

Resources and Referrals 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

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.

uab.edu/humanresources/home/eacc/code-blaze/uab-medicine-physicians

Manage Anxiety & Stress

from the Centers for Disease Control & Prevention

cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html

Managing COVID-19 Anxiety

from Anxiety & Depression Association of America

adaa.org/finding-help/coronavirus-anxiety-helpful-resources

Coping with Coronavirus Anxiety

from Harvard Health Publishing, Harvard Medical School

health.harvard.edu/blog/coping-with-coronavirus-anxiety-2020031219183

Coping with Stress during Infectious Disease Outbreaks

from Substance Abuse and Mental Health Services Administration

store.samhsa.gov/system/files/sma14-4885.pdf

Resources for PARENTING & CHILDREN

Talking with Children about Coronavirus

from the Centers for Disease Control & Prevention

cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html

Healthy Children: Novel Coronavirus COVID-19

from American Academy of Pediatrics

healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx

Talking with Children about COVID-19: A Parent Resource

from National Association of School Psychologists and National Association of School Nurses

higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout.pdf

Tips for Caregivers, Parents and Teachers during Infectious Disease Outbreaks

from Substance Abuse and Mental Health Services Administration

store.samhsa.gov/system/files/pep20-01-01-006_508_0.pdf

Handwashing and Hand Sanitizer Use

from the Centers for Disease Control & Prevention

cdc.gov/handwashing/pdf/hand-sanitizer-factsheet.pdf

Resources for OLDER ADULTS

What do Older Adults and People with Disabilities Need to Know?

from Administration for Community Living

acl.gov/COVID-19

What You Need to Know About the Coronavirus

from AARP

aarp.org/health/conditions-treatments/info-2020/coronavirus-facts.html



APPS

Breath2Relax — *guided breathing exercises*

Google Play: play.google.com/store/apps/details?id=org.t2health.breathe2relax&hl=en
Apple: apps.apple.com/us/app/breathe2relax/id425720246

Headspace — *personal meditation guide*

Google Play: play.google.com/store/apps/details?id=com.getsomeheadspace.android&hl=en
Apple: apps.apple.com/us/app/headspace-com-meditation-mindfulness/id493145008

Self Help for Anxiety Management

Google Play: play.google.com/store/apps/details?id=com.uwe.myoxygen&hl=en
Apple: apps.apple.com/us/app/self-help-for-anxiety-management/id666767947

Daylio Journal — *mood tracker and private journal*

Google Play: play.google.com/store/apps/details?id=net.daylio&hl=en
Apple: apps.apple.com/us/app/daylio-journal/id1194023242

Mood Tools — *tools to deal with depression developed by the Anxiety & Depression Association of America*

Google Play: play.google.com/store/apps/details?id=com.moodtools.moodtools&hl=en
Apple: apps.apple.com/us/app/moodtools-depression-aid/id1012822112

Fear Tools — *tools to deal with anxiety developed by the Anxiety & Depression Association of America*

Google Play: play.google.com/store/apps/details?id=com.feartools.feartools&hl=en
Apple: apps.apple.com/us/app/feartools-anxiety-aid/id1179843607

Remente — *goal setting and self-improvement*

Google Play: play.google.com/store/apps/details?id=com.remente.app&hl=en
Apple: apps.apple.com/us/app/remente-self-improvement/id961633456

WoeBot — *self-care app using Cognitive Behavior Therapy (CBT)*

Google Play: play.google.com/store/apps/details?id=com.woebot&hl=en
Apple: apps.apple.com/us/app/woebot-your-self-care-expert/id1305375832

Wysa — *mood tracker, mindfulness exercises, mental health assessment, powered by AI*

Google Play: play.google.com/store/apps/details?id=bot.touchkin&hl=en
Apple: apps.apple.com/us/app/wysa-mental-health-support/id1166585565

Youper — *emotional health assistant, powered by AI*

Google Play: play.google.com/store/apps/details?id=br.com.youper&hl=en
Apple: apps.apple.com/us/app/youper/id1060691513

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

Don't forget to access Code Blaze resources for faculty, staff and physicians at uab.edu/codeblaze.

