

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

[jbsmentalhealth.com/
urgent-care-clinic](http://jbsmentalhealth.com/urgent-care-clinic)

Central Alabama Wellness

(formerly Chilton Shelby Mental Health)
P.O. Box 689, Calera
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

Birmingham Crisis Center

24/7 crisis line
205-323-7777

Birmingham Rape Response

205-323-7273

Ala. Domestic Violence Hotline

1-800-650-6522

Recovery Resource Center

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

UTalk for Teens

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

Senior Talk Line

205-328-8255

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 who have been impacted by COVID-19.

United Way

[211connectsalabama.org/
keyword-search](http://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



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
[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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