

Emergency Resources for use during UAB Limited Business Model

COMMUNITY RESOURCES

UAB CPM

Center for Psychiatric Medicine
1713 6th Ave. S, Birmingham, AL 35210
205-934-6054

JBS Urgent Care Clinic

(Jefferson, Blount, St. Clair counties)
1230 3rd Ave. S, Birmingham, AL 35233
OFFICE: 205-545-8420
FAX: 205-224-4431

urgentcareclinic@jbsmha.com

CLINIC HOURS:

Monday through Thursday,
8 a.m. to 7 p.m.

jbsmentalhealth.com/urgent-care-clinic

Central Alabama Wellness

(formerly Chilton Shelby Mental Health)
P.O. Box 689, Calera, AL 35040
205-651-0077

info@centralalabamawellness.org

centralalabamawellness.org

Birmingham Crisis Center

24/7 crisis line
205-323-7777

Birmingham Rape Response

205-323-7273

National Suicide Prevention Lifeline

1-800-273-TALK (1-800-273-8255)

Alabama Domestic Violence Hotline

1-800-650-6522

24hr National Hopeline Network

1-800-784-2433

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

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.

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



EMPLOYEE ASSISTANCE
& COUNSELING CENTER

The University of Alabama at Birmingham