



City of Pelham

Help & Resource Guide

Non-Emergency | 205.620.6550
Emergency | 911



24-Hour Suicide & Life Crisis Lines

- **National Suicide and Crisis Lifeline (English)** **Call or text 988.**
- **National Suicide and Veterans Crisis Lifeline.** **Call 988 and press 1 or text 838255.**
- **National Suicide and Crisis Lifeline (Spanish)** **Call 988 and press 2.**
- **Birmingham Crisis Center Suicide and Help Line: 205.323.7777**
This suicide prevention line offers crisis and resource assistance. Visit the website for [Birmingham Crisis Center](#).
- **SafeHouse and SafeShelby: 205.669.7233**
SafeHouse and Safe Shelby is Shelby County's domestic and/or sexual violence survivor's crisis and talk line. Fellow survivors can assist with counseling support, legal guidance, and case management to help survivors create a new and better life. Visit the website for [Safehouse and SafeShelby](#).

Non-Crisis Talk Lines

- **Compact Parent Talk Line: 205.605.1827**
This talk and information line is for Shelby County families who have a child who is exhibiting high-risk behavior and/or substance abuse. Visit the website for [Compact](#).
- **Compact Teen Talk Line: 205.605.1830**
This talk and information line is for teens who may have concerns about a family member's, friend's, or their own substance abuse. Visit the website for [Compact](#).
- **Birmingham Crisis Center UTalk Teen Text and Talk Line: 205.328.5465**
This talk line connects teens to other young adults to discuss life problems. Visit the website for [Birmingham Crisis Center](#).
- **Wings Across Alabama: 1.844.999.4647**
Offers a peer-to-peer mental health, non-crisis talk line that connects individuals living with a mental illness to peers who have the same experience. Online and in-person support groups, general assistance, and life training. Visit the website for [Wings Across Alabama](#).

- **National Alliance on Mental Illness Teen & Young Adult Help Line:** **1.800.950.NAMI (6264), or text “Friend” to 62640 or email helpline@nami.org**
The NAMI help line offers a direct connection with another young person who shares similar experiences and is prepared to offer information, resources, and support to help you move through difficult times to a better place / Monday - Friday 9:00 a.m. - 9:00 p.m. Central. Visit the website for [NAMI](http://NAMI.org).

General Assistance

- **Alabama 211: 211 or 1.888.421.1266**
Alabama 211 offers assistance in finding resources for basic human needs, physical and mental health, employment, financial, senior citizen support, and parenting resources. Visit the website for [Alabama 211](http://Alabama211.org).
- **Shelby Emergency Assistance: 205.665.1942**
Shelby Emergency Assistance is a basic resource finder for Shelby County residents only. Resource assistance includes food, education, job search, medical/dental service, and housing. [Visit the website](#) to learn more.
- **Hispanic Interest Coalition of Alabama (HICA): 205.942.5505**
HICA is a community development and advocacy organization that promotes economic equality, civic engagement, and social justice for Latino and immigrant families in Alabama. HICA offers crime victim services and advocacy, family services, student services, financial coaching, and legal information. Visit the website for the [Hispanic Interest Coalition of Alabama](http://HispanicInterestCoalition.org).
- **Oak Mountain Mission Ministries: 205.685.5757**
Oak Mountain Mission offers food, clothing, furniture, household items, and financial assistance. Visit the website for [Oak Mountain Mission Ministries](http://OakMountainMission.org).
- **Shelby Baptist Association Ministries: 205.669.7858**
The Shelby Baptist Association provides family resources, food and clothing assistance, financial, literacy programs, student assistance, and medical equipment. Visit the website for [Shelby Baptist Association Ministries](http://ShelbyBaptist.org).
- **Community of Hope Health Clinic: 205.644.8640**
Patients can receive free physical therapy, mental health services and counseling, prenatal care, dermatology, flu and COVID-19 vaccines, mobile healthcare, and telemedicine. They provide an on-site dispensary for Shelby County adults, ages 19 to 64. [Visit the website](#) to learn more.
- **Vineyard Family Services: 205.317.9897**
Vineyard Family Services is a faith-based family resource center that feeds kids in need, promotes responsible fatherhood, assists teens with a mentorship program, and helps families in crisis. Visit the [Vineyard website](http://Vineyard.org).

- **S.A.F.E.R. (Special Awareness for Extra Risks) Program: 205.620.6550**
S.A.F.E.R. is a voluntary special needs registry created for the citizens of Pelham and those who frequently visit our city. The purpose of the program is for families of individuals who have various physical, intellectual, or developmental abilities, to inform first responders of those needs in the event they are in contact with their loved one. Visit the [S.A.F.E.R. link](#) on the Pelham Police Department website.
- **Project Lifesaver: 205.670.6000**
Project Lifesaver uses bracelet transmitters for at-risk Shelby County citizens and their caregivers. It helps protect patients with Alzheimer's Disease, dementia, autism spectrum disorder, and other medical diagnoses where a person can tend to wander and not find their way home safely. Learn more about [Project Lifesaver](#).
- **One Roof: 205.254.8833**
One Roof connects individuals and families to appropriate resources related to their housing and service needs. Housing and shelter assistance and houseless prevention. Visit the website for [One Roof](#).
- **Alabama Department of Human Resources Shelby County: 205.669.3000**
DHR provides basic needs and food programs for families, care assistance for the elderly and disabled individuals, and job assistance and job training programs. Learn more about [DHR](#) services.
- **Grace Klein Community: 205.490.7516**
See a list of services and sign up for assistance on the [Grace Klein Community](#) website.

Veterans

- **Alabaster Veterans Center: 205.624.3162**
The Alabaster Veterans Center, Inc. serves as the primary hub and one-stop service location for all U.S. military Veterans, regardless of where they reside. Offers assistance and resources for physical and mental health, employment, education, finances, and legal navigation. Visit the website for [Alabaster Veterans Center](#).
- **Matthew Blount American Legion Post 555: 205.678.1375**
Not only does Post 555 provide fellowship and support to veterans, but it also preserves the memory of those who made the ultimate sacrifice for freedom. In addition, Post 555 supports programs that benefit the community and its youth. Visit the website for [Matthew Blount American Legion Post 555](#).
- **VA Birmingham: 205.933.8101**
The VA Birmingham offers physical and mental health care, resources, and substance abuse assistance. Visit the website for [VA Birmingham](#).

- **3 Hots and a Cot: 205.520.2356**

3 Hots and a Cot serves those who have served. It provides a living place for veterans experiencing homelessness and provides assistance to transition back to civilian society. Visit the website for [3 Hots and a Cot](#).

Senior Citizen Services

- **M4A Middle Alabama Area Agency on Aging: 205.670.5770**

M4A provides resources, assistance, and information to older individuals and/or disabled individuals to help them live independently. Assists families and caregivers, to ease the difficulties of caring for an aging or disabled loved one. Learn more about [M4A](#) and its services.

- **Senior Talk Line: 205.328.8255**

The Senior Talk Line is a non-crisis peer-to-peer talk line for senior citizens to reduce social isolation. A senior can call, or families can call and inquire about placing a loved one on the call list. Visit the [Senior Talk Line](#) website.

- **Pelham Senior Center: 205.620.6064**

The Pelham Senior Center provides opportunities for individuals 55 and older living in Pelham/Shelby County to improve their talents, enrich their minds, give service in the community, develop meaningful friendships, and help maintain physical health through wellness programs. Learn more about the [Pelham Senior Center](#).

Mental Wellness Services

- **Central Alabama Wellness: 205.651.0077**

Central Alabama Wellness provides an array of services for adults and children dealing with mental illness and/or substance use disorders. Visit the website for [Central Alabama Wellness](#).

- **Children's Psychiatric Intake Response Center: 205.638.7472**

Located in Children's Hospital, the PIRC assists families in finding the appropriate level of mental health care for a child or teen. Visit the website for [Children's of Alabama](#).

- **National Alliance on Mental Illness Shelby County (NAMI): 205.202.0827**

NAMI Shelby serves Shelby County residents with free mental health support, resources, and education. Services are for individuals living with a mental illness and the families who love them. Learn more about NAMI [here](#).

- **Family Connection: 205.663.6301**

This organization strengthens families and communities by providing shelter, counseling, and safety for young people in crisis. Programs are available for school truancy, bullying, runaway, or homeless youth. Visit the website for [Family Connection](#).

- **National Alliance on Mental Illness (NAMI) HelpLine: 1.800.950.NAMI (6264), Text 62640, Email helpline@nami.org**

For families of loved ones with a mental health issue and individuals living with a mental health issue. Connect with a NAMI HelpLine volunteer and receive information and resources that can help.

Support for Families | Substance Abuse

- **ALANON and ALATEEN: 205.388.3765**

Alanon and Alateen offer support groups for families and children of individuals with an alcohol use disorder. Visit the website for [Alanon and Alateen](#).

- **Recovery Organization of Support Specialists & the Alabama Department of Mental Health 24-Hour Helpline: 1.844.307.1760**

Provides resources and information for families and loved ones of individuals suffering from a substance use disorder. Learn more about [ROSS](#).

- **Compact: 205.605.1824**

A community initiative addressing youth substance abuse and wellness issues in Shelby County. Offers teen intervention programs, resources, substance abuse prevention information, and education. Visit the [Compact website](#).

- **Addiction Prevention Coalition: 205.972.8264**

Provides resources, awareness, and education for families and individuals. Family support groups. Support and education groups for parents, spouses, and loved ones of individuals suffering from substance use disorders. Visit the [Addiction Prevention Coalition website](#) to learn more.

- **UAB Family Support Meetings: 205.975.8402**

Offers a support group for families and loved ones of individuals suffering from substance use disorder. Meetings are Thursday evenings from 5:00 p.m.-6:30 p.m. Learn more about the [UAB Family Support meetings](#).

- **Bradford Health Services: 1.888.762.3740**

Bradford Health Services Family Program is a free online resource to educate families on their loved ones' substance use disorder. Visit the website to learn more about [Bradford Health Services](#).

Substance Abuse Assistance

- **ROSS Recovery Organization of Support Specialists and Alabama Department of Mental Health 24-hour Helpline: 1.844.307.1760**
Call and discuss substance use disorder issues with a peer support specialist who is in recovery. The organization offers various support meetings that reflect all walks of life. Learn more about ROSS [here](#).
- **Alcoholics Anonymous: 1.800.839.1686**
Offers alcohol use disorder recovery and support meetings in both English and Spanish. Find a meeting location on the [Alcoholics Anonymous](#) website.
- **Narcotics Anonymous: 1.800.407.7195**
Offers substance use disorder recovery and support meetings. Find a meeting location on the [Narcotics Anonymous](#) website.
- **Recovery Resource Center: 205.458.3377**
Recovery Resource Center is a no-cost, walk-in recovery and resource center. It provides assessments, treatment referrals, and peer support resources. Learn more on the [Recovery Resource Center](#) website.
- **Celebrate Recovery:**
A Christ-centered 12-step recovery group for those struggling with hurt, pain, addiction, and other difficult life issues. Find a meeting location on the [Celebrate Recovery](#) website.
- **Joint Effort: 205.492.2981**
Joint Effort is a fellowship for those who want to stop using marijuana and support one another in recovery. Call for meeting time and location.

For a listing of more local resources, please follow [this link](#) on the the Pelham Police Department website.