

# National Hotlines

## Substance Abuse and Mental Health Hotline

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. Contact them at 1-800-662-HELP (4357)

## Suicide & Crisis Lifeline

988 Suicide & Crisis Lifeline

For emotional and substance use support 24/7

## Local Information and Referral Numbers:

### **Cahaba Center for Mental Retardation Services (A/D)**

1017 Medical Center Parkway  
Selma, AL 36701  
PH (334) 875-2100

### **Hill Crest Behavioral Health Services**

6869 5th Avenue South  
Birmingham, AL 35212  
PH (205) 833-9000

### **Behavioral Medicine PC**

1306 Old Orrville Road  
Selma, AL 36701  
PH (334) 877-3322

### **Salvation Army**

2104 Franklin Street  
Selma, AL 36701  
PH (334) 872-1646