



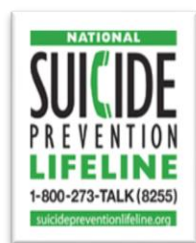
44,965 died in 2016 from suicide. Among them were 788 Alabamians.

ARE YOU OR YOUR FRIEND HAVING THOUGHTS OF SUICIDE?

Call 1-800-273-TALK (8255) or 1-800-SUICIDE (1-800-784-2433)

*Help is available to you **right now**.*

This initiative is funded by a Garrett Lee Smith Suicide Prevention grant from SAMHSA in partnership with the Alabama Department of Public Health and the Alabama Suicide Prevention and Resources Coalition



The National Suicide Prevention Lifeline is a call center for anyone having thoughts of suicide, persons who are concerned about someone else, veterans and military, Spanish-speaking persons, and deaf persons. NSPL can provide assistance via chat and text and can connect callers to the nearest local crisis center for local resources. Call 1-800-273-TALK (8255) or view the website at www.suicidepreventionlifeline.org/.



**Birmingham Area
Central Region**

**KIDS
HELP LINE**

**205-323-KIDS
205-328-5431
3 – 10 pm
Every Day**

**TEEN
LINK**

**205-328-LINK
205-328-5465
3 – 10 pm
Every Day
Summer Hours
10am – 10pm**

**SENIOR
HELP LINE**

**205-328-TALK
205-328-8255
Elderly Reassurance
By Appointment**

**CRISIS
LINE**

**205-323-7777
205-323-7777
24hr a day
Every Day**

**RAPE
RESPONSE**

**205-323-RAPE
205-323-7273
24hr a day
Every Day
800-656-HOPE**

**Huntsville Area
Northern Region**



www.csna.org

(256) 716-1000

**Mobile Area
Southern Region**



www.lifelinesmobile.org

(251) 602-0909

**Montgomery Area
Central Region**



www.family sunshine.org

**Contact someone via website to
schedule QPR and Lifelines trainings**

For more call center options, see page 2, continued on next page....

Other Call Centers

Older Adults (Elderly)

- Elderly: 1-800-971-0016
- Friendship Line: 1-800-971-0016
- <http://www.ioaging.org/services-for-elders-and-care-givers/friendship-line>

Youth

- Youth: 1-800-252-TEEN
- National Runaway Switchboard, 1-800-231-6946, 1-800-RUNAWAY, 24 / 7 / 365
- ChildHelp: 1-800-4-A-CHILD
- Covenant House Nineline www.covenanthouse.org 1-800-999-9999
- Girls & Boys Town National Hotline: 1-800-448-3000, 1-800-448-1833 TTY www.boystown.org
- National Graduate Student Crisis Line 1-877-GRAD-HLP (1-877-4723-457)
- Samariteens 1-800-252-TEENS (8336)
- Youth America Hotline (YAH!) 1-877-YOURLINE (1-877-968-8454)
- Youth Crisis Hotline 1-800-HIT-HOME (1-800-448-4663)

GLBTQ

- GLBT Teens: 1-800-4UTREVOR, 1-866-850-8078, www.thetrevorproject.org, OR www.trevorspace.org/
- The Gay & Lesbian National Hotline, 888-THE GLNH (888-843-4564), www.glbtnationalhelpcenter.org
- LYRIC Youth Talk Line, 800-246-PRIDE (77433), www.lyric.org
- Pride Institute for LGBTQ addiction treatment, 800-547-7433 www.pride-institute.com
- Community United Against Violence Hotline (CUAV), 415-333-HELP (4357), www.cuav.org
- Parents, Family and Friends of Lesbians & Gays (PFLAG) 202-467-8180, www.pflag.org
- National AIDS Information Line 800-CDC-INFO 24/7/365
- Youth Suicide Problems: Gay Bisexual Male Focus www.youth-suicide.com/gay-bisexual

Veterans, Military Personnel

- Veterans Crisis Line 1-800-273-8255 Press 1 Text to 838255, online chat go to website: www.veteranscrisisline.net/

General

- Poison Control Center: 1-800-222-1222 for emergencies;
For Non-Emergencies, Administrative and Educational Information 1-800-462-0800
- National Domestic Violence Helpline: www.ndvh.org 1-800-799-SAFE
- Love is Respect, 866-331-9474, www.loveisrespect.org
- Rape, Abuse & Incest National Network (RAINN): www.rainn.org 1-800-656-HOPE
- National Eating Disorders Association: www.nationaleatingdisorders.org 1-800-931-2237
- Treatment Advocacy Center www.treatmentadvocacycenter.org/