



## MENTAL HEALTH RESOURCES

Asbury Church <<<

### LOCAL RESOURCES

Freedom Nights, a CR Community at Asbury Church

[weareasbury.com/celebraterecovery](http://weareasbury.com/celebraterecovery)

Crisis Services of North Alabama

256-716-1000

United Way 211

Call 2-1-1 or visit [211.org](http://211.org)

Wellstone Behavioral Health

256-533-1970

### ANXIETY

Anxiety.org:

[anxiety.org](http://anxiety.org)

Anxiety and Depression Association of America (ADAA)

[adaa.org](http://adaa.org)

Anxiety on WebMD site

[webmd.com/anxiety-panic](http://webmd.com/anxiety-panic)

Child Anxiety

[childanxiety.net](http://childanxiety.net)

### ADDICTION

National Institute on Drug Abuse

[drugabuse.gov](http://drugabuse.gov)

Substance Abuse and Mental Health Services Association

[samhsa.gov](http://samhsa.gov)

Alcoholics Anonymous (AA)

[aa.org](http://aa.org)

Alcoholics Anonymous Recovery Resources

[chemicaldependency.com](http://chemicaldependency.com)

Center for On-Line Addiction

[netaddiction.com](http://netaddiction.com)

Web of Addictions

[people.well.com/user/woa](http://people.well.com/user/woa)

Fight The New Drug (pornography)

[fightthenewdrug.org](http://fightthenewdrug.org)

## **DEPRESSION**

Anxiety and Depression Association of America (ADAA)

[adaa.org](http://adaa.org)

Depression Information from APA site

[apa.org/topics/depression](http://apa.org/topics/depression)

Depression Screening

[depressionscreen.org](http://depressionscreen.org)

Depression and Bipolar Support Alliance (DBSA)

[dbsalliance.org](http://dbsalliance.org)

## **SUICIDE**

988 Suicide and Crisis Lifeline

Call or text 988, or visit [988lifeline.org](http://988lifeline.org)

American Foundation for Suicide Prevention

[afsp.org](http://afsp.org)

Suicide Awareness Voices of Education

[save.org](http://save.org)

Suicide - Read This First

[metanoia.org/suicide](http://metanoia.org/suicide)

## **GENERAL MENTAL HEALTH**

National Institute of Mental Health (NIMH)

[nimh.nih.gov](http://nimh.nih.gov)

Association of Psychological Science

[psychologicalscience.org/topics/mental-illness](http://psychologicalscience.org/topics/mental-illness)

American Psychological Association (APA)

[apa.org](http://apa.org)

Mental Health America

[mentalhealthamerica.net](http://mentalhealthamerica.net)

American Counseling Association (ACA)

[counseling.org](http://counseling.org)

National Alliance on Mental Health (NAMI)

[nami.org](http://nami.org)

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For more information or counseling referrals, please contact  
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