

# Suicide Prevention Resources

**The National Suicide Prevention Lifeline (1-800-273-8255) 1-800-273-TALK**  
**Spanish Lifeline (1-888-628-9454)**  
**Crisis Text Line: Text “HELLO” to 741-741**

A free 24-hour lifeline available to anyone in suicidal crisis or emotional distress.  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

## What Happens When I Call the Suicide Prevention Lifeline?

First, you will hear a message telling you that you've reached the National Suicide Prevention Lifeline. We will play you a little hold music while we connect you.

A skilled, trained crisis worker who works at the Lifeline crisis center closest to you will answer the phone. This person will listen to you, understand how your problem is affecting you, provide support and share any resources that may be helpful. Remember, your call is confidential and free.

## To learn more about suicide and to get help, consider the following resources:

### American Association of Suicidology

A resource and education organization dedicated to the understanding and prevention of suicide. [www.suicidology.org](http://www.suicidology.org) or call (1-202-237-2280)

### American Foundation for Suicide Prevention

Dedicated to advancing the public's knowledge of suicide and its prevention. [www.afsp.org](http://www.afsp.org) or call (1-888-333-2377)

### Befrienders International Samaritans

An online resource that gives support through e-mail and offers a directory of local crisis helplines. [www.befrienders.org](http://www.befrienders.org)

**The Covenant House Neline Hotline** A 24-hour toll-free crisis hotline offering confidential and immediate crisis intervention and referrals to community resources. [www.covenanthouse.org/programs\\_nl.html](http://www.covenanthouse.org/programs_nl.html) or call (1-800-999-9999)

**Hispanic Community Resource Helpline** Offers support for Latinos who need information about educational, health and human service providers. (1-800-473-3003)

### Link's National Resource Center for Suicide Prevention and Aftercare (LINK-NRC)

Provides suicide-related community education in the areas of prevention, intervention, aftercare, and support.  
[www.thelink.org](http://www.thelink.org) or call (1-404-256-9797)

### National Hopeline Network

This national crisis hotline automatically connects people who are depressed or suicidal (or those who are concerned about a loved one) to a CONTACT USA or AAS certified crisis center. [www.hopeline.com](http://www.hopeline.com) or call (1-800-784-2433)

### The National Organization for People of Color Against Suicide

Addresses and raises awareness about the epidemic of suicide in minority communities.  
[www.nopcas.org](http://www.nopcas.org) or call (1-973-204-8233)

### Suicide Awareness Voices of Education (SAVE)

SAVE is dedicated to the prevention of suicide through public awareness and education. Resources are available to help you (or someone else) through the process of grief after suicide.  
[www.save.org](http://www.save.org) or call (1-952-946-7998)

### Suicide Prevention Resource Center

The Suicide Prevention Resource Center (SPRC) is the nation's only federally supported resource center devoted to advancing the National Strategy for Suicide Prevention.  
[www.sprc.org](http://www.sprc.org) or call (1-877-438-7772)

### Survivors of Suicide

A place for survivors and friends of survivors to share their struggles after losing a loved one to suicide.  
[www.survivorsofsuicide.com](http://www.survivorsofsuicide.com)

### The Trevor Lifeline

A national 24-hour, toll-free hotline providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.  
([www.thetrevorproject.org](http://www.thetrevorproject.org))  
(1-866-488-7386) or Text “TREVOR” (1-202-304-1200)

### To Write Love On Her Arms

This is a non-profit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury and suicide.  
<https://twloha.com> or call (1-321-499-3901)

# Community Resources

## Substance Abuse Issues

<b>AltaPointe Health Systems</b>	<b>450-2211</b> <b>(888) 335-3044</b>
<b>Bradford Health Services</b>	<b>633-0900</b> <b>(800) 333-0906</b>
<b>The Bridge (Foley)</b>	<b>472-9855</b>
<b>Franklin Primary Health Center (Mobile)</b>	<b>434-8195</b>
<b>Haven of Hope (Mobile)</b>	<b>649-5108</b>
<b>Keystone Recovery, LLC (Daphne)</b>	<b>626-5797</b>
<b>Mobile Metro Treatment Center</b>	<b>476-5733</b>
<b>Salvation Army Dauphin Way Lodge (Mobile)</b>	<b>438-1625</b>
<b>Saving Grace Home for Women (Robertsdale)</b>	<b>946-3355</b>
<b>The Shoulder (Daphne)</b>	<b>626-2199</b>
<b>Pine Grove Behavioral Health and Addiction Services</b>	<b>(w) 601-288-2273</b> <b>(c) 601-270-8515</b>

## Additional Resources

### **Alta Pointe Health Systems (Baldwin County)** **450-2211 (888) 335-3044**

Maintains a 24-hour crisis line with professional staff available to respond to persons in crisis because of serious emotional, mental, or substance abuse problems. Alta Pointe also provides children's outpatient services (ages 3-18), school-based therapy, day treatment programs, and in-home family intervention services.

[www.altapointe.org](http://www.altapointe.org)

### **The Harbor at Thomas Hospital (Fairhope) 279-1119**

Intensive Outpatient Mental Health Programs, Outpatient Substance Abuse Program, and Outpatient Dual Diagnosis Program (Mental Health & Substance Abuse)

### **The Bridge 472-9855**

Provides substance use treatment and behavioral rehabilitation programs for males and females between the age of 12 and 18. The program emphasizes an individual treatment plan that includes the family unit as well as the adolescent. [www.bridgeinc.org](http://www.bridgeinc.org)

**Probate Court Commitment** - A petition for court ordered treatment  
Bay Minette **937-9561** Fairhope **928-3002** Robertsdale **943-5061**

## Psychiatric Hospitals

<b>**Mobile Infirmary, Mobile (19 and older)</b>	<b>435-2400</b>
<b>**North Baldwin Infirmary Senior Behavioral Health (55+ yrs)</b> Bay Minette	<b>580-1770</b>
<b>**Baptist Hospital, Pensacola (All ages)</b>	<b>(850) 434-4011</b>
<b>Bay Pointe (Mobile) &amp; East Pointe (Daphne) Hospitals</b> (All ages) (A Division of Alta Pointe Healthcare Systems)	<b>450-2211</b> <b>(888) 335-3044</b>

**\*\*These facilities have an emergency department where a person can be evaluated.**

## Support Groups

### **Bay Area Grief Coalition**

**342-7337 Mrs. Carol Sumrall**

Grief support for children and teens (ages 4-19) who are grieving the loss of a close family member. Support is also available for adults who are dealing with their child's grief.

Meets the 3<sup>rd</sup> Saturday of each month from 10:00 a.m. - 11:30 a.m.

Dauphin Way United Methodist Church - McGowin Hall

1507 Dauphin Street

Mobile, AL 36604

### **Survivors of Suicide Support Group (SOS)**

**928-1148 Ann Pearson – Fairhope United Methodist Church**

A support group for students who are coping with suicide loss.

Meets the 2<sup>nd</sup> & 4<sup>th</sup> Monday @ 6:30 p.m.

Fairhope United Methodist Church

155 South Section Street

Fairhope, AL 36532

### **Youth Suicide Prevention Program**

**434-1550 x-552 Ms. Buffy Marston**

The Jason Foundation Program counsels students ages 4-18. The Foundation strives to provide students with accurate information and tools to identify the warning signs of suicide, how to provide peer support, and learn where to get help. Provides educational classes to school groups and youth programs in Mobile and Baldwin counties. Also provides one-on-one counseling to individuals of all ages who are experiencing suicidal thoughts or whose life has been affected by another's suicide.

Catholic Social Services

188 S. Florida Street

Mobile, AL 36606