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.familysunshine.org
Contact someone via website to schedule QPR and Lifelines trainings

For more call center options, see page 2, continued on next page....
**Older Adults (Elderly)**

- Elderly: 1-800-971-0016
- Friendship Line: 1-800-971-0016

**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](http://www.covenanthouse.org) 1-800-999-9999
- 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-YOUTHLINE (1-877-968-8454)
- Youth Crisis Hotline 1-800-HIT-HOME (1-800-448-4663)

**GLBTQ**

- The Gay & Lesbian National Hotline, 888-THE GLNH (888-843-4564), [www.glbtnationalhelpcenter.org](http://www.glbtnationalhelpcenter.org)
- LYRIC Youth Talk Line, 800-246-PRIDE (77433), [www.lyric.org](http://www.lyric.org)
- Pride Institute for LGBTQ addiction treatment, 800-547-7433 [www.pride-institute.com](http://www.pride-institute.com)
- Community United Against Violence Hotline (CUAV), 415-333-HELP (4357), [www.cuav.org](http://www.cuav.org)
- Parents, Family and Friends of Lesbians & Gays (PFLAG) 202-467-8180, [www.pflag.org](http://www.pflag.org)
- National AIDS Information Line 800-CDC-INFO 24/7/365

**Veterans, Military Personnel**

- Veterans Crisis Line 1-800-273-8255 Press 1 Text to 838255, online chat go to website: [www.veteranscrisisline.net/](http://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](http://www.ndvh.org) 1-800-799-SAFE
- Love is Respect, 866-331-9474, [www.loveisrespect.org](http://www.loveisrespect.org)
- Rape, Abuse & Incest National Network (RAINN): [www.rainn.org](http://www.rainn.org) 1-800-656-HOPE
- National Eating Disorders Association: [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org) 1-800-931-2237
- Treatment Advocacy Center [www.treatmentadvocacycenter.org](http://www.treatmentadvocacycenter.org)