



**ASPARC**  
ALABAMA SUICIDE  
PREVENTION AND  
RESOURCES COALITION

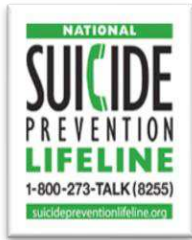
**44,965 died in 2016 from suicide. Among them were 788 Alabamians.**

**ARE YOU OR YOUR FRIEND HAVING THOUGHTS OF SUICIDE?**

**Call 1-800-273-TALK (8255) or 1-800-SUICIDE (1-800-784-2433)**

*Help is available to you **right now**.*

*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*



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 deaf 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/](http://www.suicidepreventionlifeline.org/).



**Birmingham Area  
Central Region**

**KIDS  
HELP LINE**

205-323-KIDS  
205-328-5431  
3 – 10 pm  
Every Day

**TEEN  
LINK**

205-328-LINK  
205-328-5465  
3 – 10 pm  
Every Day  
Summer Hours  
10am – 10pm

**SENIOR  
HELP LINE**

205-328-TALK  
205-328-8255  
Elderly Reassurance  
By Appointment

**CRISIS  
LINE**

205-323-7777  
205-323-7777  
24hr a day  
Every Day

**RAPE  
RESPONSE**

205-323-RAPE  
205-323-7273  
24hr a day  
Every Day  
800-656-HOPE

**Huntsville Area  
Northern Region**



[www.csna.org](http://www.csna.org)  
(256) 716-1000

**Mobile Area  
Southern Region**



[www.lifelinesmobile.org](http://www.lifelinesmobile.org)  
(251) 602-0909

**Montgomery Area  
Central Region**



[www.family sunshine.org](http://www.family sunshine.org)  
Contact someone via website to  
schedule QPR and Lifelines trainings

***For more call center options, see page 2, continued on next page....***

## Other Call Centers

### Older Adults (Elderly)

---

- Elderly: 1-800-971-0016
- Friendship Line: 1-800-971-0016
- <http://www.ioaging.org/services-for-elders-and-care-givers/friendship-line>

### Youth

---

- Youth: 1-800-252-TEEN
- National Runaway Switchboard, 1-800-231-6946, 1-800-RUNAWAY, 24 / 7 / 365
- ChildHelp: 1-800-4-A-CHILD
- Covenant House Nineline [www.covenanthouse.org](http://www.covenanthouse.org) 1-800-999-9999
- Girls & Boys Town National Hotline: 1-800-448-3000, 1-800-448-1833 TTY [www.boystown.org](http://www.boystown.org)
- National Graduate Student Crisis Line 1-877-GRAD-HLP (1-877-4723-457)
- Samariteens 1-800-252-TEENS (8336)
- Youth America Hotline (YAH!) 1-877-YOURLINE (1-877-968-8454)
- Youth Crisis Hotline 1-800-HIT-HOME (1-800-448-4663)

### GLBTQ

---

- GLBT Teens: 1-800-4UTREVOR, 1-866-850-8078, [www.thetrevorproject.org](http://www.thetrevorproject.org), OR [www.trevorspace.org/](http://www.trevorspace.org/)
- The Gay & Lesbian National Hotline, 888-THE GLNH (888-843-4564), [www.glbtnationalhelpcenter.org](http://www.glbtnationalhelpcenter.org)
- LYRIC Youth Talk Line, 800-246-PRIDE (77433), [www.lyric.org](http://www.lyric.org)
- Pride Institute for LGBTQ addiction treatment, 800-547-7433 [www.pride-institutue.com](http://www.pride-institutue.com)
- Community United Against Violence Hotline (CUAV), 415-333-HELP (4357), [www.cuav.org](http://www.cuav.org)
- Parents, Family and Friends of Lesbians & Gays (PFLAG) 202-467-8180, [www.pflag.org](http://www.pflag.org)
- National AIDS Information Line 800-CDC-INFO 24/7/365
- Youth Suicide Problems: Gay Bisexual Male Focus [www.youth-suicide.com/gay-bisexual](http://www.youth-suicide.com/gay-bisexual)

### Veterans, Military Personnel

---

- Veterans Crisis Line 1-800-273-8255 Press 1 Text to 838255, online chat go to website: [www.veteranscrisisline.net/](http://www.veteranscrisisline.net/)

### General

---

- Poison Control Center: 1-800-222-1222 for emergencies; For Non-Emergencies, Administrative and Educational Information 1-800-462-0800
- National Domestic Violence Helpline: [www.ndvh.org](http://www.ndvh.org) 1-800-799-SAFE
- Love is Respect, 866-331-9474, [www.loveisrespect.org](http://www.loveisrespect.org)
- Rape, Abuse & Incest National Network (RAINN): [www.rainn.org](http://www.rainn.org) 1-800-656-HOPE
- National Eating Disorders Association: [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org) 1-800-931-2237
- Treatment Advocacy Center [www.treatmentadvocacycenter.org/](http://www.treatmentadvocacycenter.org/)