



South Central
Alabama
Mental Health



Hope Starts Here

Crisis Safety, Support, and Resources

A crisis is **any situation that feels overwhelming** and hard to manage on your own. If it feels like too much for you — it matters. We are here to help.



24/7 Support by Phone or In-person



Mental Health & Substance Use Support



Referrals to Ongoing Care



Safety Planning & Follow-Up Support

Call Now



Toll-Free:
1-877-530-0002



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How We Help

Services We Offer

- **24/7 Crisis Support** – Call or walk in anytime
- **Mobile Crisis Team** – We can come to you if you need help at home, school, or in the community
- **Peer Support** – Talk to someone who understands because they've been through similar experiences
- **Referrals to Care** – Connect you with counseling, treatment, or other services

What to Expect

- You will be treated with **respect and compassion**
- We will **listen without judgment**
- We will help you **find solutions that work for you**
- You do **NOT** have to be suicidal to reach out

Who We Serve

- Kids, teens, and adults
- Anyone feeling stressed, upset, or overwhelmed
- Anyone who isn't sure if what they're feeling is a "crisis"
- **Everyone is welcome, no matter where you live or if you can pay**

When to Call 911

Call 911 if there is:

- Immediate danger to yourself or others
- A life-threatening medical emergency

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

