

QUICK RESOURCE GUIDE - Shelby County and Surrounding Area

Local Resources ♦ Confidential ♦ Call Now for Information or Help

Prevention Resources	Crisis Resources	Recovery and Support Resources
<p>Addiction Prevention Coalition. Community Awareness events and Substance Use Prevention Education for Students, Parents, Workplaces, and Health Professionals. ♦ 205-874-8498 www.apcbham.org</p>	<p style="text-align: center;">Crisis Center. www.crisiscenterbham.org Facebook: Crisis Center Bham Confidential Hotlines: ❖ Crisis & Suicide Line. 24 hrs. ♦ 205-323-7777 or ♦ 1-800- 273-8255 ❖ UTalk Text or Talk. Text enabled youth hotline. ♦ 205-328-5465 <i>3pm – 10am, every day.</i></p>	<p>Addiction Prevention Coalition. Referrals, information and resources to help start the recovery journey. Support, education and encouragement for those in recovery. ♦ 205-874-8498 www.apcbham.org</p>
<p>Central Alabama Wellness. Mental Health Services. Assessments, education, treatment and support. <i>8-hour Mental Health First-Aid course.</i> Treatment individualized based on need. Medication assessments and more. Counselors/therapist in Alabaster City, Pelham City and Shelby County Schools ♦ 205-651-0077 www.CentralAlabamaWellness.org</p>	<p style="text-align: center;">Veterans Crisis Line. 24-hour Crisis Line. ♦ 800-273-8255; press #1 ♦ Confidential chat, <i>text</i> 838255 www.VeteransCrisisLine.net</p>	<p>Central Alabama Wellness (formerly Chilton/Shelby Mental Health). Substance Abuse and Mental Health Services. Assessments, education, outpatient treatment and support groups. Treatment individualized based on need. Medication assessments and more. ♦ 205-651-0077 www.CentralAlabamaWellness.org</p>
<p>Middle Alabama Area Agency on Aging (M4A). The FIRST place people of all ages can get help, information, and resources. M4A serves older adults, people of any age who are disabled, and their caregivers. M4A serves Blount, Chilton, Shelby, St. Clair, and Walker Counties. ♦ 205-670-5770 www.m4a.org</p>	<p style="text-align: center;">Recovery Organization of Support Specialists (ROSS). Confidential Hotline. <i>24 Hours every day.</i> ♦ 844-307-1760 ♦ Live chat through website: www.rosshelpline4u.org email: helpline4u.al@gmail.com</p>	<p>Al-Anon and Alateen. For people whose lives have been affected by someone else’s drinking. Parents, children, spouses, partners, brothers, sisters, other family members, friends, employers, employees, and coworkers of alcoholics. Meetings and times can be found at: www.al-anon.com</p>
<p>The Dannon Project Serves men and women ages 16 and older who have been in conflict with the justice system. Provide life stabilization skills and career training. Open Monday- Friday 8am to 5pm. ♦ 205-202-4072 acer@dannonproject.org</p>	<p style="text-align: center;">Family Connection, Inc. To strengthen families and communities by providing shelter, counseling and safety for young people in crisis. ♦ 205-663-6301 www.familyconnection-inc.org/</p>	<p>Recovery Organization of Support Specialists (ROSS). Free and Lifesaving Resource: Recovery supportive services to assist individuals navigating the substance use disorder system of care every step of the way. 3616 5th Ave S. Avondale (7 days/week from 10a-10p). ♦ 24/7 helpline: 844-307-1760 answered by a Certified Recovery Support Specialist (all calls confidential) www.ross4u.org</p>
<p>NAMI Shelby (National Alliance on Mental Illness). Free education and peer support groups for family and loved ones suffering from mental health conditions. Advocate for persons whose lives are affected by brain disorders. ♦ 205-202-0827 namishelby.com Email: namishelby@gmail.com</p>	<p style="text-align: center;">Children’s Hospital PIRC. (Psychiatric Intake Response Center) Assess youth’s mental health needs; find appropriate level of mental health care and best treatment options. ♦ 205-638-7472 https://www.childrensal.org/pirc</p>	<p>Celebrate Recovery Shelby County A Christ Centered 12 step recovery program for anyone struggling with hurt, pain or addiction of any kind. Hosted by Lakeview Church in Pelham every Thursday at 6:30 pm. ♦ 205-458-3377. Follow on Facebook & Instagram: celebraterecoveryshelbycounty</p>
<p>Big Brothers Big Sisters Shelby County. Caring mentors influencing children and teens to focus on academics and avoid risky behaviors. Being matched with a Big Brother or Big Sister can help youth navigate difficult challenges and reach their potential. ♦ 205-434-6017 www.bbbsbhm.org/shelby</p>	<p style="text-align: center;">SafeHouse Shelby County. Emergency shelter for domestic and sexual violence. Counseling services, legal advocacy, case management. Forensic Exams. Prevention education & outreach. Crisis Line ♦ 205-669-7233 www.safehouse.org</p>	<p>Recovery Resource Center. Assessments, treatment referrals and support information. Simplifying the substance abuse treatment process. 8:30am – 5pm ♦ 205-458-3377 https://crisiscenterbham.org/recovery-resource-center/</p>

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<p>STEPS Ministries. Life improvement and addiction prevention. Helpful online content and free parenting assessment. ♦ 770-356-7537 stevecward@lifeimprovementsteps.com https://lifeimprovementsteps.com/ https://stepsproactiveparenting.com</p>	<p>Shelby Emergency Assistance. Assistance with food, medical/dental needs, utility and rent assistance, budgeting, education, GED/ESL services, job search, and referrals. ♦ 205-665-1942 shelbyemergencyassistance.com</p>	<p>Alcohol Anonymous (AA). 12-Step recovery program. Men & women sharing their experience, strength, and hope so they may solve their common problem and help others to recover from alcoholism. Meetings and times can be found at: www.aa.org</p>
<p>Vineyard Family Services (VFS). Helping men to be responsible dads. Programs include: FIT Dads (Fatherhood), KYLO (Motherhood), Backpack Buddies (Feeding for Public School Students), Wise Advisors (Mentoring & Family Support), Life Skills (Juvenile Detention Teens), Diapers & Sanitary support for Shelby County residents. ♦ 205-855-9585 https://www.vfsdads.com</p>	<p>Bradford Health Services. In-patient and out-patient treatment for Substance and Alcohol abuse. Confidential help, 24 hrs. every day. Free consultations available 24/7 by a Treatment Guide. ♦ 866-977-7158 http://www.bradfordhealth.com</p> <p>Central Alabama Wellness. Offers a 24/7 crisis line for mental health emergencies. ♦ 205-651-0077</p>	<p>Parents of Addicted Loved Ones (PAL). Free educational support group for parents and families of addicted loved ones (session participants must be 18 or older). Changing the way we help loved ones. ♦ 205-616-8867 art@thrivebham.com</p> <p>Narcotics Anonymous (NA). A nonprofit fellowship of men and women who are recovering from the effects of addiction. Meetings and times can be found at: www.na.org</p>

AREA SHELTERS	FOOD BANK SERVICES
<p>Foundry Ministries. Restores hope, and rebuilds the lives of the addict, <i>ex-inmates</i> and the destitute through Christ-centered Recovery and Rescue. ♦ 205-425-7737 www.foundryministries.com</p>	<p>Middle Alabama Area Agency on Aging (M4A). Food bank referrals to clients of all ages. M4A serves Blount, Chilton, Shelby, St. Clair, and Walker Counties. ♦ 205-670-5770 www.m4a.org</p>
<p>Hannah Bethany - Women's Homeless Shelter. Shelter, clothes, transportation referral, group, and individual counseling. ♦ 205-425-7737</p>	<p>Shelby Emergency Assistance. Provides clients food assistance. Must make an appointment. ♦ 205-665-1942</p>
<p>Firehouse Shelter. For homeless men, ages 18 and older. Supportive services and housing to empower individuals to achieve their highest potential. ♦ 205-252-9571</p>	<p>Oak Mountain Mission. Serves clients referred from various agencies with food, clothing, household items, and financial assistance. Must have a referral. ♦ 205-685-5757 www.oakmtnmissions.com</p>
<p>Family Connection Residential Youth Shelter. Focuses on needs of youth age 12-17. Assists youth & family to identify & resolve conflict, strengthen family relationships and reunite youth with family when possible. ♦ 205-663-6301</p>	<p>Lighthouse Community Church. Provides clients food assistance and other services. For Appointment call ♦ 205-281-3515 leave message.</p>

REFERRAL AGENCIES

To get information or discuss an issue you are uncertain about, contact one of the referral agencies listed below.

<p>Central Alabama Wellness (formerly Chilton/Shelby Mental Health). ♦ 205-651-0077 www.CentralAlabamaWellness.org</p>	<p>Middle Alabama Area Agency on Aging (M4A). ♦ 205-670-5770 www.m4a.org</p>	<p>Recovery Resource Center. ♦ 205-458-3377 https://crisiscenterbham.org/recovery-resource-center/</p>
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