

Resources

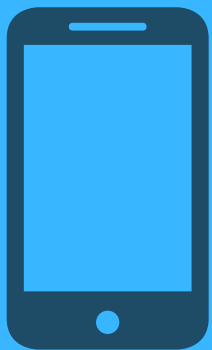


Crisis Center Alabama



Main Line: (205) 323-7777

Youth Talk Line: (205) 328-5465



Connect Alabama app



CONNECT ALABAMA
BEHAVIORAL HEALTH SERVICES
& TREATMENT FINDER

Find resources
in your area



National Drug Helpline


24/7 helpline: (844) 289-0879

<https://drughelpline.org/drug-addiction-hotline/drug-addiction-hotline-alabama/>

Talk to Someone You Trust


If you're struggling, you don't have to go through it alone. Talk to:


- A parent or guardian
- A school counselor or nurse
- A coach, teacher, or youth group leader
- Your family doctor
- A friend's trusted adult

 Asking for help is a strength—not a weakness.





24/7 Hotlines & National Text/Chat Support

These are free, confidential, and always available:

 **988 Suicide & Crisis Lifeline**
Call or text 988 anytime for help with depression, suicidal thoughts, or emotional distress.

 **Crisis Text Line**
Text HOME to 741741 for 24/7 support from a trained counselor.

Alabama-Specific Resources

-  R.O.S.S. (Recovery Organization of Support Specialists)
 - 24/7 Helpline: 844-307-1760
 - Peer support & recovery coaching for substance use in Alabama
-  Crisis Center Birmingham
 - Main Line: 205-323-7777
 - Youth Talk Line: 205-328-5465
-  Alabama Department of Public Health
 - alabamapublichealth.gov
 - Statewide health programs, disease prevention, community health resources
-  Alabama Department of Mental Health (ADMH)
 - mh.alabama.gov
 - Youth treatment programs, mental health services, substance use recovery centers

Substance-Specific Help

Opioids/Fentanyl

- Naloxone (overdose reversal) is available at many local pharmacies without a prescription

Alcohol & Marijuana Use

- Ask a school counselor or doctor about adolescent-focused programs like Teen Intervene
- R.O.S.S. can help connect you to youth-specific recovery resources

Vaping/Nicotine

- This is Quitting text program: Text DITCHVAPE to 88709