



# **ALSDE Procedural Guidelines for Suicide Awareness, Prevention, Intervention and Postvention**

**August 2022**

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# Introduction

Suicide is a major public health and mental health concern. Nationally, suicide is the tenth leading cause of death among all Americans and the second leading cause of death among young (10-34) Americans.<sup>1</sup> In 2018, the suicide rate in Alabama was 16.8 per 100,000, which is higher than the 2018 U.S. rate of 14.2 per 100,000.<sup>2</sup> Cutting across all ethnic, economic, social and age boundaries, suicide has a tremendous and traumatic impact on surviving family members, friends, and the community at large. Suicide generally does not materialize in isolation and is often associated with undiagnosed mental illness, such as depression. Other risk factors may include, but are not limited to, alcohol or substance abuse, feelings of hopelessness or helplessness, self-isolation or social withdrawal, anxiety, history of trauma or abuse, or the loss of a relationship.

In 2018, 116 youth and young adults between the ages of 10 and 24 died by suicide with 66 of those deaths in young people ages 20-24.<sup>3</sup> According to the 2019 Alabama Youth Risk Behavior Survey (YRBS), 37.5% of youth felt sad or hopeless, 20.7% of youth seriously considered attempting suicide, and 16% of youth made a plan on how they would attempt suicide.<sup>4</sup> In addition, 11.6% of youth attempted suicide and 3.8% of youth suicide attempts resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.<sup>5</sup> Therefore, it is urgent that school districts have policies and procedures in place to assess the risk of, intervene in, and respond to youth suicidal behavior.

All school personnel (including, but not limited to, teachers, administrators, counselors, social workers, school nurses, support staff, paraprofessionals, bus drivers, and cafeteria workers) who interact with students on a regular basis are in ideal positions to identify and refer students who are potentially at risk for suicide. In 2016, the Alabama State Legislature passed the House Bill 16-28B-8, also known as the “Jason Flatt Act – Alabama”. Currently, the Student Bullying Prevention Act guidelines for suicide prevention programs, training, and policies requires local school systems to provide annual suicide prevention education training to all certificated school system personnel and to adapt a policy on student suicide prevention.

This document draws on the best practices in crisis prevention and the knowledge and experience of experts in the field. Primary sources for this document include Preventing Suicide: A Toolkit for High Schools by the Substance Abuse and Mental Health Services Administration and After a Suicide: A Toolkit for Schools by the American Foundation for Suicide Prevention and the Suicide Prevention Resources Center.

1 Centers for Disease Control and Prevention: Retrieved from <https://www.cdc.gov>

2 American Foundation for Suicide Prevention: Retrieved from <http://www.afsp.org>

# Definition of Terms

## **Alabama State Department of Education (ALSDE):**

The state agency charged with the fiscal and administrative management of certain aspects of K-12 public education, including the implementation of federal and state mandates.

## **Assessment:**

A comprehensive evaluation usually performed by a clinician, to confirm suspected suicide risk in a patient, estimate the immediate danger, and decides on a course of treatment.

## **Cluster:**

A group of suicides or suicide attempts, or both, that occurs closer together in time and space than would normally be expected in a given community.

## **Crisis Response Team:**

A multidisciplinary team of primarily administrative, mental health, safety professionals, and support staff who are prepared, trained, and ready to address crisis preparedness, intervention, response and recovery.

## **Evidence-based practices:**

Suicide prevention activities that have been found effective by rigorous scientific evaluation.

## **High-risk student:**

A high-risk can consist of one who has underlying issues such as learning disabilities, poverty, academic challenges, sudden life experience, experience bullying, traumatic events, victims of abuse and neglect, suicidal thoughts or attempts, relationship struggles, increase school absences including truancy as well as family dynamic obstacles.

## **Intervention:**

Activities implemented to improve a situation which may have a potential of an adverse health outcome and designed to support individuals involved in the situation

## **Licensed mental health professional:**

Professionals such as a Licensed Professional Counselor (LPC), Licensed Clinical Social Worker (LCSW), Licensed Marriage & Family Therapist (LMFT), Licensed Psychologist, Psychiatrist, Pediatrician, and a Medical Physician.

## **Local Education Agency (LEA):**

A local school system pursuant to local board of education control and management.

## **Mental health:**

A state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to his or her community.

## **Prevention:**

Activities implemented prior to the onset of an adverse health outcome (e.g., dying by suicide) and designed to reduce the potential that the adverse health outcome will take place.

## **Postvention:**

Activities following a suicide to help alleviate the suffering and emotional distress of the survivors and prevent additional trauma and contagion.

**Protective factors:**

An attribute, characteristic, or environmental exposure that decreases the likelihood of a person's developing a disease or injury (e.g., attempting or dying by suicide) given a specific level of risk. For example, depression elevates a person's risk of suicide, but a depressed person with good social connections and coping skills is less likely to attempt or die by suicide than a person with the same level of depression who lacks social connections and coping skills. Social connections and coping skills are protective factors, buffering the suicide risk associated with depression and thus helping to protect against suicide.

**Risk factors:**

Personal or environmental characteristics that increase the likelihood that a person may try to take his or her life. Suicide risk tends to be highest when someone has several risk factors at the same time. Risk factors may encompass biological, psychological, and/or social factors in the individual, family, and environment including access to lethal means. Risk factors should not be confused with warning signs.

**School System Personnel:**

All individuals employed part time or full time by the LEA Board of Education. This is to include district level and school level personnel regardless of position and includes substitute teachers.

**Screening:**

A procedure in which a standardized tool, instrument, or protocol is used to identify individuals who may be at risk for suicide. Also see Assessment.

**Self-harm:**

The act of deliberately and intentionally injuring one's own body, such as cutting or burning. Although self-harm often lacks suicidal intent, youth who engage in self-harm are more likely to attempt suicide.

**Suicidal behavior:**

A spectrum of activities related to thoughts and behaviors that include suicidal thinking, suicide attempts, and completed suicide. Also includes preparatory behavior such as buying a gun, hoarding pills, writing a suicide note, etc.

**Suicidal ideation:**

Any self-reported thoughts or fantasies about engaging in suicide-related behavior.

**Suicide:**

Death caused by self-directed injurious behavior with intent to die as a result of the behavior.

**Suicide attempt:**

A non-fatal, self-directed, potentially injurious behavior with intent to die as a result of the behavior. A suicide attempt may or may not result in injury.

**Suicide contagion:**

Suicide risk associated with the knowledge of another person's suicidal behavior, either first-hand or through the media. Suicides that may be at least partially caused by contagion are sometimes called "copycat suicides." Contagion can contribute to a suicide cluster. Community and media education is vitally important to reduce this risk.

**Warning Signs:**

Behaviors and symptoms that may indicate that a person is at immediate or serious risk for suicide or a suicide attempt.

# Requirements under State Law

Local education agencies (LEA) shall adopt a policy on student suicide prevention. Such policies shall be developed in consultation with school and community stakeholders, school employed mental health professionals, and suicide prevention experts and shall, at a minimum, address procedures relating to suicide prevention, intervention, and postvention.

To help LEAs in developing their own policies for student suicide prevention, the Alabama State Department of Education shall provide assistance in accordance with the School Suicide Prevention Program established by the Alabama State Legislature pursuant to the Student Bullying Prevention Act 16-28B-8 Ala. Code of 1975 includes the elements below to be interpreted as a policy “To the extent that the Legislature shall appropriate funds or to the extent any local school board may provide funds from other sources, each school system shall implement the following standards and policies for suicide prevention programs”.

1. All certificated public-school personnel shall receive annual training in suicide awareness and prevention. This training shall be provided within the framework of existing in-service training programs offered by the Alabama State Department of Education or as part of required professional development offered by an LEA.
2. The Alabama State Department of Education shall, in consultation with state suicide prevention organizations such as the Alabama Suicide Prevention and Resource Coalition and the Alabama Chapter of the American Foundation for Suicide Prevention as well as the Alabama Departments of Mental Health and Public Health and additional suicide prevention experts, develop a list of approved training materials to fulfill the requirements of the Jason Flatt Act which may include training materials currently being used by an LEA if such training materials meet the criteria established by the Alabama State Department of Education.

Approved materials shall include training on how to identify appropriate mental health services, both within the school and within the larger community, and when and how to refer youth and their families to those services.

Approved materials may include programs that can be completed through self-review of suitable suicide prevention materials.

3. The Alabama State Department of Education shall make referral, crisis intervention and other related information available to students, parents, and school personnel.
4. The ALSDE shall educate students in recognizing signs of ideation and other warning signs related to suicidal behavior.
5. The ALSDE shall promote cooperative efforts between school personnel and community suicide prevention programs.
6. The ALSDE shall develop a plan to assist survivors of attempted suicide, completed suicide, the death of a student and develop healing processes.

The policies, procedures and rules developed and approved to implement policies will be published, disseminated, and made available to students, parents and legal guardians and employees by any such means and methods customarily used for such purposes including publication on local school board websites.

**Authority:** Alabama Code Title 16. Education § 16-28B-8

# School Climate

Schools should ensure that they maintain a positive and safe school climate. Fostering a feeling of connectedness between the students and the school, providing an opportunity for students to become involved in school activities, and ensuring an overall safe environment for all students are essential components of a safe and positive school climate. Many activities designed to prevent violence, bullying, and the abuse of alcohol and other drugs may also reduce suicide risk among students.<sup>6</sup> Programs that improve school climate and promote connectedness help reduce risk of suicide, violence, bullying, and substance abuse.<sup>7</sup>

Schools should set high expectations on all staff and students to behave respectfully and kindly to one another. In a positive school climate, all students are respected, supported, and feel comfortable approaching an adult when confronted with problems. Importantly, bullying among students should be taken very seriously, as research has shown that students who feel victimized by other students or staff have an elevated risk of suicidal ideations and behaviors.

<sup>6</sup> Epstein, J. A., & Spirito, A. (2009). Risk factors for suicidality among a nationally representative sample of high school students. *Suicide and Life-Threatening Behavior*, 39(3), 241–251.

<sup>7</sup> Resnick, M. D., Bearman, P. S., Blum, R. W., Bauman, K. E., Harris, K. M., Jones, J.,...Udry, J. R. (1997). Protecting adolescents from harm. Findings from the National Longitudinal Study on Adolescent Health. *Journal of the American Medical Association*, 278(10), 823–832.

# Prevention, Intervention and Postvention

Raising staff awareness about suicide and training staff to take steps that prevent it are critical components of any comprehensive school-based suicide prevention program. All school staff should understand that suicide poses a risk to students and that the school is taking steps to reduce this risk. The staff should be made aware that the school's mission includes providing a safe environment in which education can take place and that the mental health of students affects their academic performance.

## School System Policy Implementation

Suicide prevention efforts are generally led by school counselors, mental health professionals, or social workers. However, it is important to remember that no one can establish effective suicide prevention strategies alone. The participation, support, and active involvement of others in the school and community are essential for success.

Local school superintendents should appoint a suicide prevention coordinator to plan and coordinate the implementation of the school district's suicide prevention policy.

The suicide prevention coordinator shall serve as the point of contact for issues relating to suicide prevention in schools and district policy implementation. The suicide prevention coordinator may be an existing staff member (e.g., school counselor, or safety coordinator). Most school systems already have teams responsible for student health and behavioral health issues, such as a Crisis Response Team. If so, consider adding suicide prevention to their mission and involving members of these teams as you assign responsibilities for suicide prevention strategies. All staff members shall report students they believe to be at risk for suicide to the school suicide prevention coordinator or a staff member the school suicide prevention coordinator has designated to act in his or her absence.

## Training

All school system personnel shall receive annual training on youth suicide and school suicide protocols. The Alabama State Department of Education (ALSDE) will provide access to the School Personnel Suicide Awareness Training in a manner which will keep record of those who complete the training. The school personnel training is outlined below:

- General Suicide Knowledge including youth suicide data and relative terms and definitions
- Prevention covering risk factors and general information around suicide as well as student training options
- Intervention including warning signs and suggested school protocols and forms for suicide assessment, parent notification and professional referrals
- Postvention containing school community communication of a school personnel or student death and guidelines on school-based memorials and daily operations

The Alabama Department of Mental Health has provided a 4-page document titled **You Are Not Alone** (Appendix A) which provides an excellent resource as it summarizes four areas of discussion all around suicide. These discussion areas are Break the Stigma, Know the Signs, How to Help, and Help for Grieving.

The Alabama State Department of Education (ALSDE) recommends the use of evidence-based suicide prevention programs for K-12 students on mental health, coping and suicide annually. At a minimum, students need to receive suicide awareness education three times over their academic career with the suggestion of 4th, 7th and 10th grades. Student suicide programs may include "A Promise for Tomorrow" Student Curriculum by The Jason Foundation; Prevention & Awareness for Total Health, P.A.T.H., with Peer Helpers by ThriveWay; and existing programs including school developed and those delivered by partnered agencies. For Alabama specific data, information and free posters to display around your school, visit the Alabama Department of Public Health's website at <https://www.alabamapublichealth.gov/suicide/youth.html>.

ALSDE also recommends the use of any of these programs by any school system for immediate implementation:

Friend2Friend by Kognito			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p><b>This program teaches people to do the following:</b></p> <ul style="list-style-type: none"> <li>• Signs of psychological distress including verbal, behavioral, and situational clues</li> <li>• How to communicate with peers and motivate them to seek help</li> <li>• Habits for mental wellness</li> <li>• National crisis and mental health resources and local resources and referral points</li> </ul> <p>High schools that use Friend2Friend should identify on- and off-campus resources for students and ensure all program participants are aware of these resources.</p>	<p><b>Who can be trained: high school-age students</b></p> <p><b>Who is helped: high school-age students</b></p>	<p>Friend2Friend is a 25-minute, online, interactive training program for high school students. In the training, users assume the role of a high school student concerned about a friend and engage in a simulated conversation with this friend. Users learn and practice effective conversation strategies for broaching the topic of psychological distress, motivating the peer to seek help, and avoiding pitfalls, such as giving unsolicited advice and criticizing.</p>	<ul style="list-style-type: none"> <li>• SPRC Listing – Friend-2Friend</li> <li>• Alabama Department of Public Health</li> </ul>

Lifelines®: A Comprehensive Suicide Awareness and Responsiveness Program for Teens			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p><b>This program teaches people to do the following:</b></p> <ul style="list-style-type: none"> <li>• Understand the facts about suicide and their roles in suicide prevention</li> <li>• Understand how to involve parents and guardians as partners</li> <li>• Gather information about a student’s risk for suicide and understand the warning signs of suicide</li> </ul>	<p><b>Who can be trained:</b> Middle and high school administrators, faculty, and staff; parents; and students</p> <p><b>Who is helped:</b> Middle and high school students</p>	<p>This is a whole-school program with three components:</p> <ol style="list-style-type: none"> <li>1. Lifelines: Prevention</li> <li>2. Lifelines: Intervention</li> <li>3. Lifelines: Postvention</li> </ol> <p>Each component includes a facilitator guide, DVDs, and a USB flash drive with reproducible materials and handouts.</p>	<ul style="list-style-type: none"> <li>• Hazelden Lifelines®</li> <li>• SPRC Listing – Lifelines</li> </ul>

More Than Sad			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p><b>This program teaches people to do the following:</b></p> <p>For school personnel:</p> <ul style="list-style-type: none"> <li>Understand their school’s resources, policies, and protocols for identifying and assisting youth at risk of suicide</li> <li>Identify the signs of depression and other mental health problems in youth</li> <li>Access help and/or refer youth for help</li> <li>For parents: <ul style="list-style-type: none"> <li>Identify the signs of depression and other mental health problems in youth</li> <li>Talk about mental health with their child</li> <li>Get help for their child</li> </ul> </li> <li>For students: <ul style="list-style-type: none"> <li>Identify the signs of depression in themselves and others</li> <li>Challenge prejudice surrounding depression</li> <li>Promote the importance of seeking help</li> <li>Understand the treatment process</li> </ul> </li> </ul>	<p><b>Who can be trained:</b> Teachers and other school personnel, Parents, High school students</p> <p><b>Who is helped:</b> High school students</p>	<ul style="list-style-type: none"> <li>This training is available in three formats for the following audiences: <ul style="list-style-type: none"> <li>Teachers and other school personnel</li> <li>Parents (English and Spanish)</li> <li>High school students</li> </ul> </li> <li>Each program incorporates one or both of the following 25-minute videos: <ul style="list-style-type: none"> <li>More Than Sad: Preventing Teen Suicide</li> <li>More Than Sad: Teen Depression</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>American Foundation for Suicide Prevention</li> <li>SPRC Listing - More Than Sad: Teachers</li> <li>SPRC Listing - More Than Sad: Teen Depression</li> </ul>

Peer Helpers PLUS – A Multi-Tiered Program for Prevention & Support			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p><b>This program teaches people to do the following:</b></p> <ul style="list-style-type: none"> <li>Identify situations in which are beyond their level of control or change</li> <li>Explore risk factors associated with mental health, substance use, bullying and abuse</li> <li>Recognize warning signs related to abuse, substance use, suicide and violence</li> <li>Healthy coping habits for mental wellness</li> <li>Selfcare and help seeking skills</li> <li>How to communicate with peers and motivate them to seek help</li> <li>How to facilitate referrals of peers for early intervention and support</li> <li>National crisis and mental health resources and local resources and referral points</li> </ul>	<p><b>Who can be trained:</b> K-12 students in prevention and coping skills; 3-12 students in support services</p> <p><b>Who is helped:</b> K-12 students</p>	<p>P.A.T.H., Prevention &amp; Awareness for Total Health is the K-12 schoolwide comprehensive prevention curricula component of the program which addresses bullying, abuse, suicide and substance use in grade level curricula. Classroom teachers facilitate the scripted lessons utilizing the included slides, videos and handouts. Parent Letters are provided for electronic delivery sharing lesson highlights, parent tips, resources and helplines.</p> <p>Peer Helpers is adult coordinator lead diverse group of students trained in communication, conflict resolution, and referral skills. These students actively support classmates through daily life struggles and times of life altering experiences. Support services are customizable based on the school’s needs.</p> <p>An online portal provides both program component materials and curricula, gathers support services data from Peer Helpers and has P.A.T.H. delivery monitoring.</p>	<ul style="list-style-type: none"> <li>ThriveWay</li> </ul>

Question. Persuade. Refer. (QPR)			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p><b>This program teaches people to do the following:</b></p> <ul style="list-style-type: none"> <li>Recognize the warning signs of suicide</li> <li>How to talk with someone who may be at risk for suicide and persuade them to get help</li> <li>Refer at-risk individuals to appropriate resources for help</li> </ul>	<p><b>Who can be trained:</b> Individuals, organizations, or professional groups</p> <p><b>Who is helped:</b> Community members</p>	<ul style="list-style-type: none"> <li>QPR comes in different versions for the following audiences: <ul style="list-style-type: none"> <li>Individuals: Online</li> <li>Organizations: Online or in-person</li> <li>Professional groups, including health care professionals, veterans, law enforcement, firefighters &amp; EMS</li> </ul> </li> <li>Extended learning options are available beyond basic QPR courses.</li> </ul>	<ul style="list-style-type: none"> <li>QPR Institute</li> <li>SPRC Listing - QPR</li> </ul>

RESPONSE: A Comprehensive High School-based Suicide Awareness Program			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p><b>This program teaches people to do the following:</b></p> <ul style="list-style-type: none"> <li>Increased knowledge of signs of depression and suicide.</li> <li>Increased understanding of attitudes and behaviors that can hinder help seeking.</li> <li>Increased understanding of steps to seek help for self and others.</li> <li>Increased knowledge of “crisis contacts” at the school for immediate help.</li> </ul> <p>RESPONSE is a comprehensive high school-based program that increases awareness about suicide among high school staff, students and parents. All program components are designed to heighten sensitivity to depression and suicidal ideation, increase identification, and facilitate referral. The program also provides procedures to refer a student who may be at-risk for suicide.</p>	<p><b>Who can be trained:</b> high school-age students, school staff, and parents</p> <p><b>Who is helped:</b> high school-age students</p>	<p>Components include (1) a two-hour awareness training for staff, (2) a four-hour student curriculum (spread across four class periods), and parent awareness materials. An implementation assistance manual is also included for administrators.</p> <p>Before implementing the awareness components, participating schools must identify key staff to serve on a suicide prevention team. Key school-based staff should include the principal or vice-principal, a school-based RESPONSE coordinator, two “suicide contacts” responsible for handling referrals, and a counselor.</p> <p>Each component of RESPONSE integrates extensive “in the field” experience and key evaluation findings from other school-based programs. Videos for the awareness components were developed in collaboration with an award-winning film company</p>	<ul style="list-style-type: none"> <li>SPRC Listing - Response: A Comprehensive High School-based Suicide Awareness Program (2nd Edition)</li> <li>Alabama Department of Public Health</li> </ul>

Youth Mental Health First Aid			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p><b>This program teaches people to do the following:</b></p> <ul style="list-style-type: none"> <li>How to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.</li> </ul> <p>The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.</p>	<p><b>Who can be trained:</b> adults who regularly interact with young people.</p> <p><b>Who is helped:</b> Any trained adult</p>	<ul style="list-style-type: none"> <li>The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.</li> <li>Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.</li> </ul>	<ul style="list-style-type: none"> <li>Alabama Department of Education</li> </ul>

## Suicide Assessment and Referral

Most experts agree that a process by which people at risk for suicide can be identified and referred to treatment is an essential component of a comprehensive suicide prevention program. Suicide assessment usually refers to a more comprehensive evaluation done by a licensed clinician to confirm suspected suicide risk, estimate the immediate danger to the patient, and decide on a course of treatment. Although assessment can involve structured questionnaires, they also can include a more open-ended conversation with the individual and/or friends and family to gain insight into the patient's thoughts and behavior, risk factors (e.g., access to lethal means or a history of suicide attempts), protective factors (e.g., immediate family support), and medical and mental health history.

When a student is identified by a staff person as potentially suicidal, (i.e., verbalizes about suicide, presents overt risk factors, student self-refers, etc.) the student should immediately be seen by a mental health professional to assess risk and facilitate referral. If there is no mental health professional available at the school, a school nurse, school counselor, school social worker or a school administrator should fill this role to gather information through a basic situation assessment. The parent or guardian must be notified that the student needs an assessment by a mental health professional. School personnel will utilize the Assessment section of the Student Crisis Referral Form to capture information to better understand the situation to communicate to the parents and/or professional services.

Through discussion with the student, the principal or mental health professional will assess whether there is further risk of harm due to parent or guardian notification. If the principal or mental health professional believes, in his or her professional capacity, that contacting the parent or guardian would endanger the health

or well-being of the student, the principal or mental health professional may delay such contact as appropriate. If parent or guardian notification is delayed, the reasons for the delay shall be documented. If the principal, designee or mental health professional suspects child abuse or neglect, the Alabama Department of Human Resources shall be notified immediately.

NOTE: All students that exhibit risk factors for suicide that do not rise to the level of warning signs or suicide ideation should be referred to the school principal and/or the school counselor or social worker for screening and further action if warranted.

## **For Students with Warning Signs for Suicide:**

### **1) STAY WITH STUDENT & ASSESS:**

- School staff should continuously supervise the student to ensure his or her safety. Under no circumstances should the student be left alone or sent back to class. Student must remain under constant adult supervision until student leaves school property with parent or guardian.
- School personnel to speak with student and gain information to assess the situation. The responses are to be noted in the Assessment section of the **Student Crisis Referral Form** (Appendix B).

### **2) IMMEDIATE INTERNAL NOTIFICATION STEPS:**

- School staff contacts the **principal** or his/her designee, **school counselor** and **school nurse** for assistance. The principal or his/her designee, school counselor or school nurse should contact the **school resource officer**, if applicable.
- The principal or his/her designee, school counselor or school nurse should contact the **central office designee** which may be the Mental Health Service Coordinator.
- The central office designee needs to immediately contact the **Crisis Team** to be on stand by for this student and the engaged school personnel.

### **3) PARENT NOTIFICATION & ASSISTANCE:**

- The principal or his/her designee and school counselor should contact the student's parent or guardian and require their physical presence on campus to meet and check-out the student.
- School staff should work with the student to complete a Student Safety Plan located on page 4 of the Student Crisis Referral Form (Appendix B) while waiting on the parent or guardian to arrive.
- When parent or guardian arrives to campus, the school counselor and Mental Health Service Coordinator, where applicable, should assist the family with urgent referral for professional assessment.
- When appropriate, this assistance may include calling emergency services, but in most cases will involve contacting the local crisis center or National Suicide Prevention Hotline or setting up an outpatient behavioral health appointment and communicating the reason for referral to the healthcare provider.
- A **Parent Notification Letter** (Appendix C) must be completed and a copy must be provided to the parent or guardian before they leave campus with the student. A **Mental Health Resource List** (Develop a local resource list utilizing resources in Appendix G) must be provided to the parent or guardian.

### **4) IMPACTED STUDENT SUPPORT:**

If suicidal student has a sibling, relative, household member or close friend which may need to be counseled based on severity of situation or parental or guardian request, make immediate contact with that student. If an impacted student attends a different school, contact that school's counselor or appropriate designee and ask them to check on and meet with student.

### **\*\* FOR A REPEAT REFERRAL \*\***

If a repeat Student Crisis Referral is made for suicide ideation or attempt, a doctor, licensed counselor or psychiatrist must see the student. For the student to return to school, the parent or guardian and the student must attend a Mandatory Re-Admit Conference with the school counselor where a **Student Re-Entry & Support Form** (Appendix D) will be completed. The parent must bring a mental health clearance letter of release from a qualified medical doctor or licensed mental health professional to the Re-Admit Conference stating the student is ready and able to return to school; this letter must be dated, on professional's letterhead

and signed.

If the parent or guardian refuses to seek appropriate assistance for the student, the school shall have the option to contact and file a neglect report with the Alabama Department of Human Resources. The school may also involve the appropriate law enforcement agency, if necessary.

## **In-School Suicide Attempts**

In the case of an in-school suicide attempt, the health and safety of the student is paramount. In these situations:

1. Call 911.
  2. Contact Central Office (e.g. superintendent or his/her designee).
  3. Contact Crisis Response Team.
  4. Secure the area as soon as possible and keep all students away.
  5. Send notes and runners to staff members informing them that a medical emergency has occurred. Include any additional instructions (e.g., "The bell schedule will be changed and will be manually sounded at an appropriate time.")
  6. Render first aid until professional medical treatment arrives.
  7. Provide constant adult supervision to the student to ensure student safety.
  8. Request a mental health screening for the student.
  9. Notify the principal and the school counselor regarding in-school suicide attempts.
  10. Contact the student's parent or guardian.
  11. Crisis Response Team will meet to assess whether additional steps should be taken to ensure student safety and well-being.
  12. Prepare a written statement to be distributed to parents and guardians either through email or by letter.
- For additional information, please refer to Appendix B: Action Plan for Suicide Attempt and Suicide Ideation on page 17.

## **Out-of-School Suicide Attempts**

If a staff member becomes aware of a suicide attempt by a student that is in progress in an out-of-school location, the staff member will:

1. Call 911.
2. Contact the student's parent or guardian.
3. Contact the school principal and the school counselor.
4. Contact Central Office (e.g. superintendent or his/her designee).

### **\*\* FOR ALL ATTEMPTS \*\***

For a student to return to school after an in-school or known out-of-school suicide attempt, the parent or guardian and the student must attend a Mandatory Re-Admit Conference with the school counselor where a Student Re-Entry & Support Form (Appendix D) will be completed. The parent must bring a mental health clearance letter of release from a qualified medical doctor or licensed mental health professional to the Re-Admit Conference stating the student is ready and able to return to school; this letter must be dated, on professional's letterhead and signed.

## **After a Death or Suicide**

A suicide death or death by any means in a school community requires implementing a coordinated crisis response to assist staff, students, and families who are impacted by the death and to restore an environment focused on education. A meeting of the Crisis Response Team should take place as soon as possible once the basic facts about the death have been obtained to initiate a coordinated response.

### **Confirmation of Death**

The principal or a representative of the school (i.e. counselor) should contact the family to offer condolences and to see if a visit to the family home would be permissible during this difficult time. It may be useful for a pair of representatives to visit together so they can support one another during the visit. It is important to respect the cultural and religious traditions of the family related to suicide, death, grieving, and funeral ceremonies.

**The school representative(s) should:**

- Offer condolences on behalf of the school and ask for any specific needs.
- Briefly share with the parents the ideas on how the school would like to respond to the death and ask for their permission to do so.
- Inquire about funeral arrangements. Ask if the funeral will be private or if the family will allow students to attend.
- Leave the parents with additional resources and information about grief counseling.
- (After all memorial services) Ask the family if they would like their child's personal belongings returned. These could include belongings found in the student's locker and desk as well as papers and projects they may want to keep.

**Notifying School Community**

Once a death has been confirmed, the school, district and school community need to be notified and support needs to be made available. Below is a notification list:

1. Principal will notify the Superintendent of schools.
2. Principal will notify all the faculty and staff.
3. Principal will provide faculty and staff with guidance for talking with students.
4. Notify the crisis response team.
5. Notify schools attended by family members of the deceased.
6. With parent permission, the school will make an official statement regarding the death of the student.

**Appendix E: Sample Announcements for Notifying School Community****Support for Students**

The following summarizes additional support that will be provided by mental health professionals after a student suicide.

**Who:** The Crisis Response Team

The School and/or District Level Crisis Response Team will provide grief counseling for students and school staff after a student or school faculty member death including but not limited to suicide. Additional support may include other school counselors, school social workers, and school-based nurses as well as other mental health professionals, local clergy, and other qualified persons from outside the school as needed.

**Where:** Designated meeting areas on the school campus.

Small group (less than 10) or individual counseling will take place in the school's designated meeting area(s) such as the counseling office, library, a lounge, or classroom.

**When:** Immediately and will be available for a minimum of 5 days.

Grief counseling will take place for 5-7 days immediately following the event and afterward on an as needed basis.

**How:** Students and Faculty will learn about counseling opportunities from school-wide announcements and homeroom teacher's announcements.

**Considerations:**

- a. Teachers, school counselors, and others involved in student counseling should beware of signs of personal burdens grieving students are carrying. These may complicate grieving and the counseling process.
- b. A student should notify a teacher if he or she is worried about another student. The teacher will then notify a counselor about the student and the counselor will take appropriate action immediately.
- c. The number of grief support counselors may be reduced as the demand from students and personnel subsides.

**Reporting a Crisis to ALSDE**

Upon a crisis including natural disasters, active shooters, lockdowns, suicide attempts and deaths, a report must be submitted by the LEA to the Alabama State Department of Education. The LEA Crisis Report form (Appendix F) is to be completed and submitted as soon as possible.

## **Family Educational Rights and Privacy Act (FERPA)**

The Family Educational Rights and Privacy Act or FERPA (20 U.S.C. § 1232g; 34 CFR Part 99) is a Federal law that protects the privacy of student education records. The law applies to all educational agencies and institutions that receive funds under any program administered by the U.S. Department of Education. Under FERPA, parents are generally required to provide consent before school officials disclose personally identifiable information from students' education records. There are exceptions to FERPA's general consent rule, such as disclosures in connection with health or safety emergencies. This provision in FERPA permits school officials to disclose information on students, without consent, to appropriate parties if knowledge of the information is necessary to protect the health or safety of the student or other individuals. When a student is believed to be suicidal or has expressed suicidal thoughts, school officials may determine that an articulable and significant threat to the health or safety of the student exists and that such a disclosure to appropriate parties is warranted under this exception (Department of Education, 2010).

# Resources

## National Resources

National Suicide Prevention Lifeline - English: 988 or 1-800-273-TALK (8255); Spanish: 1-888-628-9454. All numbers are available 24/7. Calls are routed to the closest Accredited Crisis Line.

Crisis Text Line: Text HELLO to 741-741 from anywhere in the United States.  
Available 24/7. Trained volunteers will text about whatever is a crisis to you.

Boys Town National Hotline: 1-800-448-3000

The hotline is staffed 24/7, year-round by trained counselors who can give advice and guidance on a wide range of issues, including adolescent defiance, tantrums, substance abuse and suicidal thoughts.

The Trevor Lifeline: 1-866-488-7386 or text 'START' to 678-378

A national hotline available 24/7 providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people under the age of 25.

National Drug Helpline: 1-844-289-0879

Call 24/7 to get information about substance use or misuse including how to recognize drug use in a love one.

Trans Hotline: 877-565-8830

Trans Lifeline's Hotline is a peer support phone service run by trans people for trans and questioning peers which is available 24/7.

Teen Line Crisis Line: 1-800-852-8336 from 8:00 pm – midnight

Teen Line Text Line: text 'TEEN' to 839-863 from 8:00 pm - 11:00pm

A teen-to-teen line that provides personal education and support for teenagers.

National Alliance Mental Health: 1-800-950-6264; Monday - Friday 10 am - 6 pm. ET

Nationwide peer-support services providing information, resource referrals and support to people living with a mental health condition.

## Alabama Statewide Resources

Wings Across Alabama: 1-844-999-4647 - Monday - Friday 2 - 8 PM; Saturday & Sunday 3 - 8PM

Individual Non-Crisis Support. The Alabama Warm Line is staffed by Certified Peer Specialists (CPS) who all have personal experience with mental illness including stigma, hospitalizations, homelessness, thoughts of suicide, feeling overwhelmed, loneliness, challenges of poverty and more. Call to have a confidential conversation with someone who will listen without judgement or criticism.

The Recovery Organization of Support Specialist (R.O.S.S.): 1-844-307-1760 – 24/7

R.O.S.S aims to advocate, empower and collaborate for any individual seeking recovery. Are you or a family member, struggling with addiction or in need of support? If you prefer to chat the chat line is available 24/7. Please visit the website at [www.rosshelpline4u.org](http://www.rosshelpline4u.org).

ASPARC - Alabama Suicide Prevention and Resources Coalition is now a fully-fledged non-profit organization educating people within the state of Alabama in basic suicide prevention techniques and strategies. For more information or extensive resource lists, visit [asparc.org](http://asparc.org).

## Alabama Regional Resources

Crisis Services of North Alabama - 24/7 Crisis Line: (256) 716-1000

Crisis Center of Central Alabama - 24/7 Utalk Crisis Line for all ages: (205) 323-7777.

Crisis Center of Central Alabama - Text line open from 3pm -10pm is primarily for children and teens at (205) 328-5465

Lifelines Counseling Services & Crisis Center for South Alabama - Monday - Friday 8am-5pm: (251) 602-0909

## Appendix G: Alabama Resources Guide by County as of December 2020.

# Acknowledgments

The development of these procedural guidelines would not have been possible without the extensive contributions from the following individuals, agencies, organizations and resources:

## Committee Leadership

AL Suicide Advisory Prevention Committee ALSDE Lead –  
Dr. Erica Butler, ALSDE

AL Suicide Advisory Prevention Committee Chairman –  
Allison Moore, Jennifer Claire Moore Foundation

AL Suicide Advisory Prevention Resources Sub-Committee Chair –  
Janet Gabel, Crisis Services of North AL

AL Suicide Advisory Prevention Student Training Sub-Committee Chair –  
Dr. Judith Harrington, Univ. of Montevallo

AL Suicide Advisory Prevention School Protocols Sub-Committee Chair –  
Katherine Rogers, Lifelines Counseling Services

## Committee Members

Betsy Cagle, ADPH  
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Maegan Ford, ADMH  
Dr. Pamela Fossett, AEA  
Kanetra Germany, ALSDE  
Mary Hooks, AL Assoc. of School Boards  
Shaundalyn Johnson, ALSDE  
Dr. Marilyn Lewis, ALSDE  
Dr. Jeremy Madden, CLAS  
Dr. L. Marshall, ALSDE  
Harriette Thompkins, CLAS  
Sherry Tucker, AEA  
Dr. Wayne Vickers, School Superintendents Assoc.

## Special Thanks

Special thanks to Alabaster City Schools, Fayette County High School, Baldwin County Public Schools and Birmingham City Schools for your contributions.



# **APPENDIX A: You Are Not Alone**

You  
ARE  
NOT  
Alone



# Break the Stigma

## Bring Suicide Out of the Dark

Suicide is a major problem in the United States. Suicide is the tenth leading cause of death for all ages in the United States (CDC 2019). Thousands of people take their own life for a variety of reasons. Usually a person with suicidal feelings has experienced deep emotional



Mental health is just as important as physical health.

trauma or intense situations. This could range from an abusive relationship to a serious illness or injury. Suicide doesn't always make sense to someone on the outside. Many people who are considering suicide feel as if it's their only option.

## Promote Mental Health

Mental health is just as important as physical health. Just like you brush your teeth everyday, taking time to reflect on your feelings is crucial for a healthy mindset. Mental health looks different for everyone and everyone needs an outlet to decompress after a long day.

Mental health has long been overlooked in American society. The concept of looking perfectly fine on the outside, while suppressing your feelings can make it harder to live your daily life. More and more, people have started to normalize taking mental health days. We live in a work-centered society, so taking a break doesn't always feel accepted. Promoting good mental health habits is the first step in lowering suicide rates. By taking the time we need to promote a healthy way of living, people will learn how to better deal with their emotions in uncertain situations.

Suppressing feelings can make it harder to live daily life.



## Join the Conversation

Suicide is not frequently talked about within our society due to the stigma surrounding mental health. Fear and unawareness contribute to the lack of discussion. People often feel as though they don't know enough, so it's better to say nothing. This is why we, as a society, need to promote mental health education.

Don't be afraid to talk about your personal struggles and conflicts. Everyone goes through hard times — from sharing these experiences, we can create deeper connections.

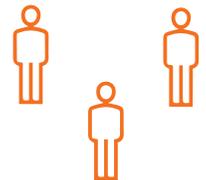


Promoting good mental health habits is the first step in lowering suicide rates.

## All Ages are at Risk

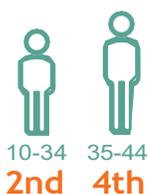
Suicide affects everyone, everywhere. Suicidal tendencies can appear in any age, gender, or race. That's why it is so important for everyone to join the conversation. By familiarizing yourself with the symptoms, you could save the life of a friend, loved one, or community member.

Now, more than ever, we must be vigilant for symptoms of mental illnesses in the people around us.



## Life After Covid-19

As we look forward to our "new normal" after Covid-19, we will need to handle the lasting effects of the global pandemic on our mental health. It will take time to regain social skills and readjust from uncertainty and loneliness. The end of the pandemic may leave even more people at risk for developing mental illnesses, like depression. Now, more than ever, we must be vigilant for symptoms of mental illnesses in the people around us.



Suicide was the **2nd** leading cause of death for ages 10 – 34 in the U.S.

Suicide was the **4th** leading cause of death for ages 35 – 44 in 2019.

source: cdc.gov

National Suicide Prevention Lifeline

800-273-8255

American Foundation for Suicide Prevention

afsp.org

U.S. Crisis Text Line

text HELLO to 741741

You ARE NOT Alone



# Know the Signs

## Recognizing Suicidal Behavior



Sadness



Insomnia



Hopelessness



Withdrawal



Mood Swings



Changes in Eating



Drug Use



Rage



Self-loathing



Feeling Trapped



Despair



Thoughts of Death

Suicide can be hard to predict. A person who is developing suicidal thinking could have a variety of symptoms, or just one. In addition to the above, those struggling could also be dealing with feelings of guilt, pain, or being a burden; making a plan or preparations; struggling with self-harm or trauma; seeking revenge; taking risks; changing their appearance; talking about suicide or saying goodbye.

Educating yourself is a great first step in suicide prevention. If someone you know is exhibiting any of the above symptoms, reach out and help them get the support they need. You should reach out about their mental health even if you are unsure. If untreated, mental illnesses can leave people at higher risk to develop suicidal thinking. However having a mental illnesses does not mean a person will develop suicidal thinking.

## The Importance of Language

Remember that even if a person is struggling with their mental health, they are still a person. Always use phrases that emphasize that they are a person before describing their mental illness. For example, you would say "This person is struggling with suicidal thoughts" rather than "They are a suicidal person." The way we phrase our words can significantly impact their reception.

## Supporting Those Left Behind

People who are affected by a suicide often experience feelings of grief and guilt. It can be hard to keep your mind from circling down the rabbit hole of "What if I did this differently?" and "Would they still be here if I did this?"

The intense feelings following a loved one's passing can be really hard on one's mental health. No matter how someone is grieving, it is important to let them know that you are there for them.

## Special Resources for Grieving

Grieving looks different for everybody and is extremely taxing on our physical and mental states. People take different amounts of time to process a death, have different ways to cope with their feelings, and act differently when presented with a passing of a loved one.

Healthy grieving is not about getting over a death. It is about being present with your emotions and learning to live with them. Bereavement counseling, grief hotlines, and other resources are available if you or someone you know is having trouble grieving a loved one.



There was one death by suicide in the U.S. every 11 minutes in 2019.

47,511 Americans died by suicide in 2019.

sources: afsp.org and cdc.gov

National Suicide Prevention Lifeline

800-273-8255

American Foundation for Suicide Prevention

afsp.org

U.S. Crisis Text Line

text HELLO to 741741



# How to Help

## Call 911 for Emergencies

Assess the situation and severity of their suicidal feelings. In an emergency situation, call 911 and explain the situation. Stay with the person, remove all sharp and dangerous objects within the environment, and follow 911's instructions.



If the person is not in immediate danger, find a way to express your concerns. Preparation is key to make a meaningful interaction.

## The Right Way to Ask the Right Questions

### 1. Explain the symptoms you have noticed

Write down the behaviors that have caused you to have this discussion. By being specific, it can help progress the conversation. It can also make it easier for the person who is struggling to recognize the symptoms.



### 2. Be direct

To have a serious conversation, it needs to be planned and thoughtful. This means do not casually bring it up as your friend is leaving. Rather, sit down and discuss your concerns in a controlled environment.



### 3. Frame your questions

Start this conversation by framing your questions to be answered with a yes or no, but not in a way that assumes an answer of no. For example, saying "Are you experiencing suicidal thoughts?" is a much more effective question than "You aren't thinking about killing yourself, right?" This helps to directly identify where the person needs help.



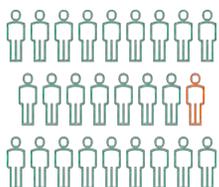
### 4. Validate

Many people struggle with mental health, so tell them that they are not alone. Listen to their feelings without judgment. However, do not promise secrecy, no matter the situation. Suicide can never be repaired, but friendship can. Stay with them until they have the resources that they need to be safe from harm.



### 5. Share resources

There are many available resources for people who are struggling with mental health on the local, state, and national levels. Take the first step and find resources that can help with their struggles. An internet search of your city and state followed by "suicide resources" will give you local hotlines and resources that are close to home.



**There is one suicide for every estimated 25 suicide attempts.**

There were more than twice as many suicides (47,173) as there were homicides (19,510) in 2018.

sources: save.org and nimh.nih.gov

National Suicide Prevention Lifeline

**800-273-8255**

American Foundation for Suicide Prevention

**afsp.org**

U.S. Crisis Text Line

**text HELLO to 741741**



# Help for Grieving

## Help for the Grieving Process

Brianna Abbott is a counselor at Worthington Kilbourne High School and has been a Bereavement Counselor for over ten years. Her passion in life is to make a difference by helping others. Her job as a Bereavement (grief) Counselor is to help normalize grieving and reframe how people perceive deaths. Grief doesn't have a timeline, so she says she tries to help people "not get over their feelings, but live with them."

to help people  
"not get over  
their feelings,  
but live  
with them."

Brianna's goal wasn't always to be a school counselor. She knew that she wanted to "help people when they're struggling in order to get them to a better place." She started her career at Lifeline Ohio, an organ donor organization, as the Community Education Coordinator. Here, she worked with support groups for transplant patients and families who lost loved ones waiting for a transplant. From this experience, she realized that she wanted to work with children and became a counselor for Worthington Schools. She later expanded her role to also be the district's crisis coordinator. She provides insight from her extensive background in grief counseling to prepare Worthington Schools for crises.

Brianna says mental health to her means "having the strength to feel your feelings and being present with them." It takes a lot of courage to be able to choose how you respond to any situation. By being in control of your emotions, you can do anything you set your mind to. She says "mental

mental health means "having the strength to feel your feelings and being present with them"

health isn't as obvious, but it is as significant as a physical injury." The biggest misconception about counseling is that seeking out someone for help is a sign of weakness. Brianna describes how courageous and strong people are when they reach out for help. Our society has such a stigma around talking about mental health, so it takes a lot for people to ask for help when they need it.

The hardest part of grief is acknowledging your honest emotions. Brianna speaks about how people struggle to feel their honest emotions because they don't want to impede on their love for them. Part of her job as an

"mental health isn't as obvious, but it is as significant as a physical injury."

Bereavement Counselor is to help people realize that having anger, sadness, or even frustration at a passed loved one does not take away from the love that you have for them. Society has made people feel like they can't express their feelings in order to be "strong" for those around you, but sometimes taking off that mask is exactly what you need to do.

## Covid-19 Is Changing Our Support System

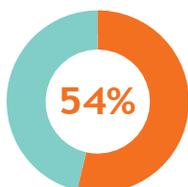
Brianna says Covid-19 has severely impacted her profession. The coronavirus has impacted every aspect of life from grieving to supporting one another. Many people feel helpless because so many things are out of their control. People feel

having anger at a passed loved one does not take away from the love that you have for them

guilty for not being there for loved ones, like they didn't do enough. Saying goodbye has always been hard, but with the lack of connection and physical support, many people are struggling.

Brianna says "the reality with every death is an element of fear that the loved one will be forgotten, and that the life they lived won't be for anything."

Society has forced many unrealistic perceptions of grieving upon us, and we need to realize that grieving is different for everyone. It takes time and energy to live with your feelings. Many people are concerned that they will say the wrong things, so they say nothing. Brianna urges everyone to reach out and be there for one another. While we might not be able to provide physical support, we can still support one another by picking up a phone, writing an email, sending flowers — anything that shows your loved ones that you care.



54% of Americans were affected by suicide in 2019.

Thoughts and attempts among high school students are higher than adults in general.

sources: afsp.org and cdc.gov

National Suicide Prevention Lifeline

800-273-8255

American Foundation for Suicide Prevention

afsp.org

U.S. Crisis Text Line

text HELLO to 741741



# **APPENDIX B: Student Crisis Referral Form & Procedures**

# Student Crisis Referral Form



Referral Date: \_\_\_\_\_

Student's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Person Completing SCRF: \_\_\_\_\_ Title: \_\_\_\_\_

Additional School Personnel: \_\_\_\_\_

Student Referred by:

- Self
- Student
- Parent
- Teacher
- Counselor
- Other: \_\_\_\_\_

## ACTION STEPS:

- ✓ Remain with student and assess situation
- ✓ Notify school personnel: Principal, Counselor, Nurse, SRO
- ✓ Notify school district designee and Crisis Team
- ✓ Contact parent to come to school
- ✓ Complete Student Safety Plan & Agreement
- ✓ Parent Notification Letter & Mental Health Resource List to parent
- ✓ Assist with referral, if desired
- ✓ Determine if there are impacted students and contact – complete Crisis Form for them if necessary
- ✓ If REPEAT REFERRAL – Mandatory Re-Admit Conference with Student Re-Entry & Support Form

# Assessment:



Through conversation with the student ask the following questions:

Are you experiencing feelings of helplessness?  Yes  No

Do you feel overwhelmed by life?  Yes  No

I care about you and would like for you to share with me about these feelings?

Shared  Would Not Share

In the past few weeks, have you felt that you or your family would be better off if you were dead?

Yes  No

Have you wished you were dead?  Yes  No

In the past week, have you been having thoughts about hurting or killing yourself?  Yes  No

Have you ever tried to hurt or kill yourself?  Yes  No

Do you think you can keep yourself safe?  Yes  No

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Inquire about the parent relationship/home environment in case there is abuse.

Should the parent or guardian be contacted?  YES  NO

NOTE: Parents/Home life may be not be appropriate to notify; therefore, DHR and law enforcement may need to be contacted to ensure the student is safe.

## CONCERNING BEHAVIORS & RISKS (MARK ALL THAT APPLY)

These may have been shared during the assessment or from the person who made the referral. Mark with an "R" if from Referral or an "A" if from Assessment.

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Suicidal Behaviors/Threats     | <input type="checkbox"/> Alcohol or Drug Use, Medication Mis-use | <input type="checkbox"/> Reports Fears/Phobias           |
| <input type="checkbox"/> Previous Suicide Attempt(s)    | <input type="checkbox"/> Giving Away Possessions                 | <input type="checkbox"/> Reports Being Told to do Things |
| <input type="checkbox"/> Self-Injurious Behavior        | <input type="checkbox"/> Truancy/Running Away                    | <input type="checkbox"/> High Risk Behaviors             |
| <input type="checkbox"/> Sudden Change in Behavior      | <input type="checkbox"/> Changes in Grades                       | <input type="checkbox"/> Recent Traumatic Event          |
| <input type="checkbox"/> Signs of Depression            | <input type="checkbox"/> Bullying (Perp./Victim)                 | <input type="checkbox"/> Reports Abuse                   |
| <input type="checkbox"/> Unusual Changes in Mood        | <input type="checkbox"/> Angry/Agitated                          | <input type="checkbox"/> Victim of Crime/Violence        |
| <input type="checkbox"/> Withdrawn/Depression           | <input type="checkbox"/> Violent Outbursts                       | <input type="checkbox"/> Legal/Court Problems            |
| <input type="checkbox"/> Excessive Crying/Sadness       | <input type="checkbox"/> Resistant to Authority                  | <input type="checkbox"/> Peer/Social Problems            |
| <input type="checkbox"/> Inattentive/Hyperactive        | <input type="checkbox"/> Fighting/Destroying Property            | <input type="checkbox"/> Recent Loss or Separation       |
| <input type="checkbox"/> Frequent Complaints of Illness | <input type="checkbox"/> Reports Sleep Problems                  | <input type="checkbox"/> Parent/Child Conflict           |



## Parent/Guardian Notification Record:

An effort was made to contact the parent/guardian/emergency contact by telephone at the following times:

Date	Time	Results (Please Check Accordingly)
		<input type="checkbox"/> No Answer <input type="checkbox"/> Left Message <input type="checkbox"/> Contacted _____
		<input type="checkbox"/> No Answer <input type="checkbox"/> Left Message <input type="checkbox"/> Contacted _____
		<input type="checkbox"/> No Answer <input type="checkbox"/> Left Message <input type="checkbox"/> Contacted _____
		<input type="checkbox"/> No Answer <input type="checkbox"/> Left Message <input type="checkbox"/> Contacted _____

The parent/guardian could not be reached OR refused to come get his/her student. Consequently, the student was not allowed to leave school or to go home unescorted, so the following action was taken:

- Contacted local Police Department
- Contacted Sheriff's Department
- Contacted attendance officer or school social worker in order to conduct a home visit to notify the parent/guardian
- Contacted the Department of Human Resources (DHR)
- Contacted emergency services, i.e., hospital, paramedics, mental health, etc.
- Other (Explain): \_\_\_\_\_

# Student Safety Plan



If I experience any of the following thoughts, feelings, or behaviors:

Feelings	Thoughts	Behaviors

Or any event that causes excessive stress, I promise to follow this plan:

**STEP 1:** Use my Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**STEP 2:** Make my environment safe:

- \_\_\_\_\_
- \_\_\_\_\_

**STEP 3:** Contact People or go to a social setting that provides distraction and security:

Name \_\_\_\_\_ Phone \_\_\_\_\_  
 Name \_\_\_\_\_ Phone \_\_\_\_\_  
 Place \_\_\_\_\_  
 Place \_\_\_\_\_

**STEP 4:** Contact a person whom I can ask for help:

Name \_\_\_\_\_ Phone \_\_\_\_\_  
 Name \_\_\_\_\_ Phone \_\_\_\_\_  
 Clinician Name \_\_\_\_\_ Phone \_\_\_\_\_  
 Clinician Emergency Contact # \_\_\_\_\_  
 Prevention Lifeline Phone: 1-800-273-TALK (8255)

**If I am in a crisis, I will contact 911. I will ask the dispatcher to send an officer to conduct a welfare check to keep me safe.**

The one thing that is most important to me and worth living for is \_\_\_\_\_.

I, \_\_\_\_\_, promise to not engage in any behavior that will or may cause myself bodily injury. Should I have any thoughts or feelings about hurting or killing myself, I promise to follow the steps in my safety plan.

**Student Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Printed Student Name:** \_\_\_\_\_



# **APPENDIX C: Parent Notification Letter**

# Parent Notification Letter



Date \_\_\_\_\_

I, \_\_\_\_\_, have been notified that my child  
(Parent's name)

\_\_\_\_\_ has verbalized, or through other activities, has manifested a suicidal  
(Student's name)

threat. Consequently, I have been asked to carefully monitor my child and to also seek medical/mental health consultation immediately.

I have been told that the school will follow-up with my child once he/she returns to school in order to provide support for his/her emotional well-being and safety. Not only have I been given a copy of my child's safety plan and a mental health resource list, but I have also been given the opportunity to ask questions regarding my child's needs and the types of support/resources available for my child from community agencies.

In the event that I am notified **again** during the current school year that my child has expressed suicidal ideations or behavior, I understand that I will be **highly encouraged** to seek medical/mental health assistance for my child before he/she is re-admitted on the school campus. During the **mandatory re-admit conference** that will be held with the school counselor, my child, and me, I will be asked to provide a letter of mental and physical health clearance to resume school based activities which must be dated, signed and on letter head from a qualified medical doctor or licensed mental health professional.

\_\_\_\_\_  
Parent/Guardian's Signature

\_\_\_\_\_  
Counselor's Signature

\_\_\_\_\_ Parent refused to sign (Check if applicable)



# **APPENDIX D: Student Re-Entry & Support Form**

# Student Re-Entry & Support Form



Date: \_\_\_\_\_

Student: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent Present: \_\_\_\_\_

Provided Mental Health Clearance Letter of Release from a qualified medical doctor or licensed mental health professional. (attach to this form)

Does a medication form need to be complete with the nurse?  Yes  No

How can the school support the student?

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Any tips or advise from the mental health professional?

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Any requests made by the parent?

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Does the school have permission to consult with the students mental health professional if questions regarding student support arise?

No  Yes If Yes – Professional's Name: \_\_\_\_\_

Professional's Phone Number: \_\_\_\_\_

Additional Notes:

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Completed by: \_\_\_\_\_



# **APPENDIX E:**

## **Sample Announcements for Notifying School Community**

# Sample Announcements for Notifying School Community



## 1. Principal notifying the Superintendent

Dear Superintendent \_\_\_\_\_,

I regret to inform you that \_\_\_\_\_ a student/faculty member at \_\_\_\_\_ school has passed away. As soon as I speak with the family, I will inform you of pertinent information concerning the death and funeral arrangements.

## 2. Principal notifying faculty and staff

Dear faculty and staff,

I regret to inform you that \_\_\_\_\_ a student/faculty member from our school has passed away. As soon as I speak with the family, I will inform you of pertinent information concerning the death and funeral arrangements.

## 3. Provide the faculty and staff with guidance for talking with students

Dear faculty and staff,

As you already know, \_\_\_\_\_ has passed away. As students reach out to you, please only share factual information. This is the information we have received from the family at this time.

- Share cause of death if family has granted permission.
- Share funeral arrangements if family has granted permission.
- If the funeral arrangements are during school hours, students (will) (will not) be able to attend.
- Share any other pertinent information if family has granted permission.
- Counselors are available today to speak with students in the \_\_\_\_\_.
- If a student is showing signs of emotional instability, please refer them to the counselor.

## 4. Notify the Crisis Response Team

Dear crisis response team member,

As a member of the crisis response team you are expected to meet immediately with committee members and review the items listed below.

- Set up counseling
- Request additional counseling if needed
- Generate flyers, brochures, handouts, and social media posts regarding counseling and other mental health contacts
- Complete any of other tasks as directed by the principal

## 5. Notify other schools attended by family members of the deceased

Dear Principal \_\_\_\_\_,

I wanted to inform you that \_\_\_\_\_ a student/faculty member from \_\_\_\_\_ has passed away. I know they have a sibling(s) at your school. This is the information that we have at this time.

- Share cause of death if family has granted permission.
- Share funeral arrangements if family has granted permission.
- If the funeral arrangements are during school hours, students (will) (will not) be able to attend.
- Share any other pertinent information if family has granted permission.

## 6. With parent permission, the school will make an official statement regarding the death of a student

When our school community experiences a tragedy, such as the loss of a life (or young life), it impacts all of us. Our thoughts and prayers are with the family of \_\_\_\_\_ and we are heartbroken by the news of their passing.



# **APPENDIX F: LEA Crisis Report**

# LEA Crisis Report



LEA: \_\_\_\_\_

Date: \_\_\_\_\_

Central Office Counselor Supervisor: \_\_\_\_\_

Signature

LEA Safety Coordinator: \_\_\_\_\_

Signature

Mental Health Service Coordinator (MHSC): \_\_\_\_\_

Signature

## Part 1

Natural Disaster / Safety Crisis:  No – move to Part 2  Yes – continue with Part 1 & skip Part 2

Hurricane  Tornadoes  Flood  Fire  Active Shooter  Other Lockdown  Other: \_\_\_\_\_

Effected School(s) :  All List: \_\_\_\_\_

Impacts on School Activities: \_\_\_\_\_

Needs: \_\_\_\_\_

## Part 2

School (or LEA if at District Level): \_\_\_\_\_

Individual:  Personnel  Student: \_\_\_\_ Grade Gender:  Female  Male

Race:  American Indian or Alaska Native  Asian  Black or African American  Hispanic  Other/Multiple Races  
 Native Hawaiian or Other Pacific Islander  White

Individual Crisis Type:  Suicide Ideation  Suicide Attempt  Death by Suicide  Death - Non-Suicide  
 Other: \_\_\_\_\_

Other Impacted Schools (if any): \_\_\_\_\_

Needs: \_\_\_\_\_

Submit this form immediately via email to [erica.butler@ALSDE.edu](mailto:erica.butler@ALSDE.edu) .

Contact Erica Butler, Ed.D. in Prevention and Support Services at the AL State Dept. of Education with any questions at 334-694-4722.



# **APPENDIX G: Alabama Resources Guide by County as of December 2020**



## Suicide Prevention, Intervention and Postvention Resources

Note: Resources change on a regular basis. For up-to-date resources for your county, contact 2-1-1.

Individuals and entities named in this document stand on their own merits. No endorsement is made of the quality, accuracy, or reputation of those named nor that which is claimed.

County	Provider/Organization	Address	Phone #	Hours of service	Fees	Description of Services
Autauga	Autauga County Health Department	219 N Court St, Prattville, AL 36067	334-361-3743	Monday - Friday 7:30 am - 5:00 pm	Some fees apply	Offers clinical, environmental, home health, and life care services to the public.
Autauga	Crisis Line for Mental Health	2140 Upper Wetumpka Rd Montgomery, AL 36107	334-365-2207	Monday - Friday 8:00 am - 5:00 pm On call after-hours	No Fee	Mental health crisis line
Autauga	Butterfly Bridge	1807 Station Dr. Duite D Prattville, AL 36066	334-356-3632		No fee	Childrens Advocacy Counseling Center
Autauga	Family Guidance Center	2358 Fairlane Dr. Montgomery, Alabama 36116	334-270-4100 1-800-499-6597		No fee	Family Support Center
Autauga	Montgomery Area Mental Health Authority, Inc	1843 Glynwood Dr, Prattville, AL 36066	334-279-7830	Monday - Friday 8:00 am - 12:00 pm; 1:00 pm - 4:30 pm	Sliding fee scale; Accepts most insurances	Provides a continuum of mental health services for persons with mental illness.
Baldwin	AltaPointe (Fairhope)	372 Greeno Road South, Fairhope, AL 36532	251-990-4229			Counseling Services
Baldwin	AltaPointe (Robertsdale)	23350 Chicago Street, Robertsdale, AL 36567	251-947-2510			Mental Health Clinic and Services
Baldwin	AltaPointe (Foley)	201 East Camphor Avenue, Foley, AL 36535	251-943-2818			Mental Health Clinic and Counseling Services
Baldwin	AltaPointe (Foley)	301 West Laurel Avenue, Foley, AL 36535	251-943-6646			Mental Health Clinic
Baldwin	AltaPointe (Bay Minette)	709 West 14th Street, Bay Minette, AL 36507	251-937-6070			Mental Health Clinic and Services
Baldwin	AltaPointe( Bay Minette)	2411 South US Highway 31, Bay Minette, AL 36507	251-937-9708			Mental Health Clinic and Services
Baldwin	NAMI Baldwin County	302 South Alston Street, Foley, AL 36535	251-279-0573			Provides local support and advocacy throughout the state dedicated to improving the quality of life for persons with a mental illness in Alabama
Baldwin	Gulf Coast Mental Health Services PC	22787 US Highway 98, Suite D7, Fairhope, AL 36532	251-680-9940			Mental Health Clinic and Services
Baldwin	AltaPointe Health Children's Outpatient Fairhope	372 Greeno Road South, Fairhope, AL 36532	251-990-4248			Mental Health Clinic
Baldwin	Behavioral Health Centers of America (Fairhope)		855-471-3648, 855-365-3080			Mental Health Clinic
Baldwin	Delta Behavioral Health	28260 US Highway 98, Daphne, AL 36526	251-375-1326			Mental Health Clinic and Services
Baldwin	Affordable Psychiatric Health	28740 US Highway 98, Daphne, AL 36526	251-621-2116			Mental Health Clinic
Baldwin	Baldwin County Health Department	212 Courthouse Square, Suite 29, Bay Minette, AL 36507	251-947-3618			
Baldwin	Baldwin County Health Department	23280 Gilbert Drive, Robertsdale, AL 36567	251-947-1910			



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Baldwin	Baldwin County Mental Health Centers: Crisis Lines after hours		251-928-9500, 1-800-838-1752			
Baldwin	AltaPointe Health Systems		251-450-2211		Accepts most insurances	Provides mental health services to adults and children
Baldwin	EastPointe Hospital	7400 Roper Lane, Daphne, AL 36526	Initial Appointment- 251-450-2211, Office Phone 251-378-6500			
Baldwin	Baldwin County Bereaved Parents USA	Gulf Shores, AL 36542	251-223-7270			
Baldwin	Coastal Family Medicine LLC	1807 North McKenzie Street, Foley, AL 36535	251-213-5824			
Baldwin	Community Health Systems	1668 North Pine Street, Foley, AL 36535	251-970-1295			
Barbour	Spectracare	3542 Montgomery Hwy Dothan, AL 36302	256-951-4357	24-7	Sliding fee scale. Accepts most insurances	Residential and outpatient mental health services to adult, children and adolescents
Barbour	Harmonex	408 Healthwest Drive Dothan, AL 35603	334-836-2000	Mon - Fri 8:00am to 6:00pm	No cost	Harmonex Neuroscience is a clinical research organization specializing in psychiatric and neurological clinical studies in adult and pediatric populations. This agency conducts clinical trials in a number of indications including ADHD, Bipolar Disorder, Schizophrenia, Depression, Anxiety, Autism and others.
Barbour	Medical Center Barbour	820 W. Washington St. Eufaula , AL 36027	334-688-7000	24/7	Accepts most insurances	Has a geriatric psychiatric unit on site.
Bibb	Children's of Alabama Emergency Department	1601 5th Avenue South, Birmingham, AL 35233	205-638-9174	Open 24 Hours	Private Insurance, Medicaid	Mental Health - Children and Adolescents Counseling/Psychiatric
Bibb	Children's of Alabama Behavioral Health Ireland Center	1600 7th Avenue South, 4th Floor-Dearth Birmingham, Alabama 35233	205-638-9193	Monday-Friday 8AM-4:30PM	Private Insurance, Medicaid	Mental Health - Children and Adolescents Counseling/Psychiatric
Bibb	Indian Rivers Behavioral Health - Bibb	2439 Main Street Brent, AL 35034	205-926-4681	Monday - Friday 8:00 am - 5:00 pm		Offers a rich continuum of care for mental illness, substance abuse, and developmental disabilities.
Bibb	Northport Medical Center Emergency Department, North Harbor	2700 Hospital Dr, Northport, AL 35476	205-333-4500	Open 24 Hours	Private Insurance, Medicaid,	Mental Health - Adults and Substance Abuse Counseling/Psychiatric



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Bibb	Children's at Patriot Park – Outpatient Behavioral Health	200 Wildwood Parkway Suite 130 Homewood 35209	New Patient or Appointment Changes: 205-638-9193 Office: 205-870-5678 (referral only)	Monday-Friday 8am-4:30pm	Private Insurance, Medicaid	Mental Health - Children and Adolescents Counseling/Psychiatric (referrals only)
Blount	Jefferson, Blount, St. Claire Mental Health Clinic/Western Mental Health Clinic	1701 Avenue D, Ensley Birmingham, AL 35218	205-788-7770	Monday – Friday 8:00 am - 4:30 pm		The Outpatient Clinics are designed to provide a wide array of clinical services to children/adolescents who exhibit severe emotional disturbance and adults who experience serious mental illness. Assist clients who do not have insurance apply for medications provided by various pharmaceutical manufacturers. Provides emergency crisis intervention 24 hours a day, 7 days a week. By telephone only after office hours and weekends.
Blount	Eastside Mental Health Center	625 15th Street North Pell City, AL 35125	205-595-4555	Mon - Fri 8:00am to 5:00pm	Fee based on income. Most insurances accepted.	Outpatient psychiatric care, emergency psychiatric care, day treatment, mental health consultations
Blount	National Alliance on Mentally Illness (NAMI)	701 Andrew Jackson Way, Suite A Huntsville, AL 35801	256-534-2628 or 1-800-626-4199	Mon - Fri 9:00am to noon	No fee	Provides support, education and advocacy to the mentally ill and their loves ones.
Bullock	Mental Health Services- Bullock County Outpatient Office Activity Center	202 Abercrombie Street Union Springs, AL 36089	334-738-5279	Mon - Fri 8:00am to 5:00pm	Sliding fee scale. Accepts most insurances	Outpatient mental health cservices and case management for children and adults.
Bullock	Quality of Life Health Services	1201-B Notasulga Rd Tuskegee, AL 36083	334-727-7211	Mon - Fri 8:00am to 5:00pm; Wed 8:00am to 9:00pm	Sliding fee scale for the uninsured. Accepts most insurances	Primary care clinic offering behavioral health services and prescription assistance.
Butler	Butler County Health Department	350 Airport Rd, Greenville, AL 36037	334-382-3154	Monday - Friday 8:00 am - 5:00 pm		Offers clinical and environmental services to the public.
Butler	Crisis Line for Mental Health		877-530-0002			
Butler	South Central Alabama Mental Health/ Butler County Outpatient Office	185 Industrial Parkway Greenville, AL 36037	334-382-2018	8:00 am - 5: 00 pm		Mental Illness, Rehabilitative Day Program & Children Services
Butler	Safe Harbor	107 Caldwell St. Greenville, Alabama 36037	334-382-8584			Children's Advacacy Center Services for Children who have been abused



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Butler	Butler County Extension Office		334-382-5111			Children Resource Center
Butler	Regional Medical Center of Central Alabama		334-382-2671			Local medical Center
Butler	Family Guidance Center	2358 Fairlane Dr. Montgomery, Alabama 36116	1-800-499-6597			Comprehensive Family Support
Calhoun	Highland Health Systems	614 Pelham Rd South Jacksonville, AL 36265	256-547-6331	Mon - Fri 8:00am to 5:00pm	Sliding fee scale. Some insurance accepted	Comprehensive mental health service and mentally challenged services. Substance abuse services, Adults, adolescents, and children.
Calhoun	Calhoun/ Cleburne Children's Advocacy Center	411 North Rive Street Centre, AL 35960	256-435-5502	Mon - Fri 8:00am to 5:00pm	No fee	Provides counseling to child and adolescent victims of physical abuse, neglect, and sexual abuse.
Calhoun	Calhoun County Health Department	3400 McClellan Blvd Annisto, AL 36201	256-238-0902	Mon - Fri 8:00am to 5:00pm	No fee	Alabama Department of Public Health
Calhoun	Gadsden Regional Medical Center	1007 Goodyear Avenue Gadsden, AL 35903		24/7	Accepts most insurances	Hospital with inpatient and outpatient mental health services
Calhoun	Mountain View Hospital	3001 Scenic Hwy Gadsden, AL 35904	256-494-4000	24/7	No fee	24/7 Crisis line
Calhoun	Health Services Center, Inc	608 Martin Luther King Drive Anniston, AL 36201	256-546-5566	Mon - Thu 8:00am to 5:00pm	Fee based on income. Most insurances accepted.	Psychiatric evaluation and treatment, individual and family counseling and group therapy
Calhoun	National Alliance on Mentally Illness (NAMI)	701 Andrew Jackson Way, Suite A Huntsville, AL 35801	256-534-2628 or 1-800-626-4199 Call for zoom link to support group meetings.	Mon - Fri 9:00am to noon	No fee	Provides support, education and advocacy to the mentally ill and their loves ones.
Calhoun	Regional Medical Center	400 E 10th St Anniston, AL 36207	256-235-5121	24/7	Most insurances accepted	Hospital with an inpatient psychiatric unit
Cherokee	National Alliance on Mentally Illness (NAMI)	701 Andrew Jackson Way, Suite A Huntsville, AL 35801	256-534-2628 or 1-800-626-4199 Call for zoom link to support group meetings.	Mon - Fri 9:00am to noon	No fee	Provides support, education and advocacy to the mentally ill and their loves ones.



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Cherokee	Mountain View Hospital	3001 Scenic Hwy Gadsden, AL 35904	256-546-9265	24/7	Accepts most insurances	Child and adolescent residential and outpatient mental health services
Chambers	Quality of Life Health Services	1201-B Notasulga Rd Tuskegee, AL 36083	334-727-7211	Mon - Fri 8:00am to 5:00pm; Wed 8:00am to 9:00pm	Sliding fee scale for the uninsured. Accepts most insurances	Primary care clinic offering behavioral health services and prescription assistance.
Chambers	East Alabama Medical Center	2000 Pepperell Pkwy Opelika, AL 36801	334-749-3411	24/7	Accepts most insurances	Hospital with a psychiatric Unit
Cherokee	Gadsden Regional Medical Center	1007 Goodyear Avenue Gadsden, AL 35903		24/7	Accepts most insurances	Hospital with inpatient and outpatient mental health services
Cherokee	Mountain View Hospital	3001 Scenic Hwy Gadsden, AL 35904	256-494-4000	24/7	No fee	24/7 Crisis line
Cherokee	Family Life Center and Drug Treatment Program- Centre Office	141 West Main Street Centre, AL 35960	256-492-7800	Mon - Fri 8:00am to 5:00pm	Sliding fee scale. Some insurance accepted	Non-profit outpatient mental health and chemical dependency treatment program in a biblical atmosphere.
Cherokee	Children's Advocacy Center of Cherokee County	411 North Rive Street Centre, AL 35960	256-924-4722	Mon - Fri 8:30am to 5:00pm	No fee	Provides counseling to child and adolescent victims of physical abuse, neglect, and sexual abuse.
Cherokee	Cherokee County Health Department	833 Cedar Bluff Road Centre, AL 35960	256-927-2111	Mon - Fri 8:00am to 5:00pm	No fee	Alabama Department of Public Health
Cherokee	Health Services Center, Inc	608 Martin Luther King Drive Anniston, AL 36201	256-546-5566	Mon - Thu 8:00am to 5:00pm	Fee based on income. Most insurances accepted.	Psychiatric evaluation and treatment, individual and family counseling and group therapy
Chilton	Chilton County Health Department	301 Health Center Drive, Clanton, AL 35045	205-755-1287	Monday - Friday 8:00 am - 5:00 pm		Offers clinical, environmental, home health, and life care services to the public.
Chilton	Chilton-Shelby Mental Health	67 Co Road 67, Calera, AL 35040	205-668-4308	Mon, Thurs, Fri, Sat 9:00 am - 5:00 pm		
Chilton	Crisis Line for Mental Illness		205-755-5933			
Chilton	Butterfly Bridge	P.O box 588 Clanton, Alabama 35046	205-755-4205			Childrens Advocacy/ Counseling Center



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Chilton	Chilton/ Mental Health Services		205-755-5933			Mental Health Services
Chilton	Hill Crest Behavioral Health Services		800-292-8553			Mental Health inpatient facility
Chilton	Wellness Group, LLC	808 Lay Dam Rd, Clanton, AL 35045	205-280-7733	Monday-Friday 8am-5:00pm	Private Insurance, Medicaid and Medicare	Provides counseling and psychological services to children, adolescents, and adults
Chilton	Chilton-Shelby Mental Health Center	110 Medical Center Dr. Clanton, AL 35045	205-755-5985, after hours crisis line - 205-651-0077	Monday-Friday 8am-4:30pm	Private Insurance, Medicaid, and Sliding Scale Fee (not a guarantee)	Mental Health - Children & Adolescents, Adult Services, Substance Abuse, and Community Services. Provides an array of services for individuals dealing with mental illness and/or substance use disorders
Chilton	St. Vincent's Chilton Emergency Department	2030 Lay Dam Rd, Clanton, AL 35045	205-258-4400	Open 24 Hours	Private Insurance, Medicaid, Medicare	Emergency Services
Chilton	Children's of Alabama Emergency Department	1601 5th Avenue South, Birmingham, AL 35233	205-638-9174	Open 24 Hours	Private Insurance, Medicaid	Mental Health - Children and Adolescents Counseling/Psychiatric
Chilton	Children's of Alabama Behavioral Health Ireland Center	1600 7th Avenue South, 4th Floor-Dearth Birmingham, Alabama 35233	Office: 205-638-9193	Monday-Friday 8am-4:30pm	Private Insurance, Medicaid	Mental Health - Children and Adolescents Counseling/Psychiatric
Chilton	Children's at Patriot Park – Outpatient Behavioral Health	200 Wildwood Parkway Suite 130 Homewood 35209	New Patient or Appointment Changes: 205-638-9193 Office: 205-870-5678 (referral only)	Monday-Friday 8am-4:30pm	Private Insurance, Medicaid	Mental Health - Children and Adolescents Counseling/Psychiatric (referrals only)
Choctaw	West Alabama Mental Health Center- Choctaw County Office	401 Rogers Street, Butler, AL 36904	1-800-239-2901		Payment Assistance	
Choctaw	Choctaw County Health Department	1001 South Mulberry Avenue, Butler, AL 36904	205-459-4028	8:00 a.m. - 5:00 p.m./Hours may vary		Offers clinical, environmental, home health, and life care services to the public.
Choctaw	Choctaw General Hospital	401 Vanity Fair Avenue, Butler, AL 36904	205-459-9100			



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Clarke	Tombigbee Outreach	105 US Highway 80 East, Demopolis, AL 36732	334-319-9937		Insurance accepted, cash, check, credit cards	outpatient behavioral health center offering counseling and mental health treatment for various psychiatric illnesses located in Demopolis
Clarke	Southwest Alabama Behavioral Health Care Center (Grove Hill Outpatient Office)	129 Clarke Street, Grove Hill, AL 36451	251-575-4165	Appointment by phone		
Clarke	Clarke County Health Department	22600 Highway 84, Grove Hill, AL 36451	251-275-3772	8:30 a.m. - 12:00 p.m./Hours may vary		Offers clinical, environmental, home health, and life care services to the public.
Clarke	Southwest Alabama Behavioral Healthcare Systems Hotline		1-800-239-4673			
Clarke	Grove Hill Memorial Hospital	295 Jackson Street, Grove Hill, AL 36451	251-275-3191	Closes at 9:00 p.m.		
Clay	Health Services Center, Inc	608 Martin Luther King Drive Anniston, AL 36201	256-546-5566	Mon - Thu 8:00am to 5:00pm	Fee based on income. Most insurances accepted.	Psychiatric evaluation and treatment, individual and family counseling and group therapy
Clay	Regional Medical Center	400 E. 10th Street Anniston, AL 36207	256-235-5121	24/7	Accepts most insurances	Hospital with a psychiatric unit.
Cleburne	Cleburne County Health Department	90 Brockford Road, Heflin AL 36246	256-463-2296	8am - 5pm		Offers clinical, environmental, home health, and life care services to the public.
Cleburne	Cleburne Medical Center	40 Giles Street, Heflin AL	256-463-7454			
Cleburne	Heflin Rural Health Clinic	938 Ross Street, Heflin AL	256-463-2601			
Coffee	South Central AL Mental Health	Coffee Co. Training Center 801 Aviation Blvd. Enterprise, AL 36330 Coffee Co. Outpatient Office 861 Neal Metcalf Rd. Enterprise, AL 36330	334-393-1732 and 334-347-0212	7:00am - 4:00 pm	SCAMHC serves all individuals regardless of inability to pay. Discounts for essential services are offered based on family size and income.	Administrative services, Prevention services, developmental disabilities services, substance abuse services, supportive housing services, Crisis residential home, Adult Specialized Behavioral Group Home, Small adult Capacity 3 bed group home services, Adult in-home intervention services, Rehabilitative Day treatment services, emergency/Crisis, Outpatient services, and case management services - adult and children
Colbert	Riverbend Center for Mental Health	635 W College St Florence, AL 35630	256-764-3431	Mon- Fri 8:00am to 5:00pm	Sliding fee scale. Accepts some private insurances	Residential and outpatient treatment of mental illness, substance abuse, and emotional conditions for adults and children.



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Colbert	Catholic Family Services	1111 East College St Florence, AL 35630	256-768-1550	Mon- Thu 8:30am to 5:00pm Fri 8:30am to noon	Sliding fee scale	Confidential counseling services offered
Colbert	Shoals Hospital	201 W Avalon Ave. Muscle Shoals, AL 35661	256-386-1600	24/7	Accepts most insurances	Hospital with a psychiatric unit
Conecuh	Southwest Alabama Mental Health	220 Magnolia Ave. Evergreen, AL 36401	251-578-4545	7:00 am - 5:00 pm		Mental Illness outpatient - Adults and Children, Case Management - Adult and Children, Emergency Crisis Services, Rehabilitative Day Treatment Services, Mental Illness Adult In-home Services, Residential Services, Compass School, substance Abuse - Adults Intensive Outpatient, Intellectual Disabilities Services, Consultation
Coosa	AltaPionte Heath Systems	1661 Old Birmingham Hwy Sylacauga, AL 35150	256-245-2201	Mon - Fri 8:00am - 4:30pm	sliding fee scale; accepts most insurances	Oupatient mental and behavioral services for adults and children.
Coosa	Coosa Valley Medical Center	315 Hickory St Sylacauga, AL 35150	256-401-4000	24/7	Accepts most insurances	Hospital with a geriatric mental health unit
Covington	South Central AL Mental Health	19815 Bay Branch Rd. Andalusia, AL 36420	334-222-2523	8:00 am - 5:00 pm	SCAMHC serves all individuals regardless of inability to pay. Discounts for essential services are offered based on family size and income	Administrative services, Prevention services, developmental disabilities services, substance abuse services, supportive housing services, Crisis residential home, Adult Specialized Behavioral Group Home, Small adult Capacity 3 bed group home services, Adult in-home intervention services, Rehabilitative Day treatment services, emergency/Crisis, Outpatient services, and case management services - adult and children
Crenshaw	South Central AL Crenshaw County Mental Health Clinic	587 Bently Ave. Luverne, AL 36049	334-335-5201		sliding scale	Case management, couples therapy, crisis intervention, group therapy, individual therapy, suicide prevention, court ordered outpatient, illness management and recovery
Cullman	Wellstone Behavioral Healthcare	1808 Commerce Ave Cullman, AL 35055	256-927-3132	Mon - Fri 8:00am to 5:00pm	Fee based on income. Most insurances accepted.	Community Mental Health Center
Cullman	Cullman Regional Hospice (Hospice of Cullman County)	1938 AL 157 #102 Cullman, AL 35058	256-734-4688	Mon - Fri 8:00am to 4:30pm	No Fee	Bereavement counseling and support groups
Cullman	Cullman County Health Department	601 Logan Ave SW Cullman, AL 35055	256-739-5158	Mon - Fri 7:00am to 5:00pm	No fee	Offers clinical, environmental, home health, and life care services to the public.
Cullman	National Alliance on Mentally Illness (NAMI)	701 Andrew Jackson Way, Suite A Huntsville, AL 35801	256-534-2628 or 1-800-626- 4199	Mon - Fri 9:00am to noon	No fee	Provides support, education and advocacy to the mentally ill and their loves ones.



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Cullman	Family Services Center	4092 Memorial Parkway SW #205 Huntsville, AL 35802	256-551-1610	Mon - Thu 8:00am to 5:30pm	Fee based on income.	Offers affordable and group individual counseling for a wide range of situations. Sessions are now offered virtually.
Dale	Spectracare - Dale County Clinic and Day Treatment	134 Katherine Ave. Ozark , AL 36360	800-951-4357 and Primary Intake 334-794- 0731		Sliding scale accepts Medicare Medicaid, and TriCare	Assertive Community Treatment, Case Management, Couples Therapy, Crisis Intervention Team, diet and Exercise Counseling, Family, Individual and Group Therapy, Psychiatric Emergency walk-Ins, Psychosocial Rehabilitation Services, Supportive housing, Suicide Prevention Services, Court ordered outpatient treatment, Illness management and recovery,
Dallas	Dallas County Health Department	100 Samuel O Moseley Dr, Selma, AL 36701	334-872-6687	Monday - Friday 7:30 am - 5:00 pm		Offers clinical, home health, and environmental services to the public
Dallas	Crisis Line for Mental Illness		800-291-1920	24 Hours a day		
Dallas	Cahaba Center for Mental Health	1017 Medical Center Parkway Selma, AL 36701	334-875-2100			Serves individuals with mental illness and developmental disabilities.
Dekalb	Mountain View Hospital	3001 Scenic Hwy Gadsden, AL 35904	256-546-9265	24/7	Accepts most insurances	Child and adolescent residential and outpatient mental health services
Dekalb	National Alliance on Mentally Illness (NAMI)	701 Andrew Jackson Way, Suite A Huntsville, AL 35801	256-534-2628 or 1-800-626- 4199	Mon - Fri 9:00am to noon	No fee	Provides support, education and advocacy to the mentally ill and their loves ones.
Dekalb	Family Services Center	4092 Memorial Parkway SW #205 Huntsville, AL 35802	256-551-1610	Mon - Thu 8:00am to 5:30pm	Fee based on income.	Offers affordable and group individual counseling for a wide range of situations. Sessions are now offered virtually.
Elmore	Montgomery Mental Health Authority- Elmore County	8721US Hwy 231 Wetumpka, AL 36092	334-567-8408	Mon - Fri 8:00am to 5:00pm	sliding fee scale; accepts most insurances	Mental Health Center
Escambia	Southwest AL Mental Health	1321 McMillan Ave. Brewton, AL 36426	251-867-3242 Access to care and After hours Emergency and	8-12 and 1-5 p.m. Mon. - Fri.		Mental Illness outpatient - Adults and Children, Case Management - Adult and Children, Emergency Crisis Services, Rehabilitative Day Treatment Services, Mental Illness Adult In-home Services, Residential Services,
Etowah	Etowah County Health Department	1001 Lincoln Ave Oneona AL 35121	205-338-3357	Mon - Fri 7:30am to 5:00pm	No fee	Offers clinical, home health, and environmental services to the public
Etowah	Mountain View Hospital	3001 Scenic Hwy Gadsden, AL 35904	256-546-9265	24/7	Accepts most insurances	Child and adolescent residential and outpatient mental health services
Etowah	Gadsden Regional Medical Center	1007 Goodyear Avenue Gadsden, AL 35903		24/7	Accepts most insurances	Hospital with inpatient and outpatient mental health services



## Suicide Prevention, Intervention and Postvention Resources

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Etowah	Mountain View Hospital	3001 Scenic Hwy Gadsden, AL 35904	256-494-4000	24/7	No fee	24/7 Crisis line
Etowah	CED Mental Health Center	425 5th Ave NW Attalla, AL 35954	800-245-3645	Mon - Fri 8:00am to 4:30pm	Fee based on income. Most insurances accepted.	Outpatient treatment and counseling services
Etowah	Family Life Center and Drug Treatment Program- Attalla Office	677 West Covington Avenue Attalla, AL 35954	256-492-7800	Mon - Fri 8:00am to 5:00pm	Sliding fee scale. Some insurance accepted	Non-profit outpatient mental health and chemical dependency treatment program in a biblical atmosphere.
Etowah	Mental Health America Etowah County Family Success Center	821 East Broad Street Gadsden, AL 35903	256-538-7458	Mon- Thu 8:30am- 4:30pm Fri 8:30 to 12:00pm	No fee	Provides counseling to all ages
Etowah	SouthernCare Hospice, Inc	412 South 5th Street Gadsden, AL 35901	256-547-6888	Mon - Fri 8:00am to 5:00pm	No fee	Provides bereavement counseling and support groups
Etowah,	Health Services Center, Inc	608 Martin Luther King Drive Anniston, AL 36201	256-546-5566	Mon - Thu 8:00am to 5:00pm	Fee based on income. Most insurances accepted.	Psychiatric evaluation and treatment, individual and family counseling and group therapy
Etowah	Etowah County Health Department	709 East Broad Street Gadsden, AL 35903	256-832-0100	Mon - Thu 8:00am to 5:00pm Fri 8:00am to 12:00pm	No fee	Offers clinical, home health, and environmental services to the public
Etowah	National Alliance on Mentally Illness (NAMI)	701 Andrew Jackson Way, Suite A Huntsville, AL 35801	256-534-2628 or 1-800-626- 4199	Mon - Fri 9:00am to noon	No fee	Provides support, education and advocacy to the mentally ill and their loved ones.
Etowah	Shepard's Cove Hospice	408 Martling Road Albertville, AL 35951	256-891-7724	Mon - Fri 8:00am to 4:30pm	No fee	Bereavement counseling and support groups
Fayette	Northwest Alabama Mental Health Center	1100 7th Ave Jasper, AL 35501	205-387-0541	Mon - Fri 8:00am to 5:00pm	sliding fee scale; accepts most insurances	Residential and outpatient mental health services and crisis intervention for adults and children.
Fayette	Northport Medical Center	2700 Hospital Dr Northport, AL 35476	205-333-4500	24/7	Accepts most insurances	Hospital with a psychiatric unit
Franklin	Catholic Family Services	1111 East College St Florence, AL 35630	256-768-1550	Mon- Thu 8:30am to 5:00pm Fri 8:30am to noon	Sliding fee scale	Confidential counseling services offered
Franklin	Riverbend Center for Mental Health	635 W College St Florence, AL 35630	256-764-3431	Mon- Fri 8:00am to 5:00pm	Sliding fee scale. Accepts some private insurances	Residential and outpatient treatment of mental illness, substance abuse, and emotional conditions for adults and children.



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Geneva	Spectracare Outpatient Clinic	1203 W. Maple Ave. Geneva, AL 36340	800-951-4357	24/7		Community services, behavioral services, medical services, and developmental disability services
Greene	West Alabama Mental Health Center	301 Prairie Avenue, Eutaw, AL 35462	205-372-3106			Treatment of mental illness, substance abuse, and emotional conditions for adults and children.
Greene	Greene County Health Department	412 Morrow Avenue, Eutaw, AL 35462	205-372-9361	M-F Hours may vary		Offers clinical, home health, and environmental services to the public
Greene	Greene County Hospital	509 Wilson Avenue, Eutaw, AL 35462	205-372-3388			
Hale	Alabama Department of Mental Health- Hale County Counseling Center	401 1st Street, Greensboro, AL 36744	334-289-2410		Low and No Cost Service for Low Income	Serves as liaison between the Department and Certified Mental Illness Community Mental Health Providers
Hale	West Alabama Mental Health Center	401 1st Street, Greensboro, AL 36744	334-624-4905		Fee based on income /payment assistance	Psychiatric evaluation and treatment, individual and family counseling and group therapy
Hale	Hale County Health Department	670 Hall Street, Greensboro, AL 36744	334-624-3018	7:30 a.m. - 5:00 p.m./ Hours may vary		Offers clinical, home health, and environmental services to the public
Hale	Hale County Hospital	508 Greene Street, Greensboro, AL 36744	334-624-3024			
Henry	Spectracare - Henry County Clinic	219 Dothan Rd. Abbeville, AL 36310	888-336-6924 and 334-585-5331		Inpatient mental health and addiction treatment - free	Outpatient treatment and Telemedicine/telehealth, Integrated dual diagnosis disorder treatment, Psychotropic medication and Trauma therapy,
Houston	Spectracare - Houston Co. Intensive Rehabilitation Day	134 Prevatt Rd. Dothan, AL 36303	800-951-4357			Residential treatment, couples therapy, individual psychotherapy, group therapy, family psychoeducation, education services and psychosocial rehabilitation services
Jackson	Crisis Services of North Alabama	P.O. Box 368 Huntsville, AL 35804	Crisis Line 256-716-1000	Crisis Line 24/7	No fee	HELPLINE: Crisis hotline, offers survivors of suicide bereavement support groups.
Jackson	Mountain Lakes Behavioral Healthcare- Scottsboro Office	508 Gregory Street Scottsboro, AL 35768	256-259-1774	Mon- Thu 8:00am - 4:00pm	Fee based on income	Offers mental health treatment and counseling to children, adolescents and adults



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Jackson	Family Life Center and Drug Treatment Program	211 South Market Street Scottsboro, AL 35768	256-574-3448	Mon - Fri 8:00am to 5:00pm	Sliding fee scale. Some insurance accepted	Non-profit outpatient mental health and chemical dependency treatment program in a biblical atmosphere.
Jackson	Scottsbororo Professional Counseling, LLC	219 South Market Street Scottsboro, AL 35768	256-999-0727	Mon - Fri 8:00am to 7:00pm Sat 10:00am to 4:00pm	Fee based on income. Most insurances accepted.	Provides individual and group counseling to people of all ages.
Jackson	Jackson County Health Department	204 Liberty Lane Scottsboro, AL 35769	256-259-4161	Mon - Fri 8:00am to 5:00pm	No fee	Offers clinical, home health, and environmental services to the public
Jackson	National Alliance on Mentally Illness (NAMI)	701 Andrew Jackson Way, Suite A Huntsville, AL 35801	256-534-2628 or 1-800-626-4199	Mon - Fri 9:00am to noon	No fee	Provides support, education and advocacy to the mentally ill and their loves ones. .
Jackson	Thrive Alabama	600 St. Claire Ave SW, Building 3 Huntsville, AL 35801	256-536-4700	Mon - Thurs 8:00am to 5:00pm Fri 8:00am to noon	Sliding fee scale. Most insurance accepted	Psychiatry and Psychology (therapists)
Jackson	Family Services Center	4092 Memorial Parkway SW #205 Huntsville, AL 35802	256-551-1610	Mon - Thu 8:00am to 5:30pm	Fee based on income.	Offers affordable and group individual counseling for a wide range of situations. Sessions are now offered virtually.
Jefferson	JBS Mental Health Authority/ Urgent Care Clinic	1230 3rd Avenue South Birmingham, AL 35233	205-545-8420	Monday - Thursday 8:00 am to 7:00 pm		The goal of the Urgent Care Clinic (UCC) is to provide rapid access to outpatient mental health care. Services provided include mental health care, coordination of services, support for self-management, and connection to follow-up care. Individuals will be engaged in services up to ninety days or until permanent mental health care is established.
Jefferson	Loss Support Groups	Pratt City - Bethel Baptist Church 1708 Spencer Avenue, Birmingham, AL 35214	205-870-8667			Provides counseling for general loss.
Jefferson	JBS Mental Health Clinic/Western Mental Health Clinic	1701 Avenue D, Ensley Birmingham, AL 35218	205-788-7770	Monday – Friday 8:00 am - 4:30 pm		The Outpatient Clinics are designed to provide a wide array of clinical services to children/adolescents who exhibit severe emotional disturbance and adults who experience serious mental illness. Assist clients who do not have insurance apply for medications provided by various pharmaceutical manufacturers. Provides emergency crisis intervention 24 hours a day, 7 days a week. By telephone only after office hours and weekends.



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Jefferson	JBS Mental Health Authority/ Children's Services	956 Montclair Rd. Birmingham, AL 35213	205-443-1200	Unknown		Provides non-traditional, intensive, home-based therapy, out-patient treatment, care coordination, intensive care coordination, and psychiatric services to children with a serious emotional disturbance and their families who reside within the tri-county catchment area.
Jefferson	Eastside Mental Health Center	129 East Park Circle Birmingham, AL 35235	205-836-7283	Monday - Friday 8:00 am to 5:00 pm		Provides a wide range of mental health services.
Jefferson	Crisis Center	3600 8th Ave S #501, Birmingham, AL 35222	Crisis line 205-323-7777 Utalk or Text 205-328-5465	Crisis Line 24/7 Utalk or Text line open 3pm - 10:00 pm everyday	Free	24 /7 Crisis Line Assistance with basic needs, such as food and shelter, Friendships, Relationships, Family Issues, Drug Abuse, Alcohol Abuse, Sexual Issues, Depression, Anger, Loneliness, Suicide, Health Issues, Divorce...no concern is off limits.
Jefferson	Jefferson County Health Department	1400 6th Avenue S, Birmingham, AL 35233	205-933-9110	Monday - Friday 7:45 am to 4:30 pm		Provides clinical and environmental to the general public.
Jefferson	Magic City Acceptance Center (MCAC)	2500 4th Ave S Birmingham, AL 35233	205-407-5799		Free	The Magic City Acceptance Center (MCAC) provides a safe, supportive and affirming space for Lesbian, Gay, Bisexual, Transgender and Queer or Questioning (LGBTQ) people and their allies in Birmingham, Alabama.
Jefferson	UAB Community Counseling	901 13th Street South, Room 157 Birmingham, AL 35294	205-996-2414	10am-730pm	sliding fee scale	Training site for students to provide outpatient therapy under direct supervision of UAB faculty. Clinical Services offered include individual, group, couples, and family therapy.
Jefferson	Impact Family Counseling	1000 24th Street South, Birmingham, AL 35205	205-916-0123	8am to 8pm	Sliding Scale.	Provides family counseling, parental skills training, court/school advocacy, anger and conflict management resolution, community education, individual counseling, and group counseling.
Jefferson	Oasis Counseling		205-933-0338	Mon-Fri 8:30 am-5:00 pm	Sliding Scale, private insurance, Medicaid for children.	Individual counseling for women, children, couples, and families. Play Therapy for children ages 3-12. Counseling for adolescent girls. Groups, Education, and Outreach.
Lamar	Northwest Alabama Mental Health Center	1100 7th Ave Jasper, AL 35501	205-387-0541	Mon - Fri 8:00am to 5:00pm	Sliding fee scale; accepts most insurances	Residential and outpatient mental health services and crisis intervention for adults and children.
Lamar	Walker Baptist Medical Center	3400 Hwy 78 East Jasper, AL 35501	205-387-4000	24/7	Accepts most insurances	Hospital with a behavioral medical unit for adults
Lauderdale	Catholic Family Services	1111 East College St Florence, AL 35630	256-768-1550	Mon- Thu 8:30am to 5:00pm Fri 8:30am to noon	Sliding fee scale	Confidential counseling services offered



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Lauderdale	Riverbend Center for Mental Health	635 W College St Florence, AL 35630	256-764-3431	Mon- Fri 8:00am to 5:00pm	Sliding fee scale. Accepts some private insurances	Residential and outpatient treatment of mental illness, substance abuse, and emotional conditions for adults and children.
Lauderdale	NAMI- Shoals National Alliance on Mental Illness	749 Thompson St. Florence, AL 35630	256-765-2081	Hours vary	No fee for service	Provides support, education and advocacy to the mentally ill and their loves ones.
Lawrence	Hospice of the Valley	240 Johnson St SE Decatur, AL 35601	256-350-5585	Mon - Fri 8:00am to 5:00pm	No Fee	Bereavement counseling and support groups
Lawrence	Mental Health Center of North Central Alabama - Lawrence County Site	317 Hospital Street Moulton, AL 35650	256-974-6697	Mon - Fri 8:00am to 5:00pm	Fee based on income. Most insurances accepted.	Treatment for children, adolescents and adults with a severe mental illness and/or a severe emotional disturbance.
Lawrence	Catholic Family Services	1111 East College St. Florence, AL 35630	256-768-1550	Mon- Thu 8:00am - 4:00pm	Fee based on income	Offers affordable and group individual counseling for a wide range of situations. Sessions are now offered virtually.
Lawrence	Lawrence County Health Department	13299 Alabama Hwy 157 Moulton, AL 35650	256-974-1411	Mon - Fri 8:00am to 5:00pm	No fee	Offers clinical, home health, and environmental services to the public
Lee	East Alabama Mental Health Center	3170 Martin Luther King Jr. Pkwy S Phenix City, AL 36869	334-298-2405	Mon - Fri 8:30am to 5:00pm	sliding fee scale; accepts most insurances	Community Mental Health Center
Lee	Quality of Life Health Services	1201-B Notasulga Rd Tuskegee, AL 36083	334-727-7211	Mon - Fri 8:00am to 5:00pm; Wed 8:00am to 9:00pm	Sliding fee scale for the uninsured. Accepts most insurances	Primary care clinic offering behavioral health services and prescription assistance.
Lee	East Alabama Medical Center	2000 Pepperell Pkwy Opelika, AL 36801	334-749-3411	24/7	Accepts most insurances	Hospital with a psychiatric Unit
Limestone	Crisis Services of North Alabama	P.O. Box 368 Huntsville, AL 35804	Crisis Line 256-716-1000	Crisis Line 24/7	No fee	HELpline: Crisis hotline, Offers survivors of suicide bereavement support groups. Provides Suicide Prevention Education to School faculty and students as well as the community at large.
Limestone	National Alliance on Mentally Illness (NAMI)	701 Andrew Jackson Way, Suite A Huntsville, AL 35801	256-534-2628 or 1-800-626-4199	Mon - Fri 9:00am to noon	No fee	Provides support, education and advocacy to the mentally ill and their loves ones.
Limestone	Family Services Center	4092 Memorial Parkway SW #205 Huntsville, AL 35802	256-551-1610	Mon - Thu 8:00am to 5:30pm	Fee based on income.	Offers affordable and group individual counseling for a wide range of situations. Sessions are now offered virtually.



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Limestone	Decatur-Morgan Hospital - West Athens Site	700 Market Street Suite 247 Athens, AL 35611	256-233-9247	24/7	Most insurances accepted	Offers treatment and counseling to children, adolescents, adults and geriatric patients.
Limestone	Hospice of Limestone County	405 S. Marion St. Athens, AL 35611	256-232-5017	Mon - Fri 8:00am to 4:30pm	No fee	Bereavement counseling and support groups
Limestone	Limestone County Health Department	20371 Clyde Maybe Drive Athens, AL 35611	256-232-3200	Mon - Fri 8:00am to 5:00pm	No fee	Offers clinical, home health, and environmental services to the public
Limestone	Thrive Alabama	600 St. Claire Ave SW, Building 3 Huntsville, AL 35801	256-536-4700	Mon - Thurs 8:00am to 5:00pm Fri 8:00am to noon	Sliding fee scale. Most insurance accepted	Psychiatry and Psychology (therapists)
Lowndes	Lowndes County Mental Health Center	5 Academy Lane, Hayneville, AL 36040	334.279.7830	Monday - Friday 8:00 am - 4:30 pm		Provides a continuum of mental health services for persons with mental illness.
Lowndes	Lowndes County Health Department	507 E Tuskeena St, Hayneville, AL 36040	334.548.2564	Monday - Friday 7:30 am - 5:00 pm		Offers clinical and environmental services to the public.
Lowndes	Crisis Line for Mental Health		334.548.2578			
Lowndes	Family Guidance Center		334-270-4100			Comprehensive Family Support Center
Macon	East Central Mental Health-Macon County Outpatient Office	103 East Oak Street Tuskegee, AL 36083	334-727-7001	Mon - Fri 8:00am to 5:00pm	Sliding fee scale. Most insurance accepted	Outpatient mental health services and case management offered to children and adults.
Madison	Wellstone Behavioral Healthcare	4040 South Memorial Parkway Huntsville, AL 35802	256-533-1970	Mon - Fri 8:00am to 5:00pm	Fee based on income. Most insurances accepted.	Community Mental Health Center
Madison	Nova Center for Youth and Family of Wellstone Behavioral Healthcare	4040 South Memorial Parkway Huntsville, AL 35802	256-705-6393	Mon - Fri 8:00am to 5:00pm	Fee based on income. Most insurances accepted.	Mental health treatment for youth and adolescents
Madison	Decatur -Morgan Hospital West- Huntsville Site	2335 Pansy St SW Huntsville, AL 35801	256-551-2710	24/7	Most insurances accepted	Offers treatment and counseling to children, adolescents, adults and geriatric patients.
Madison	Huntsville-Madison County Health Department	301 Max Luther Drive Huntsville, AL 35811	256-539-3711	Mon - Fri 8:00am to 5:00pm	No fee	Offers clinical, home health, and environmental services to the public
Madison and surrounding counties	Huntsville Hospital	101 Sivley Rd Huntsville, AL 35801	256-265-1000	24/7	Most insurances accepted	Hospital with a psychiatric unit



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Madison	Thrive Alabama	600 St. Claire Ave SW, Building 3 Huntsville, AL 35801	256-536-4700	Mon - Thurs 8:00am to 5:00pm Fri 8:00am to noon	Sliding fee scale. Most insurance accepted	Psychiatry and Psychology (therapists)
Madison	National Alliance on Mentally Illness (NAMI)	701 Andrew Jackson Way, Suite A Huntsville, AL 35801	256-534-2628 or 1- 800-626-4199 Call for zoom link to support group meetings.	Mon - Fri 9:00am to noon	No fee	Provides support, education and advocacy to the mentally ill and their loves ones. NAMI Connections Support Groups on Zoom meets every Wed. from 5:30pm to 7:00 and the age 45 and under group meets on the 2nd and 4th Sun. of the month from 6:00pm to 7:30pm.
Madison	Crisis Services of North Alabama	P.O. Box 368 Huntsville, AL 35804	Crisis Line 256- 716-1000	Crisis Line 24/7	No fee	HELpline: Crisis hotline, Offers survivors of suicide counseling and support groups. Provides Suicide Prevention Education to School faculty and students as well as the community at large.
Madison	Central North Alabama Health Services, Inc.	751 Pleasant Row Huntsville, AL 35816	256-533-6311	Mon - Fri 8:00am to 5:00pm	Sliding fee scale	Community Clinic offering behavioral health services
Madison	Hospice Family Care	1000 Serenity Lane Huntsville, AL 35803	256-650-1212	Mon - Fri 8:00am to 4:30pm	No fee	Has bereavements counseling and support groups, call for details. <a href="#">The Caring Place</a> ; bereavement services for ages 3 to 18
Madison	National Children's Advocacy Center	210 Pratt Ave NE, Huntsville, AL 35801	256-533-5437	Mon - Fri 8:30am to 5:00pm	No fee	Provides counseling to child and adolescent victims of physical abuse, neglect, and sexual abuse.
Madison	Family Services Center	4092 Memorial Parkway SW #205 Huntsville, AL 35802	256-551-1610	Mon - Thu 8:00am to 5:30pm	Fee based on income.	Offers affordable and group individual counseling for a wide range of situations. Sessions are now offered virtually.
Madison and surrounding counties	Catholic Family Services	1010 Church Street NW Huntsville, AL 35801	256-536-0073	Mon- Thu 8:00am - 4:00pm	Fee based on income	Offers affordable and group individual counseling for a wide range of situations. Sessions are now offered virtually.
Madison	National Alliance on Mentally Illness (NAMI)	701 Andrew Jackson Way, Suite A Huntsville, AL 35801	256-534-2628 or 1-800-626- 4199	Mon - Fri 9:00am to noon	No fee	Provides support, education and advocacy to the mentally ill and their loves ones.
Marengo	West Alabama Mental Health Center	1215 South Walnut Avenue, Demopolis, AL	1-800-239-2901			Community Mental Health Center
Marengo	Marengo County Health Department	300 Industrial Drive, Linden, AL 36748	334-295-4205	8:30 a.m. -9:30 a.m./Hours may vary		Offers clinical, home health, and environmental services to the public
Marengo	Bryan W. Whitfield Memorial Hospital	105 Highway 80 East, Demopolis, AL 36732	334-289-4000			



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Marion	Northwest Alabama Mental Health Center	1100 7th Ave Jasper, AL 35501	205-387-0541	Mon - Fri 8:00am to 5:00pm	Sliding fee scale; accepts most insurances	residential and outpatient mental health services and crisis intervention for adults and children.
Marion	Catholic Family Services	1111 East College St Florence, AL 35630	256-768-1550	Mon- Thu 8:30am to 5:00pm Fri 8:30am to noon	Sliding fee scale	Confidential counseling services offered
Marshall and surrounding counties	Mountain Lakes Behavioral Healthcare	2409 Homer Clayton Drive Guntersville, AL 35976	256-582-2303	24/7	Fee based on income. Most insurances accepted.	Inpatient and outpatient treatment for mental illness
Marshall	Family Life Center and Drug Treatment Program	432 Gunter Avenue Guntersville, AL 35976	256-582-1471	Mon - Fri 8:00am to 5:00pm	Sliding fee scale. Some insurance accepted	Non-profit outpatient mental health and chemical dependency treatment program in a biblical atmosphere.
Marshall	Shepard's Cove Hospice	408 Martling Road Albertville, AL 35951	256-891-7724	Mon - Fri 8:00am to 4:30pm	No fee	Bereavement counseling and support groups
Marshall	Marshall County Health Department	150 Judy Smith Dr. Guntersville, AL 35976	256-582-3174	Mon - Fri 8:00am to 5:00pm	No Fee	Offers clinical, home health, and environmental services to the public
Marshall,	National Alliance on Mentally Illness (NAMI)	701 Andrew Jackson Way, Suite A Huntsville, AL 35801	256-534-2628 or 1-800-626-4199	Mon - Fri 9:00am to noon	No fee	Provides support, education and advocacy to the mentally ill and their loves ones.
Marshall	Family Services Center	4092 Memorial Parkway SW #205 Huntsville, AL 35802	256-551-1610	Mon - Thu 8:00am to 5:30pm	Fee based on income.	Offers affordable and group individual counseling for a wide range of situations. Sessions are now offered virtually.
Mobile	Mental Health Treatment Centers of Mobile		1-800-615-3564	Closes at 10:00 p.m.		
Mobile	Comprehensive MedPsych Systems	1110 Montlimar Drive, Suite 500, Mobile, AL 36609	251-662-9466		Accepts most insurances	Comprehensive MedPsych Systems offers a complete range of mental health services. We are a nationally-recognized and innovative group of experienced and compassionate board-certified psychiatrists, psychologists, therapists and social workers that provide you or a loved one confidential:
Mobile and surrounding counties	Altapointe Health	2401 Gordon Smith Drive, Mobile, AL 36617	251-450-2211			Provides services to those with intellectual disabilities as well as provides mental health services to adults and children
Mobile	Mobile Mental Health Center High Schools	5800 Sothland Drive, Mobile, AL 36693	251-661-0153			Mobile Mental Health Center is a public high school of the Mobile County School District



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Mobile	USA Psychological Center	75 South University Boulevard, University Commons 2000, Mobile, AL 36688	251-220-6688	Video and Phone Sessions	Sliding Scale	
Mobile	Pathways Professional Counseling	6512 Grelot Road, Mobile, AL 36685			\$100/hour plus subsidies	
Mobile	Family Health- Downtown Health Center	251 North Bayou Street, Mobile, AL 36603	251-690-8889	7:30 a.m. - 4:30 p.m. Appointments required		
Mobile	Mobile County Health Department	1110 Schillinger Road North, Suite 200, Mobile, AL 6608	251-634-9801	7:30 a.m. - 4:30 p.m.		Offers clinical, home health, and environmental services to the public
Mobile	Lifelines Counseling Service	705 Oak Circle Drive East, Mobile AL 36609	251-602-0909	8:00 a.m. - 5 p.m.		Help individuals and families live more productive lives through counseling, assistance, referrals, and education.
Mobile	Survivors of Mental Illness	4351 Midmost Drive, Mobile, AL 36609	251-342-0261	8:00 a.m. - 2:00 p.m.		
Mobile	Blossom Residential	4367 Downtowner Loop North, Mobile, AL 36609	251-219-7405			Mental Health Services
Mobile	New Way Out Corporation	712 Oak Circle Drive East, Mobile, AL 36609	251-665-4627			Mental Health Clinic and Services
Mobile	Child Behavioral Resources	6304 Piccadilly Square Drive, Mobile, AL 36609	251-219-7643			Mental Health Clinic and Services
Mobile	Healing Center	2206 Airport Boulevard, Suite G, Mobile, AL 36606	251-479-0140			Mental Health Clinic and Services
Mobile	National Mentor	602 Bel Air Road, Mobile, AL 36606	251-471-8535			Mental Health Services
Mobile	Youth Villages Inc.	315 South Sage Avenue, Mobile, AL 36606	251-450-2335			Mental Health Clinic and Services
Mobile	Alta Pointe Health Systems	6827 Howells Ferry Road, Mobile, AL 36618	251-378-505		Accepts most insurances	Provides services to those with intellectual disabilities as well as provides mental health services to adults and children
Mobile	Bay Area Clinical Associates LLC	2864 Dauphin Street, Mobile, AL 36606	251-470-7607			Psychologists, Counseling, and Mental Health Services
Mobile	Mobile Metro Treatment Center	1924 Dauphin Island Parkway, Mobile, AL 36605	251-476-5733			Abuse and Addiction
Mobile	West Mobile Psychiatry	6701 Airport Boulevard, Suite B218, Mobile, AL 36608	251-219-6346			Mental Health Services



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Mobile	Care Pointe	2400 Gordon Smith Drive, Mobile, AL 36617	251-450-2211			Mental Health Services
Mobile	National Alliance on Mental Illness (NAMI) Family Support Group	Springhill Baptist Church Activity Center, 11 South McGregor Avenue, Mobile, AL 36608	251-461-3450	3rd Monday of every month		A support group for family members or caregivers of an individual living with mental illness
Mobile	Mental Health Region III Community Services	3290 Dauphin Street, Suite600, Mobile, AL 36606	251-478-2760	8:00 a.m. - 4:00 p.m.		
Mobile	Virtual Family Assistance Center (American Red Cross)		833-492-0094	8:00 a.m. - 11:00 p.m.		Bereavement and Mental Health Care
Mobile	Counseling Services (Catholic Social Services)	400 Government Street, Mobile, AL 36602	251-434-1550			Counseling, Grief and Bereavement Issues, Behavioral Problems
Mobile	Support Line (Star Legacy Foundation)		952-715-7731 ext. 1	8:00 a.m. - 5:00 p.m.		Bereavement and one-on-one Support
Mobile	Peer Companion (Star Legacy Foundation)		952-715-7731 ext. 2	8:00 a.m. -5:00 p.m.		Bereavement and Peer Support
Mobile	Grief Line (First Candle)		800-221-7437	24 hours		Bereavement and Help Hotline
Monroe	Mental Health Center (Out patient)	530 Hornady Drive, Monroeville AL 36460	251-575-4837			Mental Health Services
Monroe	Southwest Alabama Behavioral Health Care	530 Hornady Drive, Monroeville AL 36460	251-575-3815			Mental Health Services
Monroe	Monroe County Health Department	416 Agriculture Drive, Monroeville, AL 36460	251-575-3108	7:30 a.m. - 5:00 p.m./ Hours may vary		
Monroe	Monroe County Hospital	2016 South Alabama Avenue, Monroeville, AL 36460	251-575-3111			
Montgomery	AL Dept. of Mental Health	100 N. Union St. Montgomery, AL 36104	1-800-367-0955 334-242-3454	8 a.m. - 5 p.m.		Child and Adolescent services are offered for those 18 years old and younger who meet the criteria for SED. Alabama's treatment providers offer a continuum of care ranging from crisis, outpatient, outreach, day, and residential. One or more of these services is offered in all 67 counties.
Montgomery	Crisis Line for Mental Health	2140 Upper Wetumpka Rd Montgomery, AL 36107	334-365-2207	Monday - Friday 8:00 am - 5:00 pm On call after-hours for emergencies	No Fee	Mental health crisis line



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Montgomery	Montgomery Mental Health Authority	2140 Upper Wetumpka Rd Montgomery, AL 36107	334-279-7830	Mon- Fri 8:00am to 5:00pm	Sliding fee scale; most insurances accepted	Community Mental Health Center
Montgomery	Baptist Medical Center South	2105 E South Blvd Montgomery, AL 36116	334-288-2100	24/7	Accepts most insurances	Hospital with a psychiatric unit
Montgomery	National Alliance on Mentally Illness (NAMI)	437 Mulligan Dr. Montgomery, AL 36117	334-221-4376		No Fee	Provides support, education and advocacy to the mentally ill and their loves ones. 7:30pm.
Montgomery	SAFY- Specialized Alternatives for Families and Youth of Alabama	9532 Wynlakes Place Montgomery, AL 36117	334-270-3181 800-532-7239	Mon - Fri 8:00am to 5:00pm	No Fees	SAFY is an agency that serves families and children through therapeutic foster care and intensive in-home services. SAFY is a Child Placing Agency that works to recruit, train, and license families who are willing to commit to a child in need.
Montgomery	Mental Health America	1116 South Hull Street Montgomery, AL 36104	334-262-5500	Mon- Thu 8:00 - 4:30 Fri 8:30am - 12:30	No fees	Provides advocacy and peer support groups to the mentally ill and their families.
Montgomery and surrounding counties	Project Insight	828 Forest Ave Montgomery, AL 36106	334-262-1629	Mon - Fri 8:00am to 5:00pm By appointment only	No fee	Provides mental health presentations and mental health first aid trainings to professionals, the faith-based community and other groups upon request.
Morgan	Crisis Services of North Alabama	P.O. Box 368 Huntsville, AL 35804	Crisis Line 256-716-1000	Crisis Line 24/7	No fee	HELpline: Crisis hotline, Offers survivors of suicide counseling and support groups. Provides Suicide Prevention Education to School faculty and students as well as the community at large.
Morgan and surrounding counties	Decatur-Morgan Hospital West Campus	2205 Beltline Road SW Decatur, AL 35803	256-973-4000	24/7	Most insurances accepted	Offers inpatient and outpatient counseling to children, adolescents, adults and geriatric patients.
Morgan	Mental Health Center of Central North Alabama	4110 Hwy 31 south Decatur, AL 35803	256-355-6501	Mon - Thu 8:00am to 5:00pm Fri 8:00am to 3:00pm	Fee based on income. Most insurances accepted.	Treatment for children, adolescents and adults with a severe mental illness and/or a severe emotional disturbance.
Morgan	Morgan County System of Services	2531 Hwy 20 West Decatur, AL 35603	256-350-8434	Mon - Fri 8:00am to 4:30pm	No Fee	Non-profit organization with an array of individualized services for at risk youth. Sheller available for girls.



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Morgan	Albany Clinic Children's Program (of the Mental Health Center of North Alabama)	1315 13th Avenue SE Decatur, AL 35601	256-260-7306	Mon - Fri 8:00am to 5:00pm	Fee based on income. Most insurances accepted.	Provides an encompassing array of outpatient mental health services for youth and adolescents.
Morgan	Thrive Alabama	600 St. Claire Ave SW, Building 3 Huntsville, AL 35801	256-536-4700	Mon - Thurs 8:00am to 5:00pm Fri 8:00am to noon	Sliding fee scale. Most insurance accepted	Psychiatry and Psychology (therapists)
Morgan	National Alliance on Mentally Illness (NAMI)	701 Andrew Jackson Way, Suite A Huntsville, AL 35801	256-534-2628 or 1-800-626-4199	Mon - Fri 9:00am to noon	No fee	Provides support, education and advocacy to the mentally ill and their loves ones.
Morgan	Family Services Center	4092 Memorial Parkway SW #205 Huntsville, AL 35802	256-551-1610	Mon - Thu 8:00am to 5:30pm	Fee based on income.	Offers affordable and group individual counseling for a wide range of situations. Sessions are now offered virtually.
Perry	Children's of Alabama Behavioral Health Ireland Center	1600 7th Avenue South, 4th Floor-Dearth Birmingham, Alabama 35233	Office: 205-638-9193 Fax: 205-638-9949	Monday-Friday 8:00 am-4:30 pm	Private Insurance, Medicaid	Mental Health - Children and Adolescents Counseling/Psychiatric
Perry	Children's at Patriot Park – Outpatient Behavioral Health	200 Wildwood Parkway Suite 130 Homewood 35209	New Patient or Appointment Changes: 205-638-9193	Monday-Friday 8:00 am-4:30 pm	Private Insurance, Medicaid	Mental Health - Children and Adolescents Counseling/Psychiatric (referrals only)
Perry	Cahaba Center for Mental Health	104 Edward Street, Marion, AL 36756	334-683-9957 after hours, calls roll over to on-call answering service for crisis calls	Monday-Friday 8:00 - 5:00 pm	Private Insurance, Medicaid, Medicare, and Sliding Scale Fee	Children, Adolescent, and Adult counseling; Serves individuals with mental illness and developmental disabilities.
Perry	Vaughan Regional Medical Center Emergency Department	1015 Medical Center Pkwy, Selma, AL 36701	334-418-4100	Open 24 Hours	Private Insurance, Medicaid, Medicare	Emergency Services
Perry	Hale County Hospital Emergency Department	508 Green St, Greensboro, AL 36744	334-624-3024	Open 24 Hours	Private Insurance, Medicaid, Medicare	Emergency Services
Pickens	Indian Rivers Behavioral Services	2209 9th Street Tuscaloosa, AL 35401	205-391-3131	Mon - Fri 8:00am to 4:30pm	Sliding fee scale. Most insurance accepted	Mental health and psychiatric services for adults and children
Pickens	Northport Medical Center	2700 Hospital Dr Northport, AL 35476	205-333-4500	24/7	Accepts most insurances	Hospital with a psychiatric unit



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Pike	East Central Mental Health Counseling Services	200 Cherry St. Troy, AL 36081	334-566-6022	8:00 am - 5:00 p.m. Mon.-Fri.		Access to care, case management - children and adult, child, adolescent and adult mental illness outpatient, emergency/crisis services, developmental disabilities services, mental illness child, adolescent and adult in-home intervention, parent assistance program, residential services, and substance abuse.
Randolph	AltaPointe Health Systems	706 Main Street Roanoke, AL 36274	334-777-5920	Mon - Fri 8:00am - 4:30pm	sliding fee scale; accepts most insurances	Outpatient mental and behavioral services for adults and children.
Randolph	Health Services Center, Inc		256-546-5566	Mon - Thu 8:00am to 5:00pm	Fee based on income. Most insurances accepted.	Psychiatric evaluation and treatment, individual and family counseling and group therapy
Russell	East Alabama Mental Health Center	3170 Martin Luther King Jr. Pkwy S Phenix City, AL 36869	334-298-2405	Mon - Fri 8:30am to 5:00pm	sliding fee scale; accepts most insurances	Community Mental Health Center
Russell	Family Center of Columbus	1350 15th Ave. Columbus, GA 31901	706-327-3760	Mon, Wed 8:00am to 6:00pm; Tues, Thu 8:00am to 7:00pm; Fri 8:00am - noon	Sliding fee scale	Individual, family and group counseling for an array of needs. Serves Russell County, AL.
Russell	Health Services Center, Inc	608 Martin Luther King Drive Anniston, AL 36201	256-546-5566	Mon - Thu 8:00am to 5:00pm	Fee based on income. Most insurances accepted.	Psychiatric evaluation and treatment, individual and family counseling and group therapy
St Claire	Eastside Mental Health Center	625 15th Street North Pell City, AL 35125	205-595-4555	Mon - Fri 8:00am to 5:00pm	Fee based on income. Most insurances accepted.	Outpatient psychiatric care, emergency psychiatric care, day treatment, mental health consultations
St. Claire	St. Claire County Health Department	1175 23rd Street North Pell City, AL 35125	205-836-7283	Mon - Fri 7:30am to 5:00pm	No fee	Provides clinical, environmental, and home health services to the general public.
St. Claire	Jefferson, Blount, St. Claire Mental Health Clinic/Western Mental Health Clinic	1701 Avenue D, Ensley Birmingham, AL 35218	205.788.7770	Monday – Friday 8:00 am - 4:30 pm		The Outpatient Clinics are designed to provide a wide array of clinical services to children/adolescents who exhibit severe emotional disturbance and adults who experience serious mental illness. Assist clients who do not have insurance apply for medications provided by various pharmaceutical manufacturers. Provides emergency crisis intervention 24 hours a day, 7 days a week. By telephone only after office hours and weekends.



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St Claire	National Alliance on Mentally Illness (NAMI)	701 Andrew Jackson Way, Suite A Huntsville, AL 35801	256-534-2628 or 1-800-626-4199	Mon - Fri 9:00am to noon	No fee	Provides support, education and advocacy to the mentally ill and their loves ones.
Shelby	Shelby County Health Department	2000 County Services Drive Phelam, AL 35124	205-664-2470	Monday - Friday 7:30 am - 5:00 pm		Provides clinical, environmental, and home health services to the general public.
Shelby	Chilton Shelby Mental Health Center	2100 County Services Drive Phelam, AL 35124	205-663-1252			Chilton Shelby Mental Health Center provides an array of services for individuals dealing with mental illness and/or substance use disorders.
Shelby	UAB Community Counseling	901 13th Street South, Room 157 Birmingham, AL 35294	205-996-2414	10:00am-7:30pm	Sliding fee scale	Training site for students to provide outpatient therapy under direct supervision of UAB faculty. Clinical Services offered include individual, group, couples, and family therapy.
Shelby	Impact Family Counseling	1000 24th Street South, Birmingham AL 35205	205-916-0123	8am to 8pm	Sliding Scale.	Provides family counseling, parental skills training, court/school advocacy, anger and conflict management resolution, community education, individual counseling, and group counseling.
Shelby	Oasis Counseling		205-933-0338	Mon-Fri 8:30 am-5:00 pm	Sliding Scale, private insurance, Medicaid for children.	Individual counseling for women, children, couples, and families. Play Therapy for children ages 3-12. Counseling for adolescent girls. Groups, Education, and Outreach.
Shelby	Central Alabama Wellness	151 Hamilton Lane Calera, Alabama 35040	205-651-0077			Provides an array of services for individuals dealing with mental illness and/or substance use disorders.
Shelby	Crisis Line for Mental Illness		205-663-1252			
Sumter	West Alabama Mental Health Center	1215 South Walnut Ave, Demopolis, AL 36732	1-800-239-2901			Mental Health Services
Sumter	Sumter Counseling Center	1121 North Washington Livingston, AL 35470	334-289-2410			Mental Health Services
Sumter	Sumter County Health Department	1121 North Washington Street, Livingston, AL 35470	205-652-7972	8:30 a.m. -9:30 a.m./Hours may vary		Provides clinical, environmental, and home health services to the general public.
Sumter	Hill Hospital of Sumter County	751 Derby Drive, York, AL 36925	205-392-5263			
Talladega	AltaPionte Heath Systems	16 Bemison Ave Talladega, AL 35160	256-362-1700	Mon - Fri 8:00am - 4:30pm	sliding fee scale; accepts most insurances	Oupatient mental and behavioral services for adults and children.
Talladega	Health Services Center, Inc	608 Martin Luther King Drive Anniston, AL 36201	256-546-5566	Mon - Thu 8:00am to 5:00pm	Fee based on income. Most insurances accepted.	Psychiatric evaluation and treatment, individual and family counseling and group therapy



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Talladega	Regional Medical Center	400 E 10th St Anniston, AL 36207	256-235-5121	24/7	Most insurances accepted	Hospital with an inpatient psychiatric unit
Tallapoosa	East Alabama Mental Health Center- Dadeville Center	287 North Tallahassee Dadeville, AL 36853	256-373-3538	Mon - Fri 8:00am to 5:00pm	sliding fee scale and some insurances accepted	Crisis prevention and community mental health center
Tallapoosa	East Alabama Medical Center	2000 Pepperell Pkwy Opelika, AL 36801	334-749-3411	24/7	Accepts most insurances	Hospital with a psychiatric Unit
Tuscaloosa	Indian Rivers Behavioral Services	2209 9th Street Tuscaloosa, AL 35401	205-391-3131	Mon - Fri 8:00am to 4:30pm	Sliding fee scale. Most insurance accepted	Mental health and psychiatric services for adults and children
Tuscaloosa	National Alliance on Mentally Illness (NAMI)	15965 Lock 9 Road Fosters, AL 35463	205-334-1555	Personal cell phone # available to the public. Be considerate using this number.	No Fees	Provides support, education and advocacy to the mentally ill and their loves ones.
Tuscaloosa	Northport Medical Center	2700 Hospital Dr Northport, AL 35476	205-333-4500	24/7	Accepts most insurances	Hospital with a psychiatric unit
Walker	Northwest Alabama Mental Health Center	1100 7th Ave Jasper, AL 35501	205-387-0541	Mon - Fri 8:00am to 5:00pm	sliding fee scale; accepts most insurances	Residential and outpatient mental health services and crisis intervention for adults and children.
Walker	Walker Baptist Medical Center	3400 Hwy 78 East Jasper, AL 35501	205-387-4000	24/7	Accepts most insurances	Hospital with a behavioral medical unit for adults
Washington	Washington County Health Department	14900 Saint Stephens Avenue, Chatom, AL 36518	251-847-2245			Provides clinical, environmental, and home health services to the general public.
Washington	Family Counseling Centers of Mobile Hotline		251-431-5111 or 1-800-239-1117			
Washington	Washington County Hospital	14600 Saint Stephens Avenue, Chatom, AL 36518	251-847-2223			
Wilcox	Cahaba Center Mental Health	45 Camden Bypass, Camden, AL 36726	334-682-4499			Mental Health Services
Wilcox	West Alabama Mental Health Center	1215 South Walnut Avenue, Demopolis, AL	334-289-2410			Mental Health Services
Wilcox	Wilcox County Health Department	107 Union Street, Camden, AL 36726	334-682-4515	8:30 a.m. - 12:00 p.m./Hours may vary		Provides clinical, environmental, and home health services to the general public.



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Winston	Northport Medical Center	2700 Hospital Dr Northport, AL 35476	205-333-4500	24/7	Accepts most insurances	Hospital with a psychiatric unit
Winston	Northwest Alabama Mental Health Center	1100 7th Ave Jasper, AL 35501	205-387-0541	Mon - Fri 8:00am to 5:00pm	sliding fee scale; accepts most insurances	Residential and outpatient mental health services and crisis intervention for adults and children.