

## Suicide Crisis and Depression Referral Resources

### Suicide Crisis Resources

#### **The National Crisis Hotline - 1-800-273-TALK (1-800-273-8255)**

If you are worried about someone or if you yourself are feeling vulnerable or suicidal call 1-800-273-TALK (1-800-273-8255) or any of the crisis numbers listed below.

### ***Alabama Crisis Numbers***

#### **The Crisis Center (Central Alabama)**

Main Line: (205) 323-7777  
Teen Line: (205) 328-LINK (205-328-5465)  
Kids' Help Line: (205) 328-KIDS (205-328-5437)  
Senior Talk Line: (205) 328-TALK (205-328-8255)  
[Visit Website](#)

#### **Family Counseling Center of Mobile, Inc.**

(251) 431-5111 or 1-800-239-1117  
[Visit Website](#)

#### **Crisis Services of North Alabama**

(256) 716-1000 or 1-800-691-8426  
[Visit Website](#)

### ***National Crisis Resources***

#### **Suicide Prevention Lifeline**

1-800-273-TALK (1-800-273-8255)  
24-hour nationwide  
[Visit Website](#)

#### **Samaritens**

1-800-252-TEENS (1-800-252-8336)  
3:00 p.m.-9:00 p.m.

#### **Covenant House Nineline**

1-800-RUNAWAY (1-800-786-2929)  
24-hour nationwide  
[Visit Website](#)

#### **The Trevor Lifeline**

1-866-488-7386  
The Trevor Lifeline is a service of The Trevor Project, a non-profit endeavor devoted to promoting tolerance and understanding for LGBTQ youth.  
24-hour nationwide  
[Visit Website](#)

#### **Girls & Boys Town National Hotline**

Phone, Chat, Text, and Email  
1-800-448-3000  
1-800-448-1833-TTY  
24-hour nationwide

**TrevorText** Available on Fridays (4:00 p.m. - 8:00 p.m. ET/1:00 p.m. - 5:00 p.m. PT).  
Text the word "Trevor" to 1-202-304-1200. Standard text messaging rates apply.

[Visit Website](#)

**National Graduate Student Crisis Line**

1-877-GRAD-HLP (1-877-4723-475)

**National Youth Crisis Hotline**

1-800-442-HOPE (1-800-442-4673)

24-hour nationwide

**Poison Control Center**

For Emergencies: 1-800-222-1222

For Non-emergencies: 1-800-462-0800

[Visit Website](#)

**TrevorChat**

Available 7 days per week (3:00 p.m. - 9:00 p.m. ET/12:00 p.m. - 6:00 p.m. PT)

**Youth America Hotline (YAH!)**

1-877-YOUTHLINE (1-877-968-8454)

**Youth Crisis Hotline**

1-800-HIT-HOME (1-800-448-4663)

24-hour nationwide

You may also want to check out these resources, and most importantly seek help as soon as possible from a mental health professional: counselors, social workers, psychologists and psychiatrists, your Employee Assistance Program, or in community agencies. You can also consider church-affiliated counseling centers, pastoral care centers, United Way Agencies, your primary care physician, or the emergency department at a hospital. If you are struggling to find the right professional, please tell a trusted friend about your feelings and ask them to help you find help quickly.

**Do Not Stop Asking for Help** If you or someone else is imminently suicidal - on the verge of suicide - please take yourself or the other person to the nearest hospital emergency room or call 911. Suicide is final . There is no going back. There is no chance to reconsider the action of suicide. It is "The Forever Decision" (Dr. Paul Quinnett, PhD).

## Depression Referral Resources

Find Help and Treatment -Federal Agency – Substance Abuse and Mental Health Services Administration (SAMHSA) – Online <http://www.samhsa.gov/find-help>

### Find Help & Treatment



#### Behavioral Health Treatment Services Locator

Find alcohol, drug, or mental health treatment facilities and programs around the country at [findtreatment.samhsa.gov](http://findtreatment.samhsa.gov).

#### Buprenorphine Physician & Treatment Program Locator

Find information on locating physicians and treatment programs authorized to treat opioids, such as heroin or prescription pain relievers, at [www.samhsa.gov/medication-assisted-treatment/physician-program-data/treatment-physician-locator](http://www.samhsa.gov/medication-assisted-treatment/physician-program-data/treatment-physician-locator).

#### Opioid Treatment Program Directory

Find treatment programs in your state that treat addiction and dependence on opioids, such as heroin or prescription pain relievers, at [dpt2.samhsa.gov/treatment/](http://dpt2.samhsa.gov/treatment/).



#### Suicide Prevention Lifeline

**1-800-273-TALK (8255)**  
**TTY: 1-800-799-4889**  
Website: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. Your call is routed to the nearest crisis center in the national network of more than 150 crisis centers.

#### SAMHSA's National Helpline

**1-800-662-HELP (4357)**  
**TTY: 1-800-487-4889**  
Website: [www.samhsa.gov/find-help/national-helpline](http://www.samhsa.gov/find-help/national-helpline)

Also known as, the Treatment Referral Routing Service, this Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

#### Disaster Distress Helpline

**1-800-985-5990**  
Website: [www.samhsa.gov/find-help/disaster-distress-helpline](http://www.samhsa.gov/find-help/disaster-distress-helpline)

Stress, anxiety, and other depression-like symptoms are common reactions after any natural or human-caused disaster. Call this toll-free number to be connected to the nearest crisis center for information, support, and counseling.

### Behavioral Health Treatment Services Locator – Federal Agency – Substance Abuse and Mental Health Services Administration (SAMHSA)

**Online** Behavioral Health Treatment Services Locator is a confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance abuse/addiction and/or mental health problems.

Follow this link to this <https://findtreatment.samhsa.gov/>.

**SAMHSA's National Helpline** SAMHSA's National Helpline is free and confidential information in English and Spanish for individuals and family members facing substance abuse and mental health issues. 24 hours a day, 7 days a week. **By Phone** SAMHSA's National Helpline call **1-800-662-HELP (4357)/ 1-800-487-4889 (TDD)**

## State Resources

**Alabama Department of Mental Health (ADMH) - State of Alabama Resources by County**

[http://www.mh.alabama.gov/Downloads/COPI/Find\\_Mental\\_Health\\_Services\\_By\\_County.pdf](http://www.mh.alabama.gov/Downloads/COPI/Find_Mental_Health_Services_By_County.pdf)

**Mental Illness Provider Directory – ADMH**

[http://www.mh.alabama.gov/Downloads/MI/MI\\_Programs\\_Directory.pdf](http://www.mh.alabama.gov/Downloads/MI/MI_Programs_Directory.pdf)

## Depression Resources for your Site- SAMHSA

**Depression in Mothers: More Than the Blues: A Tool Kit for Family Service Providers- FREE**

<http://store.samhsa.gov/product/Depression-in-Mothers-More-Than-the-Blues/SMA14-4878>

**Depression in Mothers: More Than the Blues: A Tool Kit for Family Service Providers- FREE – SPANISH**

<http://store.samhsa.gov/product/Depression-in-Mothers-More-Than-the-Blues-A-Tool-Kit-for-Family-Service-Providers-Spanish-Version-/SMA15-4878SPANISH>

**Postpartum Support International:** [www.postpartum.net](http://www.postpartum.net)

**Education for Professionals and Families:** [www.mededppd.org](http://www.mededppd.org)

**Postpartum Progress:** [www.postpartumprogress.com](http://www.postpartumprogress.com)

**Postpartum Dads:** [www.postpartumdads.org](http://www.postpartumdads.org)

**Social Support and Steps to Wellness:** [www.janehonikman.com](http://www.janehonikman.com)

**MCH Library, Non-English:** [www.mchlibrary.info/nonenglish.html](http://www.mchlibrary.info/nonenglish.html)

**Resources for Families:** [www.Griefwatch.com](http://www.Griefwatch.com)

**National Institute of Mental Health:** This website provides easy-to read guides and brochures to help better understand a variety of mental health disorders. [www.nimh.nih.gov/health/index.shtml](http://www.nimh.nih.gov/health/index.shtml)

**Crisis Text Line:** Visit [www.crisistextline.org/](http://www.crisistextline.org/) or Text “START” to 741-741

**Lifeline Crisis Chat:** Visit [www.crisischat.org/](http://www.crisischat.org/) to chat with crisis centers around the U.S.

**List of International Suicide Hotlines:** Visit [www.suicide.org/international-suicide-hotlines.html](http://www.suicide.org/international-suicide-hotlines.html)

**Love is Respect:** Visit [www.loveisrespect.org/](http://www.loveisrespect.org/), text “LOVEIS” to 22522, or call 1-866-331-9474 to talk with a peer advocate to prevent and end abusive relationships

**National Eating Disorder Association:** Visit [www.nationaleatingdisorders.org/](http://www.nationaleatingdisorders.org/) or call 1-800-931-2237

### **APPs and Technology for Mental Health**

**Beacon 2.0:** Beacon is a portal to online applications (websites, mobile applications and internet support groups) for mental disorders reviewed and rated by health experts. <https://beacon.anu.edu.au/>

**Health Talk:** This website reflects the lived experience of mental health conditions, including research-based modules with hours of recording and analysis. [www.healthtalk.org/peoples-experiences/mental-health](http://www.healthtalk.org/peoples-experiences/mental-health)

**Mood 247:** A text messaging system that provides an easy way to record how you're feeling and tracks your daily moods to share with friends, family, or a health professional. <https://www.mood247.com/>

**Strength of Us:** An online community designed to inspire young adults impacted by mental health issues to think positive, stay strong and achieve goals through peer support and resource sharing. <http://strengthofus.org/>