

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

What Happens When I Call the Suicide Prevention Lifeline?

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.

How Do I Use the Crisis Text Line?

Text HELLO to 741-741 from anywhere in the United States, 24/7. Trained volunteers will text about whatever is a crisis to you—addiction, anxiety, assault, bullying, depression, eating disorders, self-harm, or suicide. Conversations usually end when both you and the crisis counselor feel that you're in a safe place.

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 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 or call (1-888-333-2377)

Teen Line

A teen-to-teen confidential hotline that provides personal education and support for teenagers. Teenagers can call every evening from 8:00 p.m.-12:00 midnight, or they can text TEEN to 839-863. www.teenlineonline.org or call (1-800-852-8336)

The Jason Foundation

Dedicated to the prevention of the silent epidemic of youth suicide through educational and awareness programs that equip young people, educators, and parents with the tools and resources to help identify and assist at-risk youth. www.jasonfoundation.com or call (1-888-881-2323)

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 or call (1-404-256-2919)

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 or call (1-800-784-2433)

The National Organization for People of Color Against Suicide

Addresses and raises awareness about the epidemic of suicide and depression in minority communities. 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. In addition to wanting to reduce the stigma associated with suicide, SAVE serves as a resource to those who have been touched by someone's suicide. www.save.org or call (1-952-946-7998)

Suicide Prevention Resource Center

The Suicide Prevention Resource Center (SPRC) provides technical assistance, training, and materials to increase the knowledge and expertise of suicide prevention practitioners and other professionals serving people at risk for suicide. 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

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 under 25. (www.thetrevorproject.org) (1-866-488-7386) or text "START" to 678-678.

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)

Society for the Prevention of Teen Suicide

An online resource that helps parents and educators raise awareness about youth suicide and attempted suicide through the development and promotion of educational training programs. The site also offers resources for teenagers who are contemplating suicide. www.sptsusa.org or call (1-732-410-7900)

community resources

<i>Alta Pointe Health Systems</i>	251-450-2211	888-335-3044
<i>Bradford Health Services</i>	251-633-0900	866-943-5859
<i>The Bridge (Foley)</i>	251-472-9855	
<i>Franklin Primary Health Center (Mobile)</i>		251-432-4117
<i>Haven of Hope (Mobile)</i>	251-649-5108	
<i>Keystone Recovery, LLC (Daphne)</i>		251-626-5797
<i>Mobile Metro Treatment Center</i>		251-476-5733
<i>Salvation Army Dauphin Way Lodge (Mobile)</i>		251-438-1625
<i>The Shoulder (Daphne)</i>		251-626-2199
<i>Pine Grove Behavioral Health and Addiction Services</i>	601-288-2273	601-270-8515

additional resources

Alta Pointe Health Systems (Baldwin County) 251-450-2211 (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

The Harbor at Thomas Hospital (Fairhope) 251-279-1119 Intensive Outpatient Mental Health Programs, Outpatient Substance Abuse Program, and Outpatient Dual Diagnosis Program (Mental Health & Substance Abuse)

The Bridge 251-472-9855 Provides substance use treatment and behavioral rehabilitation programs for males and females between the ages of 12 and 18. The program emphasizes an individual treatment plan that includes the family unit as well as the adolescent. www.bridgeinc.org

Probate Court Commitment - A petition for court ordered treatment Bay Minette 251-937-9561; Fairhope 251-928-3002; Robertsedale 251-943-5061

psychiatric hospitals

<i>Mobile Infirmary, Mobile (19 and older) **</i>	251-435-2400
<i>North Baldwin Infirmary Senior Behavioral Health (55+ yrs) Bay Minette **</i>	251-580-1770
<i>Baptist Hospital, Pensacola (All ages)**</i>	850-434-4011
<i>Bay Pointe (Mobile) & East Pointe (Daphne) Hospitals (All ages) (A Division of Alta Pointe Healthcare Systems)</i>	251-450-2211 888-335-3044
<i>Franklin Primary Health Center **</i>	251-432-4117

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

support groups

Survivors of Suicide Support Group (SOS) 251-928-1148

Ann Pearson - Fairhope United Methodist Church
A support group for any person who has loved ones who have died by suicide. Meets the 2nd & 4th Monday at 6:30 p.m. (unless on a holiday) in the Education Building Fairhope United Methodist Church, 155 South Section Street, Fairhope, AL 36532

Youth Suicide Prevention Program 251-434-1550 x-230 Ms. Buffy Marston
The Jason Foundation provides 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 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 South Florida Street, Mobile, AL 36606

NAMI Baldwin County Connection Support Group A support group for individuals who are living with a mental illness. Meets the 3rd Tuesday from 6:30 p.m.-8:00 p.m. at Foley United Methodist Church, 915 N Pine Street, Foley, AL 36535

NAMI Baldwin County Family Support Group A support group for the families of those dealing with a mental illness. Meets the 3rd Tuesday from 7:40 p.m.-9:00 p.m. at Foley United Methodist Church, 915 N Pine Street, Foley, AL 36535