

Resources and Referrals for use during UAB Limited Business Model

COMMUNITY RESOURCES

UAB CPM

Center for Psychiatric Medicine
1713 6th Ave. S, Birmingham
205-934-6054

JBS Urgent Care Clinic

(Jefferson, Blount, St. Clair counties)
1230 3rd Ave. S, Birmingham
OFFICE: 205-545-8420
FAX: 205-224-4431

urgentcareclinic@jbsmha.com

CLINIC HOURS:

Monday-Thursday, 8 a.m.-7 p.m.

jbsmentalhealth.com/urgent-care-clinic

Central Alabama Wellness

(formerly Chilton Shelby Mental Health)
205-651-0077

info@centralalabamawellness.org

centralalabamawellness.org

Crisis Text Line

Text "UAB" to 741741 to be connected via text to a free and confidential crisis counselor

Recovery Resource Center

Local support for substance use concerns/help
205-458-3377

Ala. Domestic Violence Hotline

1-800-650-6522

Birmingham Rape Response

205-323-7273

UTalk for Teens

(formally known as Teen Link)
205-328-5465

Senior Talk Line

205-328-8255

Birmingham Crisis Center

24/7 crisis line
205-323-7777

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

24-hour National Hopeline Network

1-800-784-2433

Transgender Crisis Hotline

877-656-8860

LGBT National Hotline

866-483-4564

Veterans Help Line

800-838-2838

Emotional-Support Help Line

1-866-342-6892
Free access to specially trained mental health specialists to support people who may be experiencing anxiety or stress following the recent developments around COVID-19. Provided by Optum, the toll-free helpline number, 866-342-6892, will be open 24 hours a day,

seven days a week, for as long as necessary. The service is free of charge and open to anyone.

SAMHSA Distress Line

800-985-5990

SAMHSA's Distress Helpline provides 24/7, 365 day-a-year crisis counseling and support to people experiencing emotional distress related to human and natural disasters.

#BHAMSTRONG

bhamstrong.com

Webpage provides information and resources to persons within the Birmingham community impacted by COVID-19.

United Way

211connectsalabama.org/

[keyword-search](#)

Dial 211 for local resources for COVID-19 or use the keyword "Coronavirus" to search.

Other Tele-Therapy Resources

Sign up and pay for sessions with a licensed counselor

- **Talkspace Online Therapy:** Online counseling by text, audio or video messaging at an affordable cost,

talkspace.com

- **Better Help:** Professional online counselors available 24/7, private and affordable, betterhelp.com



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ONLINE RESOURCES

Resources for Stress Management

[Code Blaze](#)

Visit EACC's Code Blaze online and select "Stress Management" for apps, web articles, videos and other resources designed to help manage stress and anxiety. Resources listed under "Crisis & Mental Health" may also be helpful.

[Coronavirus Resources To Bring Peace](#) from UAB Pastoral Care

[CDC: Manage Anxiety & Stress](#) from the Centers for Disease Control & Prevention

[CDC: Daily Stress and Coping](#) from the Centers for Disease Control & Prevention

[Coronavirus Anxiety: Coping with Stress, Fear and Worry](#) from HelpGuide, mental health and wellness nonprofit website

[Managing COVID-19 Anxiety](#) from Anxiety & Depression Association of America

[Coping with Coronavirus Anxiety](#) from Harvard Health Publishing, Harvard Medical School

[Coping with Stress during Infectious Disease Outbreaks](#) from Substance Abuse & Mental Health Services Administration

Resources for Parenting & Children

[CDC: Talking with Children about Coronavirus](#) from the Centers for Disease Control & Prevention

[CDC: Handwashing and Hand Sanitizer Use](#) from the Centers for Disease Control & Prevention

[Healthy Children: Novel Coronavirus](#) from American Academy of Pediatrics

[Tips for Caregivers, Parents and Teachers during Infectious Disease Outbreaks](#) from Substance Abuse and Mental Health Services Administration

[Talking with Children about COVID-19: A Parent Resource](#) from National Association of School Psychologists and National Association of School Nurses

[Resources for Healthcare Professionals Guide to Mental Health Resources for Healthcare Providers](#) from Massachusetts General Hospital

Coronavirus Videos for Healthcare Workers

- **Front Line Support**
<https://sho.co/1CLF8>
- **Building Your Resilience**
<https://sho.co/1CLFB>
- **Recognizing Burnout**
<https://sho.co/1CLFH>

[COVID-ready Communication Skills](#) from VitalTalk

[Coronavirus & Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks](#) from American Psychiatric Association

[Managing Healthcare Workers' Stress Associated with the Covid-19 Pandemic](#) from National Center for PTSD, U.S. Department of Veterans Affairs

[Video: Caring for Yourself and Others During the Covid-19 Virus Outbreak](#) from the Schwartz Center

[Resources for Substance Use Concerns COVID-19: Online and Remote Resources for Addiction Support](#) from Partnership for Drug-Free Kids

[Resources for Older Adults What do Older Adults and People with Disabilities Need to Know?](#) from Administration for Community Living

[What You Need to Know About the Coronavirus](#) from AARP



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APPS



Breath2Relax — guided breathing exercises
[Android](#) | [iPhone](#)



Calm — leading app for rest and meditation is offering a free curated list of meditations for managing anxiety and stress
[Android](#) | [iPhone](#)



Daylio Journal — mood tracker and private journal
[Android](#) | [iPhone](#)



Fear Tools — tools to deal with anxiety developed by the Anxiety & Depression Association of America
[Android](#) | [iPhone](#)



Headspace — personal meditation guide
[Android](#) | [iPhone](#)



Insight Timer — features 25,000+ free guided meditations
[Android](#) | [iPhone](#)



Meditation Studio — guided meditation and relaxation app
[Android](#) | [iPhone](#)



Mood Tools — tools to deal with depression developed by the Anxiety & Depression Association of America
[Android](#) | [iPhone](#)



Remente — goal setting and self-improvement
[Android](#) | [iPhone](#)



Sanvello — On-demand app for stress, anxiety and depression offering free premium access during the Covid-19 crisis
[Android](#) | [iPhone](#)



Self Help for Anxiety Management — developed by a university team of psychologists, computer scientists and student users
[Android](#) | [iPhone](#)



Ten Percent Happier — features free coronavirus Sanity Guide, guided meditations for coronavirus Responders, along with a podcast, talks and newsletter on how to handle coronavirus anxiety. **Healthcare workers not currently subscribed to Ten Percent Happier receive free access by emailing care@tenpercent.com for instructions.**
[Android](#) | [iPhone](#)



WoeBot — self-care app using Cognitive Behavior Therapy (CBT)
[Android](#) | [iPhone](#)



Wysa — mood tracker, mindfulness exercises, mental health assessment, powered by AI
[Android](#) | [iPhone](#)



Youper — emotional health assistant, powered by AI
[Android](#) | [iPhone](#)



myStrength
EACC has partnered with myStrength to provide FREE and CONFIDENTIAL access to web and mobile e-learning tools on topics such as stress management, depression, anxiety, chronic pain, parenting, substance use concerns, trauma and more. Visit uab.edu/humanresources/home/eacc/mystrength.

myStrength access codes: UABHospital, UABCampus, UABHSF, UABHSYS, UABVIVA, UABCallahanEyeHospital, UAB Family Member



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