



MENTAL HEALTH COUNSELING RESOURCES

Alabama State Resource Guide

This guide provides referral information and is not a substitute for emergency care, diagnosis, or treatment. Provider fees, insurance participation, availability, and public reviews may change. Contact each provider directly before making a referral.



Quick Guide

- Immediate Crisis Support
- Affordable and Sliding-Scale Counseling
- Statewide Provider Directories
- Community Mental Health and Crisis Centers
- Insurance and Medicaid Resources
- Support Groups and Specialty Resources
- How to Review and Choose a Provider
- Questions to Ask Before Scheduling

1. Immediate Crisis Support

Call or text 988 for mental health, substance-use, or suicide-related crisis support. Alabama routes 988 contacts to trained crisis counselors 24 hours a day.

Call 911 when there is immediate danger, a medical emergency, or a person cannot remain safe.

Resource	Contact	Purpose	Website
988 Suicide & Crisis Lifeline	Call or text 988	24/7 crisis counseling for mental health, substance use, and suicide concerns	988 – Alabama Department of Mental Health
Alabama Crisis Centers	See statewide directory	Walk-in crisis assessment and stabilization by service region	Crisis Centers – Alabama Department of Mental Health
211 Connects Alabama	Dial 211; text ZIP code to 898-211	Local counseling, housing, food, transportation, and health referrals	211 Connects Alabama - Get Help. Give Help.

2. Affordable and Sliding-Scale Counseling

The following programs publicly state that they offer reduced fees, sliding-scale arrangements, or affordable supervised counseling. Eligibility and openings must be confirmed directly.



UAB Community Counseling Clinic

Location	Birmingham; services available to Alabama residents
Phone	205-934-4011
Services	Individual, couples, family, and group counseling; graduate counselors supervised by experienced faculty.
Cost/Access	Historically income-based and very low cost. Current fees should be confirmed when scheduling.
Best for	Children age 8 and older, adolescents, adults, couples, and families seeking affordable care.
Website	https://www.uab.edu/education/counselingclinic/

HAPPI Health Behavioral Health

Location	Huntsville area
Phone	256-519-3650
Services	Counseling for children, teens, and adults; trauma-informed behavioral health within a community health setting.
Cost/Access	Sliding-fee scale based on income and family size; accepts Medicaid and Medicare.
Best for	Uninsured or underinsured clients in North Alabama who may also need integrated medical care.
Website	https://www.happihealth.org/behavioral-health

Aspire Counseling Alabama

Location	Alabama; confirm office and telehealth availability
Phone	See provider website
Services	Individual, couples, premarital counseling, and anger-management services.
Cost/Access	Provider publicly lists sliding-scale availability; reduced-fee openings may be limited.
Best for	Adults and couples seeking private-practice counseling with a reduced-fee option.
Website	https://aspirecounselingal.com/rates-insurance/



Alabama Community Mental Health Centers

Location	Statewide; services in all 67 counties
Phone	Use the state provider directory
Services	Outpatient therapy, crisis care, case management, substance-use services, and specialty programs vary by center.
Cost/Access	Community centers may accept Medicaid, Medicare, insurance, and income-based payment arrangements. Ask the local center about financial assistance.
Best for	People who need local, public-system, or higher-support behavioral health services.
Website	https://mh.alabama.gov/providers-search/

3. Statewide Provider Directories

- **Alabama Department of Mental Health Provider Directory:** More than 200 certified community providers and hundreds of locations for mental health, substance-use, and developmental-disability services. [Provider Directory – Alabama Department of Mental Health](#)
- **Alabama Medicaid Provider Directory:** Search by county and behavioral-health specialty for participating Medicaid providers. [Alabama Provider Directory Lookup](#)
- **SAMHSA FindTreatment.gov:** Confidential national search tool for mental health and substance-use treatment, filterable by location and payment options. [Home - FindTreatment.gov](#)
- **211 Connects Alabama:** Speak with a specialist or search local counseling and human-service programs. [211 Connects Alabama - Get Help. Give Help.](#)

4. Community Mental Health and Crisis Centers

Alabama’s public mental health system includes regional community mental health centers, mobile crisis services, outpatient services, and crisis centers. The correct center depends on the client’s county.

- **Comprehensive Community Mental Health Centers:** Search by county and contact the center’s Access to Care number. [Comprehensive CMHC | Alabama Department of Mental Health](#)
- **Crisis Center Locations:** Regional walk-in centers include locations serving Mobile, Montgomery, Birmingham, Huntsville, Tuscaloosa, and surrounding service regions. [Crisis Centers – Alabama Department of Mental Health](#)
- **Mobile Crisis Services:** Call 988 for crisis triage and connection to available local crisis services. [Alabama Crisis System of Care – Alabama Department of Mental Health](#)

5. Insurance and Medicaid Resources

- **Alabama Medicaid Mental Health Services:** Medicaid covers eligible community-based and inpatient mental health services for children and adults. [Alabama Medicaid](#)



- **Alabama Medicaid Mental Health Contact:** For questions about community mental health centers, psychologists, and psychiatric facilities: 800-361-4491. [Alabama Medicaid](#)
- **Insurance Member Services:** Call the number on the insurance card and request in-network outpatient mental health providers, telehealth options, and expected copays.

6. Support Groups and Specialty Resources

NAMI Alabama

Location	Statewide and local affiliates
Phone	334-396-4797
Services	Free peer support, family support, education, and local affiliate resources.
Cost/Access	Support groups are free and confidential.
Best for	Adults living with mental health conditions and family members or caregivers seeking peer support.
Website	https://namialabama.org/

Alabama Department of Mental Health Support Groups

Location	Statewide
Phone	800-367-0955 or 334-242-3454
Services	Links to NAMI, Wings Across Alabama, Depression and Bipolar Support Alliance, and other peer programs.
Cost/Access	Many peer-support services are free.
Best for	People seeking non-clinical peer connection in addition to professional treatment.
Website	https://mh.alabama.gov/peer-programs-2/

7. How to Review and Choose a Provider

Public ratings can be useful, but they should not be the only basis for a referral. Mental health reviews may reflect billing, scheduling, or personal fit rather than clinical quality. Ratings and review counts also change frequently.

- Confirm that the clinician holds an active Alabama license through the appropriate licensing board.
- Look for experience with the client's specific concern, age group, culture, and treatment needs.
- Ask which evidence-based approaches are used, such as CBT, DBT, ACT, EMDR, ERP, trauma-focused treatment, or family therapy.
- Read both positive and critical reviews and look for repeated patterns rather than one isolated comment.



- Never include a client’s diagnosis, history, or identifying information when posting a public review.
- For higher-risk concerns, prioritize clinical qualifications, crisis capacity, and continuity of care over star ratings.

8. Questions to Ask Before Scheduling

- Do you accept my insurance or Alabama Medicaid?
- Do you offer a sliding scale, reduced-fee clinician, payment plan, or financial-assistance application?
- What is the full cost of the intake and each follow-up session?
- Are in-person and telehealth appointments available?
- Do you serve children, adolescents, adults, couples, or families?
- Do you have experience with my specific concern?
- What type of therapy do you use, and how will progress be measured?
- How quickly can a new client be seen?
- What is the cancellation or missed-appointment policy?
- What should I do if a crisis occurs between appointments?

Referral Notes

Provider contacted
Date contacted
Insurance accepted
Estimated fee
Availability
Referral status
Follow-up needed



Source Notes

Information was checked against official state, university, provider, and nonprofit websites on July 27, 2026. Because fees, programs, staffing, insurance contracts, and appointment availability can change, verify all information directly before referral.

- [Alabama Department of Mental Health - 988](#)
- [Alabama Department of Mental Health - Provider Directory](#)
- [Alabama Department of Mental Health - Crisis Centers](#)
- [UAB Community Counseling Clinic](#)
- [HAPPI Health Behavioral Health](#)
- [HAPPI Health Sliding Fee Scale](#)
- [211 Connects Alabama](#)
- [Alabama Medicaid Mental Health Services](#)
- [NAMI Alabama](#)
- [SAMHSA FindTreatment.gov](#)