

# Alabama



These are 24/7 lifelines across Alabama:

- 988 Suicide & Crisis Lifeline — Call or text 988
- Crisis Center of Central Alabama — (205) 323-7777
- Crisis Services of North Alabama — (256) 716-1000
- Lifeline Counseling (Mobile Area) — (251) 602-0909
- 211 Alabama — Dial 211 for housing, food, and mental health resources

Alabama also has a statewide crisis system with walk-in centers, mobile crisis teams, and stabilization services available 24/7.

---

# Mental Health Services & Counseling

## Birmingham & Central Alabama

- Birmingham Anxiety & Trauma Therapy  
Trauma-focused therapy, PTSD, anxiety, depression, and individualized treatment plans.
- Grayson and Associates  
Large behavioral health provider offering psychiatric services, therapy, and medication management.
- Wellspring Christian Clinic  
Holistic mental health care including counseling, psychiatric care, and substance-use support.
- Psychotherapy Services of Alabama  
Individual therapy and psychological services.

# Mental Health Services & Counseling

## Birmingham & Central Alabama

- Birmingham Anxiety & Trauma Therapy  
Trauma-focused therapy, PTSD, anxiety, depression, and individualized treatment plans.
- Grayson and Associates  
Large behavioral health provider offering psychiatric services, therapy, and medication management.
- Wellspring Christian Clinic  
Holistic mental health care including counseling, psychiatric care, and substance-use support.

- Psychotherapy Services of Alabama  
Individual therapy and psychological services.

## Statewide & Community Mental Health Centers

Alabama uses Community Mental Health Centers (CMHCs) across regions that provide:

- Sliding-scale or free therapy
- Psychiatric care
- Case management
- Substance-use treatment

## Statewide Support & Peer Resources

- Wings Across Alabama Warmline — 1-844-999-4647  
Peer support (talk to someone who understands)
- ROSS Helpline (Recovery Support) — 1-844-307-1760  
Substance-use recovery peer support
- NAMI Alabama (National Alliance on Mental Illness)  
Free support groups, education, and advocacy

## Crisis Centers Across Alabama

These are walk-in centers for mental health or substance-use crises:

- Birmingham — JBS Mental Health Crisis Center
- Mobile — BayPointe Crisis Center
- Montgomery — Carastar Crisis Center
- Huntsville — WellStone Emergency Services
- Tuscaloosa — Hope Pointe

These centers provide:

- Immediate evaluation
- Crisis stabilization

- Psychiatric care
- Referrals for ongoing treatment  Crisis Centers