

## **COMMUNITY MENTAL HEALTH RESOURCE GUIDE**

### **ACE Alabama**

**334-293-4567**

**[www.acealabama.org](http://www.acealabama.org)**

**[adulthoodinfo@accs.edu](mailto:adulthoodinfo@accs.edu)**

ACE Alabama is a SEL-focused organization where our mission is to empower students to effect positive change in their communities by fostering character development and community building. We envision a self-sustainable culture of peace, productivity, and prosperity in the schools and communities with which we interact.

### **Addiction Prevention Coalition**

**205-972-8264**

**[apcbham.org](http://apcbham.org)**

**[info@apcmigration.wpenginepowered.com](mailto:info@apcmigration.wpenginepowered.com)**

The Addiction Prevention Coalition (APC) is a nonprofit community resource that aims to eliminate addiction in Central Alabama. APC has been providing support for the greater Birmingham area for over a decade. Through our in-school prevention programs, educational events, and our collection of support services, APC aims to be a convener of organizations united to prevent addiction and relapse.

### **Alethia House**

**(205) 324-6502**

**<https://www.specialkindofcaring.org>**

Aletheia House provides key services to Alabamians, including housing; healthcare; addiction & HIV treatment; and women, youth & veteran services

### **Alabama Cooperative Extension System**

**205-962-0510**

**[www.aces.edu](http://www.aces.edu)**

**[kcr0036@auburn.edu](mailto:kcr0036@auburn.edu)**

The Alabama Cooperative Extension System is the primary outreach and engagement organization for the land-grant mission of Alabama A&M University and Auburn University in cooperation with Tuskegee University. Our unique combination of core values differentiates Extension in today's education marketplace. Transforming lives through science-based information, practical solutions, and meaningful experiences.

### **Alabama Department of Mental Health**

**334-242-3454**

**[publicinformation.dmh@mh.alabama.gov](mailto:publicinformation.dmh@mh.alabama.gov)**

The Alabama Department of Mental Health serves more than 200,000 Alabama citizens with mental illnesses, developmental disabilities, and substance use disorders. Our mission is to Serve, Empower, and Support, and promote the health and well-being of Alabamians.

### **Alabama Occupational Therapy Association**

**205-339-1899**

**[dunhamlmt@me.com](mailto:dunhamlmt@me.com)**

The Alabama Occupational Therapy Association is a professional organization that supports occupational therapists, assistants, and students across Alabama. It works to promote and advance the field of occupational therapy through education, resources, and professional development opportunities. The organization also represents the profession to the public and advocates for better access to occupational therapy services. Overall, its goal is to improve health, wellness, and quality of life by strengthening the occupational therapy community in the state.

### **Alabama Regional Medical Services**

**205-407-6900**

**[cmosley@arms.healthcare](mailto:cmosley@arms.healthcare)**

Alabama Regional Medical Services (ARMS) is a Federally Qualified Health Center dedicated to providing comprehensive, affordable, and accessible healthcare to individuals and families across Birmingham and surrounding communities. With a commitment to serving all patients—regardless of insurance status or ability to pay—ARMS offers medical, dental, and behavioral health services designed to improve overall community well-being and health equity.

**ALL KIDS/ALL Babies****1-888-373-KIDS(5437)**

All Kids/All Babies programs provide health coverage and support services for children and infants, especially in families who may not have access to private insurance. They typically cover doctor visits, check ups, immunizations, prescriptions, and hospital care. All Babies focuses on care for pregnant women and newborns, ensuring healthy pregnancies and early development. Together, these programs aim to improve overall child health and reduce barriers to essential medical care

**Allonia Rose LLC****205-881-7671****[alloniarose24@gmail.com](mailto:alloniarose24@gmail.com)**

Allonia Rose, LLC provides healing and support services focused on women, mothers, and daughters, especially those dealing with burnout, trauma, and generational patterns. They offer services such as guided meditations, women's circles, online courses, and community support through their Soft Hearts Society™. Their approach combines practices like Reiki, yoga, breathwork, and emotional healing to help individuals set boundaries, heal from past experiences, and improve overall well being.

**Ambetter Health****Marketplace Health Insurance****1-844-980-4471**

Ambetter Health is a insurance company that offers access to a variety of plans via their trust agent network(US Health Advisors, United Healthcare, Health Markets, Kaiser Permanente). Options include major medical, short term, indemnity, and more.

**Auburn University EH-CCP****334-752-1152****[jstaylor@auburn.edu](mailto:jstaylor@auburn.edu)**

Partnering with Alabama's Family Child Care Providers to strengthen service quality, support family involvement, and promote early learning environments that

enhance children's growth and development through resources, training, professional development, and guidance for family child care professionals.

## **BCBS**

**[www.bcbsal.org](http://www.bcbsal.org)**

The mission of Blue Cross and Blue Shield of Alabama is to provide quality, affordable healthcare coverage to all members at every stage of their lives. Their vision is to be the number one provider of healthcare benefits in Alabama, offering the best value for members' healthcare dollars.

## **Behavioral Health Systems/ Telus**

**800-245-1150**

Behavioral Health Systems(BHS) provides comprehensive behavioral health services to employers and their covered members. Our approach ensures expert assistance by dedicated, Master's-level BHS Care Coordinators who provide assistance and navigation throughout the episode of care.

## **Birmingham City Schools**

**205-231-4600**

The Student Support Services division of Birmingham City Schools is committed to ensuring that our students have resources and necessary support to foster and optimize learning. Student Support Services advocates the Whole School, Whole Community, Whole Child model. Research shows the health and well-being of a child is a direct link to their academic success. Through strong collaborations, best practices, procedures, and positive relationships, our goal is to foster environments where each child in our schools and community is healthy, safe, engaged, supported, and afforded the opportunity for a well-rounded education.

The Whole School, Whole Community, Whole Child, or WSCC model, is CDC's framework for addressing health in schools. The WSCC model is student-centered and emphasizes the role of the community in supporting the

school, the connections between health and academic achievement, and the importance of evidence-based school policies and practices."

**Birmingham VA Medical Center**

**205-933-8101**

Our healthcare system provides primary care and specialty health services, including cardiology, mental health services, neurology, oncology, hospice, palliative care, and more.

**Black Women's Mental Health Institute**

**205-440-2837**

**<https://www.bwmhi.org/>**

The Black Women's Mental Health Institute is a nonprofit organization focused on improving the mental and holistic well being of Black women and girls through culturally responsive care. It provides services such as free mental health counseling, support groups like the No More Martyrs Sisterhood, and community wellness events that promote healing and awareness. The organization also offers training for mental health professionals and hosts programs like summits to address stigma and improve access to care.

**Bradford at Warrior**

**659-266-7587**

Bradford at Warrior is a full continuum of care: from detox all the way to outpatient services. This includes residential treatment and partial hospitalization. We use evidence-based practices in our treatment. We also have a full program dedicated to Veterans and professionals.

**Brother Let's Talk**

**205-266-2352**

**[brotherletstalk@gmail.com](mailto:brotherletstalk@gmail.com)**

The Brother Let's Talk initiative is a mental health movement dedicated to improving the emotional wellness of men of color by dismantling the stigma surrounding mental health. They provide safe, judgment free spaces through Barbershop Talks and community discussion series where men can openly discuss stressors like racial trauma, grief, and anxiety. Facilitated by mental health

professionals, the organization also offers resources such as individual and group counseling, educational podcasts, and community outreach events to encourage vulnerability and healing

**Brownstone Total Family Healthcare**

**205-202-5650**

**[brownstonehealthcare@gmail.com](mailto:brownstonehealthcare@gmail.com)**

We offer a comprehensive, patient-centered approach to health maintenance and prevention. Our services include biometric screenings, detailed health assessments, lifestyle risk reduction, and chronic disease management. With a strong focus on evidence based practices, we provide thorough medical exams, lab reviews, women's health services, and ongoing patient advocacy. Convenient access through next-day appointments, telehealth visits, secure messaging, and an online scheduling system ensures personalized care that fits your life. We also offer wholesale medications and discounted lab services to support your health journey affordably and effectively.

**BWELL BHM**

**205-202-5650**

**[brownstonehealthcare@gmail.com](mailto:brownstonehealthcare@gmail.com)**

The Brownstone Be Well Birmingham City Employee Clinic provides comprehensive primary care and wellness services exclusively for City of Birmingham employees. Their clinical offerings include routine annual exams, sick visits, chronic disease management for conditions like diabetes and hypertension, and onsite lab testing. The clinic emphasizes preventative health through dietary counseling, weight loss management, and lifestyle risk reduction, often utilizing a direct care model that includes telehealth options and secure messaging with provider

**Cahaba Medical Care Foundation**

**205-928-6007**

Cahaba Medical Care provides high-quality health services regardless of a patient's ability to pay by offering a discounted, sliding fee schedule based on income and

family size. While this has been the mission of the clinic since its founding, our capabilities have continued to develop and grow through our designation as a nonprofit, Federally Qualified Health Center (FQHC). As an FQHC, we are stewards of annual federal funding that allows us to enhance our services to those without insurance and to those facing hardship - whether medical, social, financial, or emotional.

### **Called2EncourageINC**

**[called2encourageinc@yahoo.com](mailto:called2encourageinc@yahoo.com)**

Called2Encourage Inc. is a faith based non profit organization in Birmingham that provides personalized pastoral counseling and spiritual mentorship for individuals and couples. Their services focus on mental and emotional restoration through a combination of professional guidance and biblical principles, often addressing issues like grief, trauma, and relationship struggles. Beyond private sessions, the organization offers motivational speaking and workshops designed to inspire and empower community groups, schools, and corporate teams.

### **CAP Center**

**205-801-5151**

**[info@4cap.org](mailto:info@4cap.org)**

**CHILD ABUSE PREVENTION CENTER**

**Strengthening Families, Empowering Children, & Educating Parents!**

Providing resources and programs to the public, parents, and children through community events, trainings, parenting classes, and home visits.

Our mission is to strengthen families and break the cycle of child abuse and neglect by supplying education and support to both children and parents."

### **CASA of Jefferson County**

**205-325-5019**

**[kburke@casaofjeffco.org](mailto:kburke@casaofjeffco.org)**

CASA (Court Appointed Special Advocates) of Jefferson County recruits and trains community volunteers to provide one-on-one advocacy for children who have experienced abuse or neglect. These volunteers conduct independent investigations and work alongside judges, lawyers, and social workers to ensure each child's best interests are represented during legal proceedings. The organization's primary goal is to help these vulnerable children navigate the child welfare system and secure a safe, permanent, and loving home

**Catalyst by Southern Research**

**251-490-7126**

**[drudolph@southernresearch.org](mailto:drudolph@southernresearch.org)**

Catalyst by Southern Research is a statewide precision medicine initiative that provides free, clinical-grade genetic testing to adults throughout Alabama to help identify risks for chronic diseases like cancer, heart disease, and diabetes.

Participants receive personalized health reports and pharmacogenomic insights—which explain how they might respond to over 70 common medications—that can be shared with their doctors to tailor medical treatments.

Beyond individual care, the program securely utilizes de-identified data to match participants with relevant clinical trials and research opportunities, aiming to bridge the gap between advanced genomic science and everyday community health.

**Central Alabama Wellness**

**205-651-0077**

**[prc@centralalabamawellness.org](mailto:prc@centralalabamawellness.org)**

Central Alabama Wellness provides a comprehensive range of mental health and substance use disorder services for residents of Chilton and Shelby Counties, including outpatient therapy, psychiatric care, and medication monitoring. Their specialized programs cater to all age groups, offering school-based mental health collaboration for youth and intensive residential or day treatment programs for adults with serious mental illnesses. Additionally, the organization supports community integration through intellectual disability case management and

vocational programs like Individual Placement and Support (IPS) to help clients find and maintain competitive employment.

**Child Abuse Prevention Center**

**205.354.7338**

**[www.4cap.org](http://www.4cap.org)**

**Supporting Children, Empowering Parents and Strengthening Families to break cycles of abuse and neglect**

**Children's of Alabama**

**205-638-PIRC(7472)**

The Psychiatric Intake Response Center (PIRC) is a free, confidential phone response center linking adult callers and community providers to the most appropriate mental health resources for children and teens in their communities.

**Collat Jewish Family Services (CJFS)**

**205-879-3438**

**[jfs@cjfsbham.org](mailto:jfs@cjfsbham.org)**

CJFS is a United Way agency enabling aging-in-place, supporting mental health and wellness, and creating community connections by providing counseling and older adult services regardless of faith, background, or financial resources. We accept Medicare and most private insurances and have a sliding fee scale for those without coverage.

**Community Grief Support**

**205-870-8667**

**[info@communitygriefsupport.org](mailto:info@communitygriefsupport.org)**

Community Grief Support (CGS) is a Birmingham-based non-profit that provides free, professional counseling and support services to adults navigating the loss of a loved one. They offer loss-specific support groups, such as those for spousal or child loss, alongside individual and family grief counseling facilitated by licensed therapists. Additionally, the organization hosts community education programs and

workshops designed to help workplaces and local groups better understand and navigate the bereavement process.

**Cooper Green Mercy Health Services Authority**

**205-930-3200**

**[coopergreenhr@uabmc.edu](mailto:coopergreenhr@uabmc.edu)**

Full-service, adult outpatient facility serving Jefferson County, AL, by providing respectful, comprehensive, patient-centered care that helps our enrollees achieve better health and a higher quality of life, regardless of ability to pay.

**Crisis Center, INC**

**205-323-7777**

**1-800-273-8255**

**[csuda@crisiscenterbham.org](mailto:csuda@crisiscenterbham.org)**

The Crisis Center, Inc. provides 24-hour crisis intervention and suicide prevention through specialized hotlines for adults, teens, children, and seniors in Central Alabama. Their Sexual Assault Support Services offer a comprehensive response that includes forensic medical exams by Sexual Assault Nurse Examiners (SANE) and long-term trauma counseling for survivors. Additionally, the center operates a Recovery Resource Center to help individuals navigate substance use treatment and a mental health day program to assist those living with serious mental illness

**Custom Fit Therapeutic Massage**

**205-500-1115**

Stacey Scott is the owner of Custom Fit Therapeutic Massage and The Lymphatic Center of Hope, located in Birmingham, Alabama. She is a National Board Certified Licensed Massage Therapist with 13 years of experience and one of the few certified lymphedema therapists in the state. Stacey specializes in customized one-on-one care using therapeutic massage techniques, lymphedema management, Manual Lymph Drainage (MLD), and post-operative care services. Her mission is to support healing, recovery, and whole body wellness with compassion and

professionalism.

**Ellie Mental Health Birmingham - Mountain Brook**

**205-994-2798**

**[ellieAL07201@elliementalhealth.com](mailto:ellieAL07201@elliementalhealth.com)**

Ellie Mental Health was proudly founded on the principle of destigmatizing mental health. The mental health industry is full of barriers, and we've made it our goal to fill the gap and find innovative ways to break down these barriers for the communities we serve. At Ellie Mental Health Birmingham - Mountain Brook, we specialize in working with individuals, couples, and families ages 3-99! We understand that individuals often require a range of services to support their mental health, and we are committed to offering comprehensive care in a supportive, non-judgmental environment.

At our location, we currently have 8 therapists, including myself, who are available to accept new clients! We take most major insurances and offer a self-pay/superbill option if we are out of network. We would love the opportunity to walk with you on your therapy journey to a healthier you!

**eMotion Therapy, LLC**

**205-440-3858**

**[emotiontherapy@outlook.com](mailto:emotiontherapy@outlook.com)**

At eMotion Therapy, we offer a comprehensive range of therapeutic services tailored to support your unique healing journey. Our specialized offerings include individual, couples, and family therapy, as well as transformative group sessions designed to foster connection and growth. Through the integration of evidence-based practices, telemental health services, and innovative approaches such as somatic therapies and Ketamine-Assisted Psychotherapy, we provide holistic care that nurtures the mind, body, and spirit. Whether in-person or online, our dedicated team is committed to guiding you toward lasting healing and personal transformation.

**Enroll Alabama**

**2055142281**

**[www.aidsalabama.org](http://www.aidsalabama.org)**

Enroll Alabama is a program of AIDS Alabama, we assist consumers with signing up for health insurance through the Affordable Care Act (ACA) Marketplace, as well as Medicaid and CHIP(ALLKids) applications.

**Eunoia Counseling & Consulting LLC.**

**205-830-4833**

**[camille@eunoiacounselingal.com](mailto:camille@eunoiacounselingal.com)**

Eunoia Counseling & Consulting is a Birmingham-based practice that provides trauma-informed mental health services, specializing in evidence-based treatments like EMDR therapy for PTSD and chronic stress. They offer individual and couples counseling both in-person and via telehealth, addressing a wide range of needs including anxiety, depression, burnout, and life transitions. Beyond clinical therapy, the organization also provides professional consulting and social work supervision for individuals seeking licensure in the state of Alabama.

**Fine Arts Find Life**

**205-800-8548**

**[fineartsfindlife@gmail.com](mailto:fineartsfindlife@gmail.com)**

The mission of FAFL is to enhance the mental wellness of children from underserved communities via expressive arts and education. Our vision is for children to engage in creative, transformative arts experiences as a mode of expression and communication. We aim to inspire imagination and mental peace, enabling youth to respond to conflict in a responsible manner and overall, just be their best selves. Our strategy, we offer youth services comprised of expressive arts experiences through collaborative relationships with local children's organizations.

**Fisher Chiropractic Wellness Center**

**205-655-4666**

**<http://www.fisher-chiropractic.com>**

Fisher Chiropractic Wellness Center in Trussville offers personalized chiropractic care using evidence-based techniques like the Activator Method, Graston Technique, and spinal decompression to treat misalignments and chronic pain. Their holistic approach extends beyond adjustments to include therapeutic

rehabilitation, corrective exercises, and specialized services like Neuromed for neuropathy. Additionally, the center operates as a full wellness hub, providing massage therapy, detox foot spas, and even aesthetic services like manicures and pedicures to support overall health and relaxation.

**Friedman Law Firm, PC**

**<https://friedmanfirmpc.com>**

**(205) 879-3033**

Friedman Law Firm, PC, assists with applying for and pursuing disability benefits from Social Security, the Department of Veterans Affairs, and the Railroad Retirement Board. No payment unless your case is won.

**Girls Inc. of Central Alabama**

**<http://www.girlsinccentral-al.org>**

**2055954475**

Girls Inc. of Central Alabama is a nonprofit organization based in Birmingham, dedicated to inspiring all girls to be strong, smart, and bold. Since 1938, it has provided gender-specific programs for school-age girls of diverse racial and economic backgrounds. These programs focus on science, math, technology, career development, financial literacy, English and creative writing, healthy living, arts, sports, and cultural enrichment. Additionally, the organization offers prevention education programs covering health and wellness, life skills development, preventing adolescent pregnancy, substance and alcohol abuse prevention, and job readiness.

**Gorgeous Souls, INC**

**205-730-6330**

**[gorgeoussoulsorg@gmail.com](mailto:gorgeoussoulsorg@gmail.com)**

We provide curated wellness experiences and supportive community programs in order for Black women to experience the evident rewards of a life in harmony - from improved health and enhanced mental clarity to reduced stress and the lasting habit of self-prioritization.

**Impact Family Counseling**

**<http://www.impactal.org>**

**(205) 916-0123**

The programs that IMPACT offers help strengthen family relationships, reduce abuse and neglect, and teach positive coping skills to empower at-risk youth and families to make better life choices, benefiting themselves and their communities.

**Healing Transformations, LLC**

**[www.healingtransformationsllc.com](http://www.healingtransformationsllc.com)**

**(205) 434-0969**

We are a mental health and wellness practice that seeks to change lives and minds one encounter at a time.

**The Housing Authority of the Birmingham District**

**205 999 3345**

**[www.habd.org](http://www.habd.org)**

The mission of the Housing Authority of the Birmingham District is to provide the highest standard of affordable housing while fostering vibrant, inclusive communities and serving as a catalyst for opportunity.

**Health Resources and Services Administration (HRSA)**

**(470) 832-1058**

**[hrsa.gov](http://hrsa.gov).**

HRSA programs provide health care to people who are geographically isolated and economically or medically vulnerable. This includes programs that deliver health services to tens of millions of people in America. HRSA has the National Maternal Mental Health Hotline that's free, confidential, and ready to help 24/7. HRSA also has a number of Loan Repayment programs for behavioral and mental health professionals. Learn more at [hrsa.gov](http://hrsa.gov).

**Healthy Coping Club**

**[healthycopingclub.com](http://healthycopingclub.com)**

**2054188223**

Healthy Coping Club is a community-based wellness initiative under Crescent Counseling Services that provides practical tools, conversations, and programming to help youth, families, and men build healthy coping skills.

**Inglennook Yoga Studio**

**<https://www.theblkyogitribe.org>**

**(205) 585-9579**

We are Inglennook Yoga Studio, Birmingham, Alabama's first black owned yoga studio. We offer yoga, meditation, breathwork, Reiki, and sound therapy on a weekly basis.

**JBS Mental Health Authority**

**<http://www.jbsmha.com>**

**(205) 595-4555**

JBS provides mental health treatment to children and adults within Jefferson, Blount, and St. Clair counties.

**Jefferson County Alumnae Chapter of Delta Sigma Theta Sorority, Inc**  
**[dstjcac.org](http://dstjcac.org)**

Delta Sigma Theta Sorority, Inc. is a historically African American sorority dedicated to public service with an emphasis on programs that assist the African American community. The Physical and Mental Health part of our programmatic thrust was created to promote self-care through physical wellness, emotional wellness, and awareness/advocacy.

**Jefferson County Community Services**

The Senior Services Division provides health and education awareness, memory screenings, transportation, and resources to enhance the lives of senior citizens throughout the county.

**Jefferson County Department of Health**

**<https://www.jcdh.org>**

**(205) 933-9110**

JCDH has served Jefferson County, Alabama, since 1917. Our mission is to prevent disease, assure access to quality health care, promote a healthy lifestyle, and protect against public health threats to create a healthier Jefferson County for all.

**Jefferson County Department of Health-STD**

Sexually Transmitted Disease Division for the Jefferson County Department of Health

**Jefferson County Family Resource Center**

**[jeffcofrc.org](http://jeffcofrc.org)**

**(205) 264-8161**

The Jefferson County Family Resource Center empowers families by providing strength-based support services that develop skills and provide resources to improve the family's quality of life and allow each individual to realize his or her potential for self-sufficiency.

**Jefferson County Sheriff's Office**

**<https://jeffcosheriffal.com>**

**(205) 325-5700**

The Victim Assistance Unit provides compassionate support, resources, and guidance to individuals impacted by crime. Our mission is to ensure that victims are informed, empowered, and connected to the services they need throughout the justice process.

**Let's Get Covered**

We are a one-stop shop for your insurance needs, including health, dental, vision, Medicare, hospital indemnity, critical illness, life, retirement, short and long-term disability, home, renter's, and auto!

**Light of the World LLC and STEAM Enlightenment Foundation, Inc.**

**[steamfoundation988@gmail.com](mailto:steamfoundation988@gmail.com)**

Light of the World LLC and STEAM Enlightenment Foundation Inc. work hand in hand to illuminate paths, empower lives, and foster mental wellness through education, creativity, and community engagement. Light of the World LLC is a life coaching and consulting firm dedicated to mental wellness, offering services such as life coaching, travel planning, financial literacy, and case management. With a holistic approach, we believe that knowledge is the light that dispels darkness, guiding individuals toward stability, confidence, and purpose. STEAM Enlightenment Foundation Inc., our nonprofit counterpart, extends this mission by integrating Science, Technology, Engineering, Arts, and Mathematics (STEAM) into mental health advocacy, suicide prevention, and education. Through QPR Suicide Prevention Training, anime and pop culture-inspired wellness programs, and innovative STEAM workshops, we create inclusive and engaging spaces where individuals can explore their identities, find support, and ignite their inner light. Together, both organizations are committed to bridging gaps in mental health awareness, education, and personal growth, ensuring that every individual has the tools to thrive.

### **LIV Hydration and Wellness**

**(205) 800-4032**

**<https://www.livwellal.com>**

Mobile IV vitamin infusions and vitamin injections

### **Magic City Acceptance Center**

**447-200-5739**

**[mg@mcac-bao.org](mailto:mg@mcac-bao.org)**

The Magic City Acceptance Center is Birmingham's local LGBTQ+ community center providing social and supportive programming for people across the state and the lifespan, virtually and in-person.

### **Mechi Mental Wellness**

**[mechimental.com](http://mechimental.com)**

**(c) 659-837-3891**

As the owner of Mechi Mental Wellness, LLC, I provide psychotherapy and medication management services, both in-person and via telemedicine. I offered individualized care, emphasizing treatment plans that promote complete remission

of symptoms and enhance quality of life. I believe in the power of partnership with my patients, working collaboratively to develop strategies that address their unique needs and circumstances.

**MedsPLUS Consulting Pharmacy & Wellness Center**

**(205) 650-4636**

**<http://www.medsplusconsulting.com>**

MedsPLUS Consulting Pharmacy & Wellness Center is a pharmacist-led health and wellness practice in Birmingham, AL, specializing in pharmacogenomic testing for mental health. Our tailored genomic panels guide clinicians and patients in selecting the most effective psychiatric medications—reducing trial-and-error, improving symptom relief, and minimizing side effects. By integrating personalized genetic insights with ongoing pharmacist support, we empower individuals and care teams to optimize mental health outcomes.

**Mike Slive Foundation for Prostate Cancer Research**

**(205) 718-1286**

**[mikeslivefoundation.org](http://mikeslivefoundation.org)**

We provide information about prostate cancer, early detection, and screening with a goal to reduce stigma of the disease and screening and empower men and their families to pursue early detection.

**MCI Motivational Intervention Solutions**

Monaletto C. Irby Owner/Facilitator 28 years as a Juvenile Justice and Practitioner and 20 years as a Professional Development Facilitator.

**My Talk Therapy, LLC**

**[mytalktherapy.net](http://mytalktherapy.net)**

**707-238-2024**

We are a therapy agency which provides couples and family counseling. We focus on strengthening relationships for the good of the community.

**National Shattering Silence Coalition Alabama**

**205-862-2572**

**[www.nationalshatteringsilencecoalition.org](http://www.nationalshatteringsilencecoalition.org)**

The mission of SSCAL is to unite our voices to advocate for individuals living with severe mental illness/psychosis (and their families), along with calling for systemic reforms to ensure compassionate effective, accessible care that truly meets the needs of those living with no-fault brain disorders.

### **National Progressive Council on Disability (NPCD)**

The National Progressive Council on Disability is a coalition of therapists, social workers, motivational speakers, disability advocates, and community leaders—alongside business owners who serve and support individuals with disabilities. Together, we work to promote inclusion, accessibility, and empowerment through advocacy, education, and collaborative action.

### **New Awakening Recovery Services, Inc.**

**(205) 977-0267**

**[narecoveryservices.org](http://narecoveryservices.org)**

New Awakening Recovery Services, Inc., is a 501 (c) (3) nonprofit organization in Birmingham, Alabama, Jefferson County. The organization's mission is to provide education, guidance, and support services to recovering women in healthy, sober living environments while conducting outreach services community-wide.

### **Nurture of Alabama, Inc**

**[cmullenj@nurturebham.com](mailto:cmullenj@nurturebham.com)**

**205-721-9893**

Nurture of Alabama's mission is to expand access and shift the conversation about mental health so that all Alabamians, especially from historically marginalized communities, can thrive. We envision an Alabama that nurtures the mental health of all, especially historically marginalized communities, to improve their quality of life. We offer counseling services to children and adults and mental health support groups.

### **Oasis Counseling for Women and Children**

**(205) 933-0338**

**<http://www.oasiscounseling.org>**

Oasis Counseling for Women and Children is an outpatient counseling agency that provides individual, play therapy, couples and family counseling. Our staff includes Licensed Professional Counselors, Associate Licensed Counselors, Licensed Clinical Social Workers, Certified Play therapists and Interns. They have extensive trainings and or certifications in the following areas- CBT, SFBT, IFS, DBT, TF-CBT, Lifespan Integration, Gottman and more. Additionally, Oasis has a DBT program that include skills group with in-person and hybrid offerings. We offer services on a sliding-fee scale based on income and accept private insurance and Medicaid for children.

**Pathway To Freedom Counseling, LLC**

**2052838646**

**[Info@pathwaytofreedomcounseling.com](mailto:Info@pathwaytofreedomcounseling.com)**

Pathway To Freedom Counseling was founded by Meoshia Abrams, our Executive Director with a vision to provide accessible and high quality mental health care within the community and surrounding areas. Recognizing the gap between athletes mental health challenges and their physical performance abilities, Pathway To Peak Performance was launched. As a 501(c)(3) nonprofit every athlete regardless of financial means, has access to specialized sports mental health services.

**Perdue Counseling & Consulting, LLC**

**(205) 675-0529**

**<https://perduecounseling.com>**

At Perdue Counseling & Consulting, we offer a range of tailored mental health services designed to meet the diverse needs of women, children, and families. Our individual therapy sessions provide a safe, one-on-one space for clients to explore their emotions, behaviors, and experiences, fostering personal growth.

**Project Transition**

**205-602-8768**

Project Transition is a behavioral health organization and in Alabama we have our SOS (Systems of Support) Program that is currently active here in Alabama. Through the SOS Program we collaborate with providers, caregivers, and state

agencies to support individuals with intellectual or developmental disabilities, or autism, and co-occurring mental health concerns. The SOS Program is funded through a state contract, and does not replace existing services but enhances them through a person-centered approach, helping coordinate care, strengthen provider supports, and ensure a seamless continuum of services for individuals and families.

**Purposed Joy, LLC**

**(205) 778-7025**

**[purposedjoy@purposedjoy.org](mailto:purposedjoy@purposedjoy.org)**

Purposed Joy is a mental wellness practice dedicated to helping individuals rediscover joy and purpose through life's transitions. We offer counseling services, self-care support groups, and wellness workshops that center emotional healing, faith, and personal growth. Our mission is to create spaces where people feel seen, supported, and equipped to move forward mindfully and purposefully.

**R.O.S.S.**

844-307-1760

**[ross4u.org](http://ross4u.org)**

R.O.S.S. is a peer-run organization assisting individuals with a substance use disorder in obtaining and maintaining recovery. R.O.S.S. offers peer support to help improve an individual's emotional health, well-being, and sense of belonging.

**Renewed Focus Health & Wellness**

**(659) 212-8310**

**[info@renewedfocuswellness.com](mailto:info@renewedfocuswellness.com)**

Refresh.Renew.Restore: Our mission is grounded in compassion, clinical expertise, and holistic healing. We are a faith-based mental health service privileged to provide medication management and serve a very diverse population. Our practice integrates evidence-based medicine with a whole-person approach (mind, body, and spirit).

**Represent Wellness, LLC**

**(205) 615-3586**

**<https://www.representwellness.com>**

Represent Wellness is a therapy practice dedicated to helping adults navigate life's challenges with compassion, cultural understanding, and evidence-based care. We specialize in supporting people through anxiety, depression, trauma, and life transitions, offering a safe space for healing and self-discovery. Whether in-person or via telehealth, our goal is to make mental wellness accessible and empowering for all.

### **RJ Fitness Personal Training, LLC**

**[www.rjfitnessonlinecoaching.com](http://www.rjfitnessonlinecoaching.com)**

RJ Hawkins, widely known as Coach RJ, is a seasoned fitness professional with over nine years of experience transforming lives through personalized training and coaching. As the founder of RJ Fitness Personal Training LLC, he has built a reputation as an "Architect of Building Bodies," empowering clients to achieve peak physical and mental performance through tailored fitness programs.

### **Sacred Soma Yoga Therapy**

**[www.sacredsomayogatherapy.com](http://www.sacredsomayogatherapy.com)**

**[hello@sacredsomayogatherapy.com](mailto:hello@sacredsomayogatherapy.com)**

Jamella Stroud is a certified yoga therapist, somatic practitioner, and the founder of Sacred Soma Yoga Therapy. She specializes in body-based healing practices that support mental and emotional wellness. Through one-on-one sessions, school programs, and community workshops, Jamella helps individuals reconnect with their bodies, manage stress, and process emotions in safe, practical ways. She is the creator of the Exhale to Excel program, which brings yoga therapy into schools to help students build emotional regulation and social-emotional learning skills.

### **The Sanctuary**

**256-640-7615**

"The Sanctuary provides inpatient acute psychiatric stabilization for adult and geriatric patients with a focus on safe, timely admissions, strong clinical interventions, consistently clear communication, and smooth care transitions. Our multidisciplinary team of psychiatrists, hospitalists, licensed independent providers, nurses, social workers, activity therapists, patient care assistants, and

pharmacists take on a holistic approach towards treatment and are here to ensure every patient receives the highest quality of care possible.

We integrate recreational, individual and group therapy with medication management in a therapeutic milieu to create the most effective and individualized treatment plan for every patient as well as prepare our patients to successfully manage their mental health outside of the hospital setting."

**SPM, Inc.**

Independent living for seniors on a fixed/low income

**Storeyhouse Counseling and Consulting**

**2052598650**

Storeyhouse Counseling & Consulting is a mental health firm created to develop resiliency and mental wealth in underserved communities through individual, group, couples and family therapy. We empower clients with positive strategies to reduce stress and improve mental and emotional wellness. Our evidence-based approach aims to help clients rewrite their narrative to transform their life.

**STEAM Enlightenment Foundation**

**2563755641**

**steamfoundation988@gmail.com**

STEAM Enlightenment Foundation and LWICORP are two mental wellness organizations in the city of Birmingham whose mission is to promote mental wellness and raise suicide awareness through education, arts, anime and music.

**Strive Counseling Services, LLC**

**<http://www.strivebhm.com>**

**(205) 721-9893**

Strive Counseling Services is a trusted mental health practice rooted in compassion, cultural sensitivity, and a commitment to wellness. With locations in Birmingham, Alabama and Demopolis, Alabama, we provide high-quality, evidence-based therapeutic services that empower individuals, families, and communities to thrive. Strive is a mental health private practice, our expert therapist treats the following mental health conditions: Mood Disorders, Anxiety Disorders, Stress, Trauma,

Anger, Marital Conflict, Adjustment Disorders, Psychological Stress, and/or ADHD.

**Sunrise Counseling and Consulting LLC**

**2052402092**

**[mdailey@sunriseccllc.com](mailto:mdailey@sunriseccllc.com)**

To empower individuals to rise above challenges, embrace their inner strengths, and create a brighter, more purposeful future.

**Tracy's Sensational Seniors**

My name is Tracy L Williams and I'm the fearless leader of this amazing group of seniors we call ourselves Tracy's Sensational Seniors. We travel taking the gift of dance to anywhere there's a dance floor.

**UAB Arts in Medicine**

**(205) 934-3411**

**[artsinmedicine@uabmc.edu](mailto:artsinmedicine@uabmc.edu)**

UAB Arts in Medicine (AIM) uses the power of the arts to support healing and wellness in both healthcare and community settings. Through music, movement, visual arts, storytelling, and more, AIM offers creative programming for patients, families, healthcare workers, and the broader Birmingham community. From hospital bedside visits to workshops in senior centers and partnerships with local organizations, AIM promotes emotional expression, reduces stress, and fosters connection.

**UAB Center for Psychiatric Medicine**

**(205) 934-6054**

**<http://www.uabmedicine.org>**

Acute inpatient psychiatric hospital and outpatient addiction treatment program

**United Way Area Agency on Aging**

**<http://www.uwaaa.org>**

**(205) 458-3330**

United Way Area Agency on Aging provides services and programs for seniors, caregivers, families and disabled individuals to help with aging in place.

**Urology Centers of Alabama**

**<http://www.urologycentersalabama.com>**

**(205) 930-0920**

Our team of skilled urologists and urogynecologists is committed to providing our patients with high-quality, personalized medical care in our state-of-the-art facilities. Our physicians specialize in the comprehensive treatment of urological disorders using the most advanced technology available.

The Urology Centers' physicians are leading the way in cutting-edge medical procedures such as minimally invasive robotic surgery, endoscopic and laser surgery and radioactive seed implantation for prostate cancer. The practice also plays an integral role in the field of urology through research studies conducted at the facility. Urology Centers of Alabama is committed to investigating the effectiveness of all treatment options, including new drugs and procedures that hold great promise.

**Valleydale Counseling Center**

**205-440-1450**

**[www.valleydale.org](http://www.valleydale.org)**

Valleydale Counseling Center is a Christian Nonprofit dedicated to providing hope and healing to our community. We believe professional mental health care should be accessible to everyone, which is why we offer high-quality services at a reduced cost. Our compassionate team is here to walk alongside you, offering faith-integrated support for life's most difficult seasons.

**Villa Maria Apartments, SPM, Inc.**

**757-589-3702**

HUD Housing for Seniors on a fixed/limited income

**Vital Life Family Counseling/Heal On Wheelz**

**[vlfc.clientsecure.me](http://vlfc.clientsecure.me)**

Vital Life Family Counseling is a community geared practice designed with the betterment of the people in mind! Focusing on making the intro to therapy and

mental health treatment one of the best experiences imagined, by tackling taboo & life changing situations through unpacking, repositioning and repurposing all of life's changes!

**Work in Progress Counseling**

**(205) 994-4563**

**[www.workinprogresscounseling.com](http://www.workinprogresscounseling.com)**

At Work in Progress Counseling, we specialize in helping you overcome anxiety, trauma, and depression so you can live the life you deserve.