

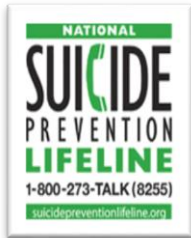
RESOURCES IN THE BIRMINGHAM / CENTRAL ALABAMA AREA

**Are you or your friend having thoughts of suicide?
Call 1-800-273-TALK (8255) or 1-800-SUICIDE (1-800-784-2433)**

This initiative is funded by a Garrett Lee Smith Suicide Prevention grant from SAMHSA in partnership with the Alabama Department of Public Health and the Alabama Suicide Prevention and Resources Coalition



Alabama Suicide Prevention and Resources Coalition (ASPARC)
Write to info@asparc.org.
Use this contact info to schedule QPR Trainings, or any other resources that we are able to share.



The National Suicide Prevention Lifeline is a call center for anyone having thoughts of suicide, persons who are concerned about someone else, veterans and military, Spanish-speaking persons, and hearing impaired persons. NSPL can provide assistance via chat and text and can connect callers to the nearest local crisis center for local resources. Call 1-800-273-TALK (8255) or view the website at www.suicidepreventionlifeline.org/.

**Birmingham
Crisis
Center:**

Crisis Line	Rape Response	UTalk	Senior Talk Line	Recovery Resource Center
(205) 323-7777	(205) 323-7273	(205) 328-5465	(205) 328-8255	(205) 458-3377
All Crisis Calls	Sexual Assault Survivors	Kids and Teens (talk and text)	Seniors and Caregivers	Addiction Treatment Support
Available 24/7/365	Available 24/7/365	3:00pm-10:00pm	By appt. after signing up	8:30am-5:00pm

**Other
Call Centers
and
Resources:**

FOR THE ELDERLY

- Friendship Line: 1-800-971-0016

FOR YOUTH

- Crisis Textline: 741741 (text the word “hello”)
- Child Help USA: 1-800-4-A-CHILD
- National Runaway Switchboard: 1-800-RUNAWAY
- Covenant House Nineline: 1-800-999-9999
www.covenanthouse.org
- Boys Town National Hotline (for boys and girls): 1-800-448-3000
www.boystown.org
- National Graduate Student Crisis Line: 1-877-GRAD-HLP
- Samaritans: 1-800-252-TEEN (8336)
- YouthLine: 1-877-968-8491

FOR LGBTQ

- LGBTQ Teens: 1-800-488-7386
www.thetrevorproject.org, www.trevorspace.org
- The Gay & Lesbian National Hotline: 1-888-843-4564
www.glbtnationalhelpcenter.org
- LYRIC Youth Talk Line: 1-800-246-7743
www.lyric.org
- Pride Institute for LGBTQ addiction treatment, 800-547-7433
www.pride-institute.com
- Community United Against Violence Hotline: 1-415-333-HELP
www.cuav.org
- Parents, Family and Friends of Lesbians & Gays (PFLAG)
www.pflag.org
- Youth Suicide Problems: Gay Bisexual Male Focus
www.youth-suicide.com/gay-bisexual

FOR VETERANS, MILITARY PERSONNEL

- Veterans Crisis Line: 1-800-273-8255 Press 1 or Text to 838255
<https://www.veteranscrisisline.net>

GENERAL

- Poison Control Center: 1-800-222-1222
<https://www.poison.org/>
- National Domestic Violence Hotline: 1-800-799-7233
<https://www.thehotline.org/>
- Love is Respect: 1-866-331-9474
www.loveisrespect.org
- Rape, Abuse & Incest National Network (RAINN): 1-800-656-HOPE
www.rainn.org
- National Eating Disorders Association: 1-800-931-2237
www.nationaleatingdisorders.org
- Treatment Advocacy Center: <https://www.treatmentadvocacycenter.org/>
- National AIDS Information Line: 1-800-CDC-INFO