
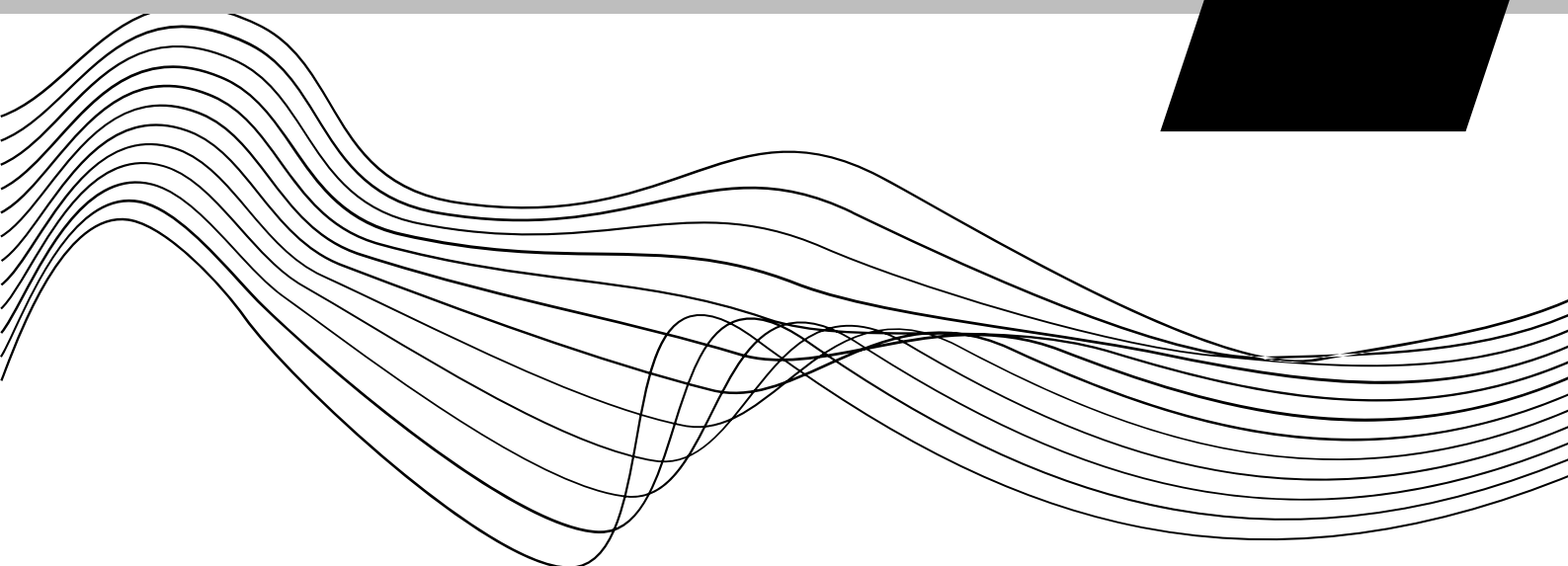




**YOUR MENTAL
HEALTH
MATTERS!**



**Just as you take care of your
body, you also need to take care
of your mind. In this booklet,
there are several mental health
resources to help you with your
mental health.**

**YOU ARE
NOT ALONE**

Counselors

**Valerie Wilson, MA, LPC
of Refined Mental Health
and Wellness PLLC.**



***Valerie specializes in individual,
family, marital, and couples
therapy.**

Website: refinedmindshealth.com

**Nicholas Wilson, MA, PSY
of Refined Mental Health
and Wellness PLLC.**



***Alongside his wife, Valerie,
Nick counsels married couples.
He also works with the severe
mentally ill.**

Counselors

**Tammy Cauthen, LPC-S
of TC Counseling and
Consulting Services, LLC.**



***Tammy helps individuals,
married couples, and
families.**

Website:

<https://www.tccounselingservices.com>

**Dr. Al Saunders, Psy.D. of
Wellspring Christian Clinic**



***Dr. AL provides therapy to
individuals, families, and
married couples.**

Website:

<http://www.wellspringchristian.com/index.html>

Hotlines



988

***Suicide and Crisis Lifeline**

844-307-1760

***Struggling with addiction**

(205) 323-7273

***Rape Response**

800-799-7233

***National Domestic
Violence Hotline**



Hotlines

(800) 442-4673)

***National Youth Crisis
Hotline**

1-866-903-3787

***National Mental Health
Hotline**

**Please visit the Alabama
Department of Mental Health and
click on the Find Help tab. After
clicking on that tab, scroll down
and click on Hot/Warm Lines for
more hotlines to call.**



Mental Health Organizations

Crisis Center

**3620 8th Ave S, Ste 110,
Birmingham, AL 35222**

**This center offers programs to help
individuals who have been affected
by sexual assault, rape, or addiction.**

R.O.S.S. Birmingham Community Center

**2105 Joyce St
Birmingham, AL 35205**

**This organization offers help to
those that are struggling with
addiction.**



Mental Health Organizations

YWCA

309 23rd Street North,
Birmingham, AL 35203

This center offers programs to help individuals who have been affected by domestic violence. They also offer counseling and other supportive services.

ASKING FOR
HELP
IS OK

Hospitals

UAB Center For Psychiatric Medicine

**1737 6th Avenue South
Birmingham, AL 35233**

205-934-4107

**This hospital provides the following services:
neuropsychiatry, psychiatry, psychotherapy,
and addiction recovery.**

Behavioral Medicine Unit at Grandview Medical Center

205-971-6190

**This hospital has an adult inpatient care unit and a child/
adolescent care unit. Each unit has a treatment team that
is compromised of psychiatrists, nurses, professional
therapists and counselors to help adult patients or
younger patients work on their areas of need.**

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TAKE CARE
— *of* —
YOURSELF