

RESOURCES FOR COUNSELING OR SUPPORT



ADOLESCENT AND CHILD DEVELOPMENT PROFESSIONALS – (205) 933-9276

A Partnership of Cotton, McInturff & Associates, P.C. and Drummonds & Associates, P.C.

Child, adolescent and adult psychotherapy; individual, group, couples, marital, and family counseling on various issues; play therapy; assessment services; consultation services

<http://www.adultandchilddevelopment.com/>

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

Counseling services through Pathways Professional Counseling; organization also provides group homes for children, family care homes, and foster parent programs

www.abchome.org

ALABAMA FAMILY RESILIENCY CENTER, LLC – (205) 314-5790

Angela G. Morrison, M. S., LPC, NCC

Counseling and strength-based trainings for individuals, couples and families; brief, solution-focused counseling to children, teens and adults; parenting seminars; parenting coordination; parenting plans; collaborative process—a private, voluntary, no-court option for resolving divorce and other family-related disputes (used by parties who prefer to avoid the costs and stress of litigation); domestic violence assessments and counseling; divorce and separation issues; groups for children and adolescents of separated or divorced families

<http://www.alabamafamilyresiliencycenter.com/>

ALABAMA SCOTTISH RITE LEARNING CENTERS – (205) 365-1640

Services for children with language and learning difficulties, including dyslexia

www.alsrlcenter.org

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

Support for family members of those affected by addictions

<http://al-anon.org/>

<http://al-anon.org/for-alateen>

ALCOHOLICS ANONYMOUS – (205) 933-8964

Support program for teens and adults affected by alcohol addiction

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 FOUNDATION FOR SUICIDE PREVENTION (AFSP) – (888) 333-AFSP (2377)

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

AMERICAN RED CROSS: Alabama Region – (205) 458-8282

Disaster services; health and safety classes; services to the armed forces; Project SHARE

www.redcross.org/local/alabama

BEACON CHILDREN’S HOSPITAL – (334) 335-5040

Child and adolescent (ages 10-18) inpatient psychiatric treatment facility located in Luverne, AL

www.beaconchildrenshospital.com

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

Youth mentoring organization with local offices in Birmingham and Alabaster

www.bbbsbhm.org

BIG OAK RANCH – (205) 467-6226

Faith-based organization that operates homes for boys, homes for girls, and transition homes for after high school, to those in need due to abuse, neglect or abandonment

www.bigoak.org

BRADFORD HEALTH SERVICES – (888) 577-0012

Alabaster: (205) 621-4429

Birmingham: (205) 942-3200

Multiple locations, including Alabaster and Birmingham; adolescent and adult outpatient and intensive outpatient substance abuse treatment; adult outpatient detox; adolescent and adult continuing care services; 12-step meetings; family support; educational classes

<http://bradfordhealth.com/locations/>

CAHABA PSYCHOLOGY CENTER – (205) 403-0955

Licensed psychologists provide evaluation and treatment for children, adolescents and adults; individual, couple, and family sessions available, as well as parent training, psychological evaluation and diagnosis, consultation, and educational presentations

www.cahabapsychology.com/

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

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

<https://joblink.alabama.gov/ada/>

CELBRATE RECOVERY – (205) 757-7566 or (205) 243-2268

Birmingham: Inverness Vineyard Church

Christian-based 12-step recovery program with multiple meeting locations

www.celebraterecovery.com

CHILD - ADOLESCENT PARTNERS

**Beth Mann, M. A., LPC, RPT – (205) 492-2426,
Andon Briggs, M. Ed., LPC, NCC – (205) 451-6496**

Small practice offering individual, family, group and play therapy services to ages 2½ to adult
<http://childadolescentpartners.com/>

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

Therapy and interventions, including programs for adolescent parents
www.childrensaid.org

CHILTON-SHELBY MENTAL HEALTH – (205) 663-1252 (Pelham Office)

Public, non-profit organization providing mental services for individuals dealing with mental illness, intellectual disabilities or substance abuse disorders; services may be available with sliding scale fees; out-patient and in-patient treatment options
www.chiltonshelby.org

COMMUNITY ACTION ASSOCIATION OF ALABAMA: ELEVENTH AREA OF ALABAMA OPPORTUNITY ACTION COMMITTEE – (205) 755-1204

Assistance for families and senior citizens who are in need, in Shelby and Chilton counties
www.caaalabama.org

COMMUNITY EDUCATION OFFICE – (205) 682-5966

Various education and enrichment programs offered through Shelby County Schools
www.shelbyed.k12.al.us/communityed.htm

CONTEXT COUNSELING – (205) 328-1037

Adolescents, marriage, and family counseling services

COUNSELING AND CONSULTING PROFESSIONALS – (205) 410-3582

Gary Williams, Ed. S., LPC

Individual and couples counseling, including parenting and blended families; career coaching and counseling; corporate consulting
www.garywilliams.net

COVENANT COUNSELING AND EDUCATION – (205) 879-7500

Individual, marriage, and family counseling for children, adolescents, and adults; numerous groups and educational resources; psycho educational evaluations
www.covenantcounsel.com

CREATIVE WELLNESS – (205) 933-5422

“Healing through counseling and creative arts”; counseling and other services for children, adolescents and adults; individuals, couples, and family counseling; play therapy; creative and expressive arts
<http://www.creativewellnesscounseling.org/>

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): Lines open from 3:00-10:00 p.m.

Teen Hotline – (205) 328-5465: Lines open from 3:00-10:00 p.m.

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

Free rape assessment in non-hospitalized setting; free counseling for survivors of sexual assault

Senior Talkline – (205) 328-8255: Sign up for program to talk to friendly volunteer, daily

www.crisiscenterbham.com

CRISIS MANAGEMENT INSTITUTE – (503) 585-3484

Organization that provides on-site crisis response, trauma intervention and violence prevention services throughout the world as well as training and technical assistance; website has many free resources on PDF and video on various topics associated with crisis, trauma and grief

www.cmionline.com

THE DOUGY CENTER – (866) 775-5683

The National Center for Grieving Children & Their Families

Provides free support and training nationally and internationally to individuals and organizations seeking to assist children in grief; various print and video resources on website

www.dougy.org/

FAMILY CONNECTION, INC. – (205) 663-6301

Residential Youth Center

Temporary housing and counseling support for youth (ages 12-17) who are runaway, homeless, or in the midst of crisis; located in Alabaster

Project HOPE—Street-Based Outreach and Drop-In Day Shelter (HOPE House)

Counseling, supplies (food, hygiene items, etc.) and other support for runaway and homeless youth; located in Birmingham

Project Safe Place—Shelby County

National crisis prevention program for children and teens; buildings that display this sign can link a child or teen in crisis (who requests help) with a volunteer; if in Shelby County, volunteer is affiliated with Family Connection, Inc.



TXT 4 HELP

National service offered by National Safe Place; young people (under age of 18) who need help can text SAFE and current location (address/city/state) to 69866 to receive a text back with nearest Safe Place location

www.familyconnection-inc.org

FIRST LIGHT – (205) 323-4277

Shelter and services for women and their children

www.fpcbham.org

GATEWAY Family Services – (205) 510-2780

Children, adolescents, adults; individual, family, couple, and parent-child counseling; diagnostic testing; psychiatric services and medication monitoring; parenting groups; violence intervention program; financial freedom program; additional services offered; sliding scale fees available

www.gway.org

GLENWOOD AUTISM & BEHAVIORAL HEALTH CENTER – (205) 969-2880

Numerous services offered including diagnosis and assessment, therapy, family education and support services, medication management, consultation and training, and teacher training; outpatient services for children, adolescents and families with Autism Spectrum Disorder or other emotional and behavioral concerns; preschool program; child and adolescent services (day treatment and residential); adult services (day program and residential); additional services
<https://glenwood.org/>

GRACE HOUSE – (205) 786-4663

Home for girls, located in Fairfield
www.grace-house.org

GRAYSON AND ASSOCIATES (Birmingham Area Intake) – (205) 868-6702

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

HAYDEN BELISLE COUNSELING AND CONSULTING – (205) 490-2591

Private practice that provides therapeutic services to children (starting with age 6) through adults; individual, couple, and family therapy
https://therapists.psychologytoday.com/rms/name/Hayden_Belisle_MEd,LPC_Birmingham_Alabama_246753

HELPING HANDS – (205) 672-2045

Help for families in need of food or other supplies
www.facebook.com/ChiltonShelbyHelpingHands

¡HICA! (Hispanic Interest Coalition of Alabama) – (205) 942-5505

Non-profit organization that operates several programs and services—Asset Building and Economic Development Program, Community Engagement and Education Program, Immigration and Access to Justice Program, Strong Families Program; other services and support
<http://www.hispanicinterest.org/>

THE HIGHLANDS TREATMENT CENTER FOR EATING DISORDERS – (205) 552-0417

Offers a partial hospitalization program and intensive outpatient program for ages 16 and above; integrative therapy for related mood disorders; medical, therapeutic, and nutritional care
<http://thehighlandstc.com/>

HILL CREST BEHAVIORAL CENTER – 205-833-9000

Provides intensive therapy for children, adolescents and adults through ICU, inpatient services, a residential treatment program (ages 12-18), and group homes (ages 11-19)
www.hillcrestbhs.com/

JESSIE'S PLACE – (205) 323-0170

Shelter and services for women and their children
www.jimmiehalemission.com

JIMMIE HALE MISSION – (205) 323-5878

Shelter and services for men

www.jimmiehalession.com

KIDS FIRST AWARENESS COMMUNITY LEARNING CENTER – (205) 706-9467

Non-profit, at-risk community learning center located in Alabaster with programs for children, adolescents and adults; after school and summer programs with activities, homework help and other support; adult education classes and resources with free childcare; outreach programs

<http://kidsfirst123.com/>

KID ONE TRANSPORT – 205-978-1000

Provides transportation to medical care for children and expectant mothers with limited resources

www.kidone.org

KING'S HOME – (205) 678-8331

King's Ranch

Homes for at-risk youth (ages 10-21)

Hannah Homes

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

www.kingshome.com

LIFE PRACTICAL – (205) 807-6645

Paul Johnson, M. Ed., LMFT, LPC, NCC

Licensed marriage and family therapist and licensed professional counselor; works with individuals and couples; works with families dealing with child development and parenting issues and family dynamics; works with individuals on various life issues

<http://lifepactical.org/category/about/>

MAGNOLIA CREEK – (205) 678-4373

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

www.magnolia-creek.com

MITCHELL'S PLACE – (205) 957-0294

Comprehensive, research-based, educational, social and therapeutic services for children, adolescents and families affected by Autism Spectrum Disorders and other developmental disabilities; services include behavioral analysis, diagnosis, psychiatry, psychology, occupational therapy, speech therapy, educational and social programs (including summer)

<http://www.mitchells-place.com/>

NARCOTIC ANONYMOUS – (866) 985-0008

Support program for teens and adults affected by drug addiction; multiple meeting locations

www.na.org

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

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

Free mental health services to abused and neglected children, adolescents, and their families
www.owenshousecac.org

PATHWAYS – (205) 595-6399

United Way agency that provides free shelter and assistance for homeless women and children
www.pathwayshome.org

RELATIONSHIPS, INC. – (205) 991-3683

Dr. Michael G. Semon

Licensed Marriage and Family Therapist and Licensed Professional Counselor (with doctoral degree in counseling psychology) provides individual, marriage, and family counseling
www.relationshipsincorporated.com/

RESTORING HOPES, LLC – (205) 919-0870

Eddie Sharpe, ALC

Delivers services within the community in collaboration with other professionals involved in treatment. Provides individual/family/group counseling in addition to mental health consultation, crisis intervention and basic living skills. Approved to be a Medicaid provider.

SAFE HARBOR – (205) 985-7434

Non-profit organization dedicated to educating communities and restoring families who have youth involved in rebellious behaviors
<http://thesafeharbor.org/about-us/>

SAFEHOUSE of Shelby County

24-Hour Crisis Line: (205) 669-7233 (SAFE)

Administrative Office: (205) 669-1877

Sheltering program, free counseling, and other support for survivors of domestic violence and sexual assault (and their children)

<http://safehouse.org/>

SALVATION ARMY – (205) 328-5656

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

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

<http://www.birmingham Salvation Army.org/about-us/ministries/shelby-county/>

SAMARITAN COUNSELING CENTER – (205) 967-3660

Christian group practice

<http://samaritance.org/>

SAV-A-Life Shelby – (205) 979-0302

Pregnancy resource center

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

SHELBY BAPTIST ASSOCIATION – (205) 669-7858

Faith-based organization that provides food, clothing, medical help, Christmas gifts, disaster relief, counseling and other supplies and services to individuals and families in need

www.shelbybaptist.org

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

http://dhr.alabama.gov/counties/county_results.aspx?id=Shelby

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

<http://www.adph.org/shelby/>

SHELBY COUNTY JUVENILE COURT – INTAKE AND PROBATION – (205) 669-3831

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

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

www.shelbyemergencyassistance.com/

SHELBY PSYCHOLOGICAL SERVICES – (205) 664-4010

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

www.shelbypsych.com

STEP PROGRAM – (205) 665-1492

Offers support to pregnant teens. Meets with teens at the school to provide information on insurance, parenting classes and newborn care.

Contact Carolyn Locke

http://www.shelbyemergencyassistance.com/STEP_Program.html

THE WELLHOUSE – (800) 991-0948 (24/7 helpline)

Birmingham area, non-profit, faith-based organization devoted to the rescue and recovery of women and children who are being sexually exploited; adult victims are given shelter, food, clothing, spiritual guidance and other support; speakers available for educating groups about the national and local concerns of human trafficking

<http://www.the-wellhouse.org/>

TRACY LAMBRECHT COUNSELING AND WELLNESS, LLC – (205) 224-0013

Practice accepts children through adults for individual and family counseling

https://therapists.psychologytoday.com/rms/name/Tracy+Lambrecht+Counseling+and+Wellness+LLC_Birmingham_Alabama_195439

UNITED WAY OF CENTRAL ALABAMA, INC. – (205) 251-5131, Ext. 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
www.uwca.org

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://umub.montevallo.edu/>

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

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