (205) 945-0037

Locations in Jefferson and Shelby counties; registered play therapist on staff

www.abchome.org

AL-ANON & ALATEEN - 888-4AL-ANON (for introductory packet of information &/or meeting information)

Support for family members of those affected by addictions

www.al-anon.alateen.org

ALCOHOLICS ANONYMOUS - (205) 933-8964

Support program for teens and adults affected by addictions

www.aa.org

ALL KIDS - (888) 373-KIDS (5437)

Low cost health insurance for children and teens

www.adph.org/allkids

AMELIA CENTER - (205) 251-3430

Free grief and loss counseling to children and their families; individual and group counseling; critical incident/stress management; training for caregivers, health care professionals, school counselors, teachers, clergy, others; media center with numerous resources

www.ameliacenter.org

AMERICAN RED CROSS - (205) 458-8282

www.thebirminghamredcross.org

BIG BROTHERS BIG SISTERS OF GREATER BIRMINGHAM - (205) 942-8007

Youth mentoring organization

http://www.bbbs.org/site/c.kuISLcMTJrE/b.4040745/k.6A80/Big_Brothers_Big_Sisters_of_Greater_Birmingham.htm

CAREER DEVELOPMENT CENTER - (205) 663-2542, (205) 663-7133

Various programs housed in this center, including GED training, vocational rehab, job training, and veteran's assistance

CHILD & ADOLESCENT ASSOCIATES · (205) 978-7511

Small group practice, including a psychiatrist

CHILD & ADOLESCENT PSYCHOLOGICAL SERVICES OF INVERNESS · (205) 981-1330

Children, adolescents, and families; individual, family, and group therapy; behavioral, emotional, and learning difficulties; psychological and educational evaluations; consultation and presentation services

CHILDREN'S AID SOCIETY · (205) 251-7148

Therapy and interventions, including programs for adolescent parents

www.childremsaid.org

CHILTON-SHELBY MENTAL HEALTH · (205) 663-1252, (205) 685-9535 (substance abuse)

Professional mental health services available with sliding scale fees

chiltonshelby.org

COMMUNITY EDUCATION OFFICE · (205) 682-5966

Various education and enrichment programs offered through Shelby County Schools.

COVENANT COUNSELING AND EDUCATION · (205) 879-7500

Couples, families, and individuals; numerous groups and educational resources; focus areas of counselors include eating disorders, addictive disorders, anxiety disorders, depression, substance abuse, sexual abuse survivors, life transitions, men's issues, women's issues, family dynamics, parenting, and ADHD; psycho educational evaluations

www.covenantcounsel.com

CONTEXT COUNSELING · (205) 328-1037

Adolescents, marriage, family; focus areas include depression, alcoholism, anger management, severe disorders, and others

CRISIS CENTER · (205) 323-7777

24-hour crisis line; no face-to-face counseling, though referrals can be made

Kids Helpline--(205) 328-5437 (328-KIDS)

Line open 3 – 10 PM

Teen Hotline--(205) 328-5465

Line open 3 – 10 PM

Rape Response--(205) 323-7273 (323-RAPE)

Free rape kit in a non-hospitalized setting; free individual or family counseling for survivors of sexual assault

Senior Talkline--(205) 328-8255

Sign up for program to talk to friendly volunteer on a daily basis

www.crisiscenterbham.com

CROSSCREEK FAMILY SERVICES · (205) 663-8887

Professional mental health services on a sliding-scale basis; psychotherapy; individual, family, and group counseling; psychological assessment of adults, adolescents, and children; career guidance

crosscreekfs.com

FAMILY CONNECTION · (205) 663-6301

Residential youth facility; youth crisis assistance

Hope House—day shelter for homeless youth in downtown Birmingham, operated by Family Connection

Project Safe Place-Shelby County—runaway and homeless youth assistance; temporary shelter at Family Connection facility

www.familyconnection-inc.org

FIRST LIGHT · (205) 323-4277

Shelter for women and their children

www.fpcbham.org

GATEWAY FAMILY SERVICES · (205) 510-2780

Children, adolescents, and adults; able to accept sliding scale fees due to United Way subsidy

www.gway.org

GRACE HOUSE · (205) 786-4663

Home for girls

www.grace-house.org

GRAYSON AND ASSOCIATES

(205) 871-6926 (Homewood)

(205) 444-0420 (Riverchase)

Large group of therapists with access to psychiatrists and expedited hospitalization; adolescents and adults; psychological evaluations and psychotherapy

www.graysonmentalhealth.com

HANNAH HOMES of Shelby County · (205) 678 8331

Long term shelter for women and women with children who are fleeing domestic violence; additional support provided through counseling, parenting classes, transportation, job training, and child care

www.kingsranch.org

HELPING HANDS · (205) 672-2045

Help for needy families--food and other supplies

JESSIE'S PLACE · (205) 323-0170

Shelter for women and their children

www.jimmiehalession.com

JIMMIE HALE MISSION - (205) 323-5878

Shelter for men

www.jimmiehalession.com

KIDS FIRST AWARENESS COALITION - (205) 685-9276

Program for children in Alabaster area that provides help and support to children in need of after-school supervision, help with homework, and other issues.

<http://www.accuaf.org/KidsFirst>

KING'S RANCH - (205) 669-3133

Residential group home and therapeutic treatment for children and adolescents

www.kingsranch.org

MAGNOLIA CREEK - (205) 678-4373

Provides treatment for women ages 18 and older struggling with anorexia nervosa, bulimia nervosa, and eating/exercise disorders not otherwise specified. Designed to provide a complete treatment experience, addressing the medical, psychological, nutritional, spiritual, and relational needs of our residents.

www.magnolia-creek.com

OASIS WOMEN'S COUNSELING CENTER - (205) 933-0338

Provides services to women throughout lifespan; individual, group, couple, family, and play therapy on a sliding scale basis; focus areas of various counselors include eating disorders, anxiety disorders, adolescent and women's issues, child sexual/physical abuse, other trauma/abuse, attachment disorders, anger/mood management, communication skills, other

www.oasiscounseling.org

OPPORTUNITY ACTION COMMITTEE (OAC) - (205) 669-3836

Provides assistance to families in need by assisting with utility bills

OWENS HOUSE CHILDREN'S ADVOCACY CENTER - (205) 669-3333

Free mental health services to abused and neglected children, adolescents, and their families; parenting and educational groups

www.owenshousecac.org

PATHWAYS - (205) 595-6399

Shelter and assistance for homeless women and children

www.pathwayshome.org

Mimie McCarley Player, M. A., LPC - (205) 915-2522

Child, adolescent, and adult counseling

RELATIONSHIPS, INC. - (205) 991-3683

Individuals, families, children; concentration areas include depression, anxiety, anger, addictions, attention deficit disorders, grief, repressed memories, marital and parent-child relational difficulties

SAFE HARBOR - (205) 985-7434

Support group; family support and restoration; community education; volunteers, mentors, and counselors involved with this group; "Rescuing youth from rebellion, substance abuse, gangs, anger, and the occult"

<http://www.thesafeharbor.org/>

SAFEHOUSE - Crisis line (205) 664-4357, Main line (205) 664-8953

Sheltering program for domestic violence victims and sexual assault victims

www.safehouse.org

SALVATION ARMY - (205) 328-5656

Emergency shelter and assistance (assistance with bills, food, clothing, treatment, etc.)

<http://www.birmingham Salvation Army.org>

SAMARITAN COUNSELING CENTER - (205) 967-3660

Christian group practice – Kacey Moore

<http://www.samaritancc.org/>

SHELBY COUNTY JUVENILE PROBATION OFFICE - (205) 669-3831

<http://18jc.alacourt.gov/ju.aspx>

SHELBY COUNTY DEPARTMENT OF HUMAN RESOURCES - (205) 669-3000

Houses many programs for families in need of various types of assistance; accepts reports of abuse or neglect www.dhr.state.al.us

SHELBY COUNTY HEALTH DEPARTMENT - (205) 664-2470 (Pelham)

www.adph.org

SHELBY EMERGENCY ASSISTANCE - (205) 665-1942

Food, clothing, and other assistance for families and individuals in need; Operates Twice as Nice Thrift Store that accepts donations

SHELBY PSYCHOLOGICAL SERVICES - (205) 664-4010

Gaye Vance, Ph. D. - <http://www.gayevance.com>

Children, adolescents, and adults; performs psychological evaluations and psychotherapy

SOUTHERN OAKS CENTER - (205) 664-3480

Residential youth facility

STEP Program Shelby Teens for Effective Parenting (part of Shelby Emergency Assistance)

205-665-1942 Carolyn Locke, Program Coordinator

Helping Shelby County teens cope with pregnancy and parenting

Angelle Taylor, M. Ed., LPC - (205) 879-9446

Marriage, family, personal growth, coping skills, time management, crisis intervention, grief, stress

WELLSPRING CHRISTIAN CLINIC - (205) 879-9964

Christian counseling practice with various therapists on staff, including a clinical psychologist, marriage and family therapist, certified addictions counselor, and a psychiatrist

www.wellspringchristian.com

UPWARD BOUND at the University of Montevallo - (205) 665-6268

Free program made possible through federal grants that provides high school students with the tools and resources necessary for success in college. Students must apply and qualify for membership. Membership is based on demonstration of need, among other qualifications.

<http://www.montevallo.edu/UB/>

UNITED WAY OF CENTRAL ALABAMA, INC. - (205) 251-5131; 211

Helps individuals and families who experience disaster; provides financial support to area assistance programs; 211 information line--caller enters local zip code to be connected with United Way representative in that area, who can assist in finding appropriate assistance program

<http://www.uwca.org/>