



# RESOURCE GUIDE

PELHAM POLICE & FIRE



## SUICIDE & CRISIS

**Birmingham Crisis Center | 205.323.7777 or 1.800.273.8255**

**Veterans Crisis Line | 1.800.273.8255 (press 1) | Text: 838255**

**Ayuda En Espanol | 1.888.628.9454**

**SafeHouse & SafeShelby | 205.669.7233**

- For victims of domestic & sexual violence

## NON-CRISIS WELLNESS SUPPORT

**Compact Parent Talk Line | 205.605.1827**

**Compact Teen Talk Line | 205.605.1830**

**UTALK Teen Text & Talk Line | 205.328.5465**

**Senior Talk Line | 205.328.8255**

**Wings Across Alabama Warm Line | 1.844.999.4647**

- Non-crisis wellness line staffed by Certified Peer Specialists who all have personal experience with mental illness

## MENTAL WELLNESS

**Central Alabama Wellness | 205.651.0077**

- Mental health and substance use disorder services

**Psychiatric Intake Response Center | 205.638.7472**

- Assists parents in finding the appropriate level of mental health care for their adolescent or teenage child

**National Alliance on Mental Illness (NAMI) | 205.202.0827**

- Support groups and education for individuals and families dealing with mental illness

**Family Connection | 205.663.6301**

- Shelter, counseling, safety for young people in crisis w/goal of reuniting with family
- Addresses school truancy, bullying, runaways & homelessness among youth



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# SUBSTANCE ABUSE

## **Alcoholics Anonymous | [www.aa.org](http://www.aa.org)**

- 12-step fellowship recovery group

## **Narcotics Anonymous | [www.na.org](http://www.na.org)**

- 12-step fellowship recovery group

## **AL-ANON | [www.al-anon.org](http://www.al-anon.org)**

- Support group for family of individuals addicted to alcohol

## **Parents of Addicted Loved Ones (PAL) | 205.626.8867**

- Support group for friends & family of addicted individuals

## **Celebrate Recovery | [www.celebraterecovery.com](http://www.celebraterecovery.com)**

- Christ-centered 12-step fellowship recovery group

## **Recovery Organization of Support Specialists | 1.844.307.1760 | 205.848.2112**

- Peer organization offering support from others in recovery

## **Recovery Resource Center | 205.458.3377**

- No cost walk-in recovery & resource center

## **Addiction Prevention Coalition | 205.874.8498**

- Assists families and individuals with substance abuse resources

## **Compact | 205.605.1824**

- Resources for families dealing with a high-risk or drug-involved teen

# GENERAL ASSISTANCE

## **Alabama 211 | 2-1-1 or 1.888.421.1266**

- Physical/mental health, employment, financial assistance, senior citizens assistance, parent resources

## **Shelby Emergency Assistance | 205.665.1942**

- Food, education, job search, medical/dental services, housing

## **Pelham Community Paramedic Program | 205.620.6509**

- Basic medical checks, resources, and information for older individuals

## **Middle Alabama Area Agency on Aging | 205.670.5770**

- Resources, services & information for older individuals, the disabled & caregivers

## **Pelham Senior Center | 205.620.6064**

- Recreational programs, health & wellness, community involvement

## **S.A.F.E.R. (Special Awareness for Extra Risks) Program | 205.620.6550**

- Voluntary special needs registry to assist first responders when interacting with people who have various physical, mental or intellectual abilities or impairments

A list of additional social service agencies & resources is available on our website

[www.pelhampd.com](http://www.pelhampd.com)