

YOUNG PEOPLE: MENTAL HEALTH & SUICIDE PREVENTION RESOURCES

Birmingham / Central Alabama + National Support

NEED HELP NOW? Call or text 988. If there is immediate physical danger, a serious injury/overdose, or someone cannot stay safe, call 911 or go to the nearest emergency department.

LOCAL HELP - BIRMINGHAM / CENTRAL ALABAMA

RESOURCE	HOW TO REACH THEM	WHEN TO USE IT
Crisis Center - Crisis & Suicide Line	205-323-7777 24/7	Local crisis support, suicide intervention, emotional support, and referrals.
Crisis Center - Youth Talk Line	Call or text 205-328-5465 3-10 PM daily	For ages 6-18 in Central Alabama. Talk about school, bullying, sadness, relationships, fear, suicide, or anything on your mind.
Children's of Alabama - PIRC	205-638-7472 (PIRC) 8 AM-11 PM daily	Parents, caregivers, and providers can call for help identifying the right level of mental-health care for a child or teen.
211 Connects Alabama	Dial 211 or 888-421-1266 Text your ZIP to 898-211	24/7 connection to counseling, food, housing, transportation, health care, and family resources across Alabama.

LOCAL NOTE: Crisis Center services include Birmingham/Central Alabama; Youth Talk is for ages 6-18.

NATIONAL SUPPORT

RESOURCE	HOW TO REACH THEM	WHEN TO USE IT
988 Suicide & Crisis Lifeline	Call or text 988 24/7 Chat: 988lifeline.org	For suicidal thoughts, emotional distress, mental-health or substance-use crisis, or concern about someone else.
Crisis Text Line	Text HOME to 741741 24/7	Text-based crisis support for anxiety, depression, loneliness, bullying, self-harm, suicidal thoughts, or feeling overwhelmed.
The Trevor Project	Call 1-866-488-7386 Text START to 678-678	24/7 crisis support for LGBTQ+ young people by phone, text, and chat.
NAMI HelpLine	Call 1-800-950-6264 Text NAMI to 62640	Mental-health information and support, Mon-Fri, 10 AM-10 PM ET. Not a crisis line - use 988 for urgent safety concerns.
National Runaway Safeline	Call or text 1-800-RUNAWAY (1-800-786-2929) 24/7	For youth thinking about running away, experiencing homelessness/unstable housing, or needing safety planning and referrals.
Childhelp National Child Abuse Hotline	Call 1-800-422-4453 Text GO to 1-800-422-4453 24/7	Support for youth or adults concerned about child abuse, neglect, or maltreatment; chat is also available.

WHICH RESOURCE SHOULD I USE?

988 - CRISIS SUPPORT Call/text 988 when someone is suicidal, in emotional distress, having a mental-health or substance-use crisis, or you are worried about someone else.	911 / EMERGENCY ROOM Use for immediate physical danger, serious injury/overdose, a medical emergency, or when someone cannot be kept safe.
CHILDREN'S PIRC Parents/caregivers/providers can call 205-638-7472 when they need help deciding what level of mental-health care a child or teen needs.	211 ALABAMA Use 211 when the main need is connection to local counseling, food, shelter, transportation, health care, or family support services.

WHEN YOU REACH OUT, YOU CAN SAY:

“I’m not feeling safe.” • “I’m thinking about suicide.” • “I’m worried about my friend.” • “I don’t know what to do, but I need someone to stay with me and help.”

MY SUPPORT PLAN - WRITE THESE DOWN BEFORE YOU NEED THEM

Trusted adult at home	Name: _____ Phone: _____ _____
Trusted adult at school/program	Name: _____ Phone: _____ _____
Another safe adult	Name: _____ Phone: _____ _____
My local emergency contact	Name: _____ Phone: _____ _____

IF YOU ARE WORRIED ABOUT A FRIEND: ASK • LISTEN • CONNECT

Ask directly if they are thinking about hurting or killing themselves. Listen without judging. Do not promise to keep danger secret. Stay with them and connect them to a trusted adult, 988, or emergency help.

Keep this sheet • Save the numbers in your phone • Share it with a friend

Information verified September 25, 2026 from official resource websites. Services, hours, and contact methods can change.

[Crisis Center Birmingham](#) • [Children's of Alabama PIRC](#) • [211 Alabama](#) • [988 Lifeline](#) • [Crisis Text Line](#) • [Trevor Project](#) • [NAMI](#) • [Runaway Safeline](#) • [Childhelp](#)