

New Veterans Mental Health Steering Committee Projects

AltaPointe — Veteran Crisis Care and Treatment Linkage

<https://altapointe.org/services/crisis-services/>

Call 251-450-2211 for the Access to Care line

Veteran-led teams at Altapointe's Crisis Center provide tailored prevention, outreach, and crisis services with follow-up support that connects veterans to ongoing outpatient care.

Centerstone — 3,000 Free Therapy Sessions for Veterans (Telehealth)

<https://centerstone.org/militaryservices>

Call 1-866-726-4560, or email militaryservices@centerstone.org

The project connects veterans to a contracted network of service providers and licensed behavioral health clinicians in Alabama.

Sojourn Counseling — Free Eye Movement Desensitization and Reprocessing Therapy (EMDR), Cognitive Behavioral Therapy (CBT), & Microcurrent Neurofeedback (MCN) Services to Veterans

<https://www.sojourncounseling.org/sojournserves>

Call 205-578-2028 for counseling; 205-259-6215 for Microcurrent Neurofeedback

Evidence-based therapies such as Microcurrent Neurofeedback (MCN) services are offered at no cost to veterans, both in office and through a mobile service unit.

The Shoulder — Residential Substance Use Treatment and Recovery Services to Veterans

<https://theshoulder.org/>

Call 251-626-2199 or email info@theshoulder.org

The project provides preventative outreach and residential substance-use treatment for veterans—especially women, rural residents, and those involved in the justice system—with scholarships available to support access.

UWill — Free Telehealth Therapy and Crisis Connection for Alabama Veterans

<https://uwill.com/alabama-veterans-mental-health/>

Call 205-928-6059

Telehealth therapy sessions are offered to every Alabama veteran and their families, in addition to 24/7 crisis care sessions with follow-ups and check-ins. This program is free, no insurance or VA referral required.

No VA referral is required. Please contact the providers directly to sign up.

Funded through the Oversight Committee on Alabama Opioid Settlement Funds.



To find all projects visit the
Veterans Pilot Projects page on our website:

<https://mh.alabama.gov/veterans-mental-health-pilot-projects/>



Alabama Department
of Mental Health