



RESOURCE GUIDE

PELHAM POLICE & FIRE



SUICIDE & CRISIS

Birmingham Crisis Center | 205.323.7777 or 1.800.273.8255

Veterans Crisis Line | 1.800.273.8255 (press 1) | Text: 838255

Ayuda En Espanol | 1.888.628.9454

SafeHouse & SafeShelby | 205.669.7233

- For victims of domestic & sexual violence

NON-CRISIS WELLNESS SUPPORT

Compact Parent Talk Line | 205.605.1827

Compact Teen Talk Line | 205.605.1830

UTALK Teen Text & Talk Line | 205.328.5465

Senior Talk Line | 205.328.8255

Wings Across Alabama Warm Line | 1.844.999.4647

- Non-crisis wellness line staffed by Certified Peer Specialists who all have personal experience with mental illness

MENTAL WELLNESS

Central Alabama Wellness | 205.651.0077

- Mental health and substance use disorder services

Psychiatric Intake Response Center | 205.638.7472

- Assists parents in finding the appropriate level of mental health care for their adolescent or teenage child

National Alliance on Mental Illness (NAMI) | 205.202.0827

- Support groups and education for individuals and families dealing with mental illness

Family Connection | 205.663.6301

- Shelter, counseling, safety for young people in crisis w/goal of reuniting with family
- Addresses school truancy, bullying, runaways & homelessness among youth



PELHAM POLICE

PELHAM FIRE



SUBSTANCE ABUSE

Alcoholics Anonymous | www.aa.org

- 12-step fellowship recovery group

Narcotics Anonymous | www.na.org

- 12-step fellowship recovery group

AL-ANON | www.al-anon.org

- Support group for family of individuals addicted to alcohol

Parents of Addicted Loved Ones (PAL) | 205.626.8867

- Support group for friends & family of addicted individuals

Celebrate Recovery | www.celebraterecovery.com

- Christ-centered 12-step fellowship recovery group

Recovery Organization of Support Specialists | 1.844.307.1760 | 205.848.2112

- Peer organization offering support from others in recovery

Recovery Resource Center | 205.458.3377

- No cost walk-in recovery & resource center

Addiction Prevention Coalition | 205.874.8498

- Assists families and individuals with substance abuse resources

Compact | 205.605.1824

- Resources for families dealing with a high-risk or drug-involved teen

GENERAL ASSISTANCE

Alabama 211 | 2-1-1 or 1.888.421.1266

- Physical/mental health, employment, financial assistance, senior citizens assistance, parent resources

Shelby Emergency Assistance | 205.665.1942

- Food, education, job search, medical/dental services, housing

Pelham Community Paramedic Program | 205.620.6509

- Basic medical checks, resources, and information for older individuals

Middle Alabama Area Agency on Aging | 205.670.5770

- Resources, services & information for older individuals, the disabled & caregivers

Pelham Senior Center | 205.620.6064

- Recreational programs, health & wellness, community involvement

S.A.F.E.R. (Special Awareness for Extra Risks) Program | 205.620.6550

- Voluntary special needs registry to assist first responders when interacting with people who have various physical, mental or intellectual abilities or impairments

A list of additional social service agencies & resources is available on our website

www.pelhampd.com