WWW.COMPACT2020.COM

HELP & RESOURCE GUIDE

24 - HOUR SUICIDE & CRISIS LINES

- National Suicide and Crisis Lifeline (English) Call or text 988.
- National Suicide and Veterans Crisis Lifeline. Call 988 and press 1 or text 838255.
- National Suicide and Crisis Lifeline (Spanish) Call 988 and press 2.
- Birmingham Crisis Center Suicide and Help Line: 205.323.7777. This suicide prevention line offers crisis and resource assistance. Visit the website for Birmingham Crisis Center Website.
- SafeHouse and SafeShelby: 205.669.7233 r. SafeHouse and Safe Shelby is Shelby County's domestic and/or sexual violence survivor's crisis and talk line. Fellow survivors can assist with counseling support, legal guidance, and case management to help survivors create a new and better life. Visit the website for Safehouse and SafeShelby.

NON - CRISIS TALK LINES

- COMPACT Parent Talk Line: 205.605.1827. This talk and information line is for Shelby County families who have a child who is exhibiting high-risk behavior and/or substance abuse. Visit the website for COMPACT.
- COMPACT Teen Talk Line: 205.605.1830. This talk and information line is for teens who may have concerns about a family member's, friend's, or their own substance abuse. Visit the website for COMPACT.
- Birmingham Crisis Center UTalk Teen Text and Talk Line: 205.328.5465. This talk line connects teens to other young adults to discuss life problems. Visit the website for Birmingham Crisis Center.
- Wings Across Alabama: 1.844.999.4647 Offers a peer-to-peer mental health, non-crisis talk line that connects individuals living with a mental illness to peers who have the same experience. Online and in-person support groups, general assistance, and life training. Visit the website for Wings Across Alabama.

GENERAL ASSISTANCE

- Alabama 211: 211 or 1.888.421.1266 Alabama 211 offers assistance in finding resources for basic human needs, physical and mental health, employment, financial, senior citizen support, and parenting resources. Visit the website for Alabama 211.
- Shelby Emergency Assistance: 205.665.1942 Shelby Emergency Assistance is a basic resource finder for Shelby County residents only. Resource assistance includes food, education, job search, medical/dental service, and housing. Visit the website to learn more.

HELP & RESOURCE GUIDE

GENERAL ASSISTANCE CONTINUED

- Hispanic Interest Coalition of Alabama (HICA): 205.942.5505 HICA is a community development and advocacy organization that promotes economic equality, civic engagement, and social justice for Latino and immigrant families in Alabama. HICA offers crime victim services and advocacy, family services, student services, financial coaching, and legal information. Visit the website for the Hispanic Interest Coalition of Alabama.
- Oak Mountain Mission Ministries: 205.685.5757 Oak Mountain Mission offers food, clothing, furniture, household items, and financial assistance. Visit the website for Oak Mountain Mission Ministries.
- Shelby Baptist Association Ministries: 205.669.7858 The Shelby Baptist Association provides family resources, food and clothing assistance, financial, literacy programs, student assistance, and medical equipment. Visit the website for Shelby Baptist Association Ministries.
- Community of Hope Health Clinic: 205.644.8640 Patients can receive free physical therapy, mental health services and counseling, prenatal care, dermatology, flu and COVID-19 vaccines, mobile healthcare, and telemedicine. They provide an on-site dispensary for Shelby County adults, ages 19 to 64. Visit the website to learn more.
- City of Pelham Community Paramedic Program: 205.620.6519The Pelham Community Paramedic Program assists residents of Pelham by providing a personal connection to social and medical resources. The free program operates in collaboration with the Middle Alabama Area Agency on Aging (M4A). We can assist with or connect residents to the following resources: - Dementia and Alzheimer's Caregiver Assistance - Chronic Disease Education (One-on-one sessions and workshops. - Senior Services or Disability Resources - Mental Health or Substance Abuse - Medication Therapy Management - Medicare and Medicaid Counseling - Home Safety Assessments / Fall Reduction - Overcoming Barriers to Healthcare Learn more about the City of Pelham Community Paramedic Program.
- S.A.F.E.R. (Special Awareness for Extra Risks) Program: 205.620.6550 S.A.F.E.R. is a voluntary special needs registry created for the citizens of Pelham and those who frequently visit our city. The purpose of the program is for families of individuals who have various physical, intellectual, or developmental abilities, to inform first responders of those needs in the event they are in contact with their loved one. Visit the S.A.F.E.R. section on the Pelham Police Department website.

WWW.COMPACT2020.COM

HELP & RESOURCE GUIDE

SENIOR CITIZENS SERVICES

- M4A Middle Alabama Area Agency on Aging: 205.670.5770 M4A provides resources, assistance, and information to older individuals and/or disabled individuals to help them live independently. Assists families and caregivers, to ease the difficulties of caring for an aging or disabled loved one. Learn more about M4A and its services.
- Senior Talk Line: 205.328.8255 The Senior Talk Line is a non-crisis peer-to-peer talk line for senior citizens to reduce social isolation. A senior can call, or families can call and inquire about placing a loved one on the call list. Visit the Senior Talk Line website.
- Pelham Senior Center: 205.620.6064 The Pelham Senior Center provides opportunities for individuals 55 and older living in Pelham/Shelby County to improve their talents, enrich their minds, give service in the community, develop meaningful friendships, and help maintain physical health through wellness programs. Learn more about the Pelham Senior Center.

MENTAL WELLNESS SERVICES

- Central Alabama Wellness: 205.651.0077 Central Alabama Wellness provides an array of services for adults and children dealing with mental illness and/or substance use disorders. Visit the website for Central Alabama Wellness.
- Children's Psychiatric Intake Response Center: 205.638.7472 Located in Children's Hospital, the PIRC assists families in finding the appropriate level of mental health care for a child or teen. Visit the website for Children's of Alabama.
- National Alliance on Mental Illness Shelby County (NAMI): 205.202.0827NAMI Shelby serves Shelby County residents with free mental health support, resources, and education. Services are for individuals living with a mental illness and the families who love them. Learn more about NAMI here.
- Family Connection: 205.663.6301 This organization strengthens families and communities by providing shelter, counseling, and safety for young people in crisis. Programs are available for school truancy, bullying, runaway, or homeless youth. Visit the website for Family Connection.

WWW.COMPACT2020.COM

HELP & RESOURCE GUIDE

SUPPORT FOR FAMILIES / SUBSTANCE ABUSE

- M4A Middle Alabama Area Agency on Aging: 205.670.5770 M4A provides resources,
- Parents of Addicted Loved Ones (PAL): 205.616.8867 or 1.480.300.4712 PAL offers support and education groups for parents, spouses, and loved ones of individuals suffering from substance use disorder. Learn more about PAL.
- ALANON and ALATEEN: 205.388.3765 Alanon and Alateen offer support groups for families and children of individuals with an alcohol use disorder. Visit the website for Alanon and Alateen.
- Recovery Organization of Support Specialists & the Alabama Department of Mental Health 24-Hour Helpline: 1.844.307.1760 Provides resources and information for families and loved ones of individuals suffering from a substance use disorder. Learn more about ROSS.
- COMPACT: 205.605.1824 A community initiative addressing youth substance abuse and wellness issues in Shelby County. Offers youth intervention programs, resources, substance abuse prevention information, and education. Visit the COMPACT website.
- Addiction Prevention Coalition: 205.874.8498 Provides resources, awareness, and education for families and individuals. Visit the Addiction Prevention Coalition website to learn more.
- UAB Family Support Meetings: 205.975.8402 Offers a support group for families and loved ones of individuals suffering from substance use disorder. Meetings are Thursday evenings from 5:00 p.m.-6:30 p.m. Learn more about the UAB Family Support Meetings.
- Bradford Health Services: 1.888.762.3740 Bradford Health Services Family Program is a free online resource to educate families on their loved ones' substance use disorder. Visit the website to learn more about Bradford Health Services.

SUBSTANCE ABUSE ASSISTANCE

- ROSS Recovery Organization of Support Specialists and Alabama Department of Mental Health 24-hour helpline: 1.844.307.1760 Call to discuss substance use disorder issues with a peer support specialist who is in recovery. The organization offers various support meetings that reflect all walks of life. Learn more about ROSS here.
- Alcoholics Anonymous: 1.800.839.1686 Offers alcohol use disorder recovery and support meetings in both English and Spanish. Find a meeting location on the Alcoholics Anonymous website.
- Narcotics Anonymous: 1.800.407.7195 Offers substance use disorder recovery and support meetings. Find a meeting location on the Narcotics Anonymous website.
- Recovery Resource Center: 205.458.3377 Recovery Resource Center is a no-cost, walk-in recovery, and resource center. It provides assessments, treatment referrals, and peer support resources. Learn more on the Recovery Resource Center website.
- Celebrate Recovery: A Christ-centered 12-step recovery group for those struggling with hurt, pain, addiction, and other difficult life issues. Find a meeting location on the Celebrate Recovery website.