



Stepping Stones



Child & Adolescent Services
Serving Butler, Coffee, Covington & Crenshaw counties
A service of South Central Alabama Mental Health



**South Central
Alabama
Mental Health**



Brighter Futures

Care Built Around the Whole Family

Stepping Stones proudly serves children, teens, and families across Butler, Coffee, Covington, and Crenshaw counties!



Builds social, problem-solving, and mental health skills



One-on-one or family sessions



Help finding services, transportation, and support



Immediate care in emergencies



Help from doctors if needed

Call Now



Toll-Free:
(334) 488-0153

How We Help

Services We Offer

- **School-Based Help** – Support for school success
- **After-School & Summer Programs** – Building skills year-round
- **In-Home Support** – High-level support at home
- **Prevention Programs** – Activities to support making healthy choices
- **Peer Support** – Services led by individuals with lived experience
- **Care Coordination** – Connecting families with the right services and resources

How Our Services Help

- Build confidence and emotional strength
- Improve school performance
- Solve problems in healthy ways
- Make and keep friends

Who We Serve

Children and teens who are:

- Feeling sad, anxious, or angry often
- Struggling in school or with friends
- Dealing with grief or trauma
- Having trouble at home or school
- Being bullied or bullying others
- Finding it hard to focus or stay calm

Open Access

During open access, families can bring children in to start services without an appointment.

Not sure if this is for you?

If you're asking that question — it's okay to reach out.

Learn more



Visit our website
www.scamhc.org

