

JEFFERSON COUNTY HELP RESOURCES

Counseling

Behavioral One	(205) 991-2584	https://www.behavioralone.com/
Bridge Recovery Center	(205) 546-6324	https://bridgeinc.org
Chesborough Roberts, MS, ADC, LPC	(205) 835-7173	https://theclrgroup.com/chesbrough-chesie-roberts-lpc-adc-naadac-ms/
Covenant Counseling	(205) 879-7500	https://www.covenantcounsel.com
IMPACT Family Counseling	(205) 916-0123	http://impactal.org/index.html
Integrative Health Services, LLC	(205) 523-8502	http://ihealthservices.org/
Jay Lloyd	(205) 789-3471	https://thecenterbham.org/team_member/jay-lloyd/
Moore Institute	(205) 967-3660	http://mooreinstitute.info
Relationships Incorporated	(205) 991-3683	https://relationshipsincorporated.com/
Restore Counseling Services	(205) 512-3071	
The Safe Harbor	(205) 981-0995/ (205) 568-2574	https://thesafeharbor.org/about-us/
Samaritan Counseling Center	(205) 967-3660	http://samaritancc.org
Unbound Grace	(205) 410-5159	https://www.unboundgrace.life/
Wellspring Christian Clinic	(205) 977-3003	http://www.wellspringchristian.com
Art Wimberly (Recovery Coach)	(205) 616-8867	thrivebham.com
Oasis Women & Children's Counseling (No insurance required)	(205) 933-0338	

Domestic Violence

Domestic Violence Liason (DVL)	(205) 325-5454	
First Light Shelter	(205) 323-4277	https://www.firstlightshelter.org/
One Place Metro Alabama Family Justice Center	(205) 453-7261	https://oneplacebirmingham.com
YWCA Domestic Violence Services Hotline	(205) 322-4878	http://www.ywcabham.org/domestic-violence-services-and-programs
National Domestic Violence	(800) 799-7233	https://thehotline.org

Emergency

Birmingham Emergency Medical Services	(205) 254-2992	https://fire.birminghamal.gov/divisions/emergency-medical-services/
Crisis Center	(205) 323-7777	https://crisiscenterbham.org/
Jefferson County Child Abuse Hotline	(205) 423-4850	
Jefferson County Department of Health Emergency Prep and Response	(205) 933-9110	https://jcdh.org/SitePages/Programs-Services/EmergencyPrep-Response/EmergPrepResp.aspx
Jefferson County Emergency Management Agency	(205) 254-2039	https://www.jeffcoema.org/
Jefferson County Sheriff's Office	(205) 325-5700	https://jeffcosherriffal.com/
Poison Control Center	(800) 222-1222	https://www.childrensal.org/rpcc
UAB Hospital Emergency	(205) 934-3411	https://www.uabmedicine.org/locations/uab-hospital/emergency

Alcohol and Drugs

Alabama Teen Challenge	(205) 763-0909	https://alatc.org/home
Aletheia House	(205) 324-6502	https://www.specialkindofcaring.org
ALR Sober Life	(205) 253-8871	https://alrsoberlife.com/alrs/Home.html
Birmingham Fellowship House	(205) 933-2430	http://fshbhm.org

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Bradford Health Services-Birmingham	(800) 333-0906	https://bradfordhealth.com
Cedar Lodge	(256) 582-4465	https://elkrivertreatment.com
Elk River Treatment Program	(866) 906-8336	https://www.compassinterventioncenter.net
Focus on Recovery (Sober Living)	(205) 822-7300	https://www.focus-on-recovery.org
Foundry	(205) 425-7737	https://foundryministries.com
Jessie's Place	(205) 323-0170	https://jimmiehalession.com/ministries-more/jessies-place/
Lovelady Center	(205) 836-3121	https://www.loveladycenter.org/portal/
My Sister's Place, Inc.	(205) 434-0701	https://mysistersplaceal.com
Olivia's House	(205) 833-5708	https://adatc.org/services-provided-by-olivias-house/
Recovery Resource Center	(205) 458-3377	https://recoveryresourcejeffco.com
UAB Beacon Recovery (Accepts those without insurance)	(205) 917-3733	https://www.uabmedicine.org/beaconrecovery
Zukoski Center (Accepts those without insurance, sliding scale, Medicaid)	(205) 453-7574	https://adatc.org/zukoski-center-services/
4 th Dimension- Men	(205) 960-0453	http://www.4dserenity.com/contact.html
4 th Dimension- Women	(205) 732-4911	http://www.4dserenity.com/contact.html
Sober Living America (SLA)	(866) 929-6219	https://soberlivingamerica.org/locations/birmingham
Parents of Addicted Loved Ones	(205) 616-8867	
Stonewater Recovery Center	(662) 373-2830	https://stonewaterrecovery.com

Mental Health

Alabama Psychiatry and Counseling	(205) 440-6292	https://alabama-psychiatry.com
J.B.S. Mental Health Authority	(205) 595-4555	http://www.jbsmha.com/
NAMI	(205) 821-4567	
Village Behavioral Health	(855) 776-9947	https://www.villagebh.com

Adolescent Resources

ADPH Pregnancy Prevention	(800) 252-1818	https://www.alabamapublichealth.gov/teens/teen-pregnancy.html
Big Brother, Big Sister	(205) 939-5590	http://www.bbbsbhm.org/
Crisis Center UTALK	(205) 458-8993	https://crisiscenterbham.org/crisis-intervention-prevention/utalk.htm
Division of Youth Services	(205) 320-0879	https://www.bhamyouthfirst.org/
Magic City Acceptance Center	(205) 407-5799	http://www.magiccityacceptancecenter.org/
Queens Come Forth Ministry	(205) 427-1263	http://queenscomeforth.org
Real Life Poets		http://reallifepoets.org/
Smoke Free Teen	(877) 448-7848	https://teen.smokefree.gov/become-smokefree/tools-for-quitting

Support Services

Birmingham AA intergroup Central	(205) 290-0600	https://www.birminghamaa.org/
Birmingham NA Helpline	(256) 500-8889	https://www.alnwfl.org/meetings/
Recovery Organization of Support Specialists	(205) 848-2112	https://www.ross4u.org
24/7 Helpline	(844) 307-1760	www.rosshelpline4u.org