

# MENTAL HEALTH & SUBSTANCE USE HELP IS HERE YOU'RE NOT ALONE

Even the strongest need support.  
If you or someone you know is struggling, help is a call or click away.

**988** Suicide & Crisis Lifeline  
24/7, Free, and Confidential



**Connect Alabama**  
Local mental health  
resources and  
support at your  
fingertips



**Crisis Centers**  
Walk in 24/7/365 to  
regional centers



**988** SUICIDE & CRISIS  
LIFELINE

**ADMH** Alabama Department  
of Mental Health



CONNECT ALABAMA  
BEHAVIORAL HEALTH SERVICES  
& TREATMENT FINDER