

# 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)

# Community Resources

## Substance Abuse Issues

AltaPointe Health Systems	450-2211 (888) 335-3044
Bradford Health Services	633-0900 (800) 333-0906
The Bridge (Foley)	472-9855
Franklin Primary Health Center (Mobile)	434-8195
Haven of Hope (Mobile)	649-5108
Keystone Recovery, LLC (Daphne)	626-5797
Mobile Metro Treatment Center	476-5733
Salvation Army Dauphin Way Lodge (Mobile)	438-1625
Saving Grace Home for Women (Robertsdale)	946-3355
The Shoulder (Daphne)	626-2199

## Additional Resources

**AltaPointe 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. AltaPointe also provides children's outpatient services (ages 3-18), school-based therapy, day treatment programs, in-home family intervention services, and out-patient and school-based substance abuse services to adolescents.

[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)

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

## Psychiatric Hospitals

**Mobile Infirmary, Mobile (19 and older)	435-2400
**North Baldwin Infirmary Senior Behavioral Health (55+ yrs) Bay Minette	580-1770
**Baptist Hospital, Pensacola (All ages)	(850) 434-4011
Baypointe (Mobile) & Eastpointe (Daphne) Hospitals (All ages) (A Division of AltaPointe Healthcare Systems)	450-2211 (888) 335-3044

\*\*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