

COUNSELING/PSYCHIATRIC SERVICES

Family Guidance Center: 205-945-6000

234 Aquarius Drive Suite 118 Bham 35209

*provides free counseling for individual/family/couples with no Domestic Violence issues residing in Jefferson County. Consideration given to residents of surrounding counties, case by case, if services are not available in the county of residence.

*addresses mostly coping skills/services can be voluntary and/or court-ordered

*services are offered via Zoom and Telehealth

**Anger Management Classes* Wed and Friday @ noon (7 free sessions) for women 18yo and older/will receive a certificate at the end

**Small Wonders* – a great program for families with Children birth to 18yo who have Special healthcare and developmental needs

**Fatherhood Program* – works with fathers on parenting skills and employment/provides case management

**Job Readiness* – some seminars are being offered: resumes/applications/job search/networking interview & interview attire (call for more information)

Impact Family Counseling: 205-916-0123

701 Montgomery Highway Vestavia Hills 35216

*offers counseling to youth (ages 8+) and adults in Jefferson County as well as outside counties

*Telehealth and in-person sessions available

*required intake forms are on the website: impactal.org

*offers sliding scale based on household income ranging from \$20-\$100 per session and accepts Medicaid for children up to 21yo and BCBS

*recently added a new virtual support group: Empowering Black Women Group Mon @ 6-8 pm 18yo and older

Impact Family Counseling by St. Vincent's: 205-916-0123

1000 24th St. S Bham 35205

*this location houses the U-Turn program – a program that includes 3 weeks of intensive coursework and is designed to empower individuals with skills for all of life, including: parenting, relationship education, economic stability, and career readiness.

*visit website for additional information: impactal.org

Oasis Counseling: 205-933-0338

1900 14th Avenue South Bham 35205

*provides counseling to women and children via Telehealth only

*services cut-off for male children at 12yo

*accepts Private insurance & Medicaid for children up to age 21 and sliding fee scale

*visit website for additional information: oasiscounseling.org

Cultivating Minds Counseling Group: 205-872-1991

1229 3rd Avenue North Bham 35203

COUNSELING/PSYCHIATRIC SERVICES

*provides counseling to address depression/anxiety/low self-esteem/childhood trauma/ADHD/ODD/Bipolar D/O and anger management for individuals in Jefferson/Shelby/Etowah County

*telehealth services are also available

*visit website for additional information: www.cultivatingmindsgroup.com

A Journey for Change Counseling: 205-267-4463

650 9th Avenue SW Suite 100 Bessemer 35022

*provides individual/family/couples counseling for children 5-18yo and adults in office and telehealth

*partners with a psychiatrist in Homewood for children only (ages 5-18) and provides Psychological Evaluations

UAB Comprehensive Community Mental Health Center: 205-934-4108

908 20th Street South Birmingham 35294

*provides counseling and psychiatric services for children and adults

*accepts Medicaid/Private insurance/Self-pay Options

Shelby Psychological Services: 205-664-4010

1940 Highway 33 Unit A, Pelham, AL 35214

*provides counseling for children/adults, couples, and families

*provide Psychological Evaluations

*accepts BCBS of AL/Blue Cross Federal Employees Plan/Magellan/Tricare/Choice Behavioral (formerly Champus)/Value Options/American Behavioral Benefit Managers/Medicaid/Medicare

Capitol Care South: 205-956-2000

2619 Commerce Blvd Irondale, AL 35210

*provides counseling and psychiatric services to adults with more intensive Mental Health needs

*outpt services offered to clients of all ages who are seeking assistance with psychiatric and emotional disorders

*accepts Medicaid/cl will have to call and inquire about other insurances

Grayson & Associates:

They have multiple locations:

- *Park Plaza*: 2204 Lakeshore Drive #440 35209 205-874-7844
- *Meadowbrook*: 1200 Corporate Drive #125 35242 205-329-7992
- *Riverchase*: 100 Concourse Parkway #101 Hoover 35244 205-444-0420
- *Trussville*: 3504 Vann Road #100 35235 205-655-0585
- *Homewood*: 2200 Lakeshore Drive #150 Bham 35209 205-871-6926
- *Galleria*: 3000 Riverchase Suite 500 Bham 35244 205-994-8811
- *Anniston*: 801 Noble St Suite 400 Anniston 36201 256-770-4083

*provides counseling and psychiatric services

COUNSELING/PSYCHIATRIC SERVICES

*accepts various insurances

Affiliated Mental Health Service: 205-978-7800

100 Century Park S Suite 206 Bham 35226

*provides counseling services starting age 5yo an older

*in-person and telehealth services are available

*accepts BCBS, BHS, Aetna, and Value Options and cl can call and inquire about other insurances not listed **NOTE:** Does **not** accept Medicaid or Sliding Scale

Choices of Alabama: 205-639-1334

1900 Crestwood Blvd Suite 203 Bham 35210

*provides a full spectrum of services (counseling and psychiatric) to children 6yo and older, teens, and adults/most services are via Telehealth

*accepts Medicaid/BCBS/self-pay

*clients can call and leave a message for an appointment or visit the website for additional information and for an application: www.choicesofalabama.gov

Pitts & Associates: 205-870-3520

601 Beacon Pkwy W Suite 201 Bham 35209

*provides counseling and psychiatric services virtually for children and adults

*accepts various insurances (AETNA/BCBS/Cigna/Medicare/Tricare/UBH/UHC/EAP/EPS)

J.B.S. Western Mental Health Clinic: 205-788-7770

1701 Avenue D. Ensley Bham, AL 35218

*provides effective, cost-efficient, and quality psychiatric counseling services to individual who are both seriously mentally ill and economically impoverished.

*clients served are primarily residents of Western Jefferson County

*provides services to children/adolescents (17 and younger) with a DSM-5 diagnosis, exhibits functional impairments and/or at risk of out-of-home placement or already separated from his/her family.

*provides services to adults (18 and older) who have a serious mental illness as defined by the Alabama Department of Mental Health and at risk of needing inpt care w/o outpt intervention.

Eastside Mental Health Center: 205-836-7283

129 E Park Cir Bham, AL 35235

*provides accessible, cost effective, and high quality services to persons with a serious mental illness living in Alabama's eastern Jefferson, Blount, and St. Clair counties.

* Medicaid, Medicare, Allkids, PEEHIP, SEIB and most insurance accepted and sliding fee discount offered to clients with no income, a low income, and those who are uninsured.

J.B.S. Urgent Care Clinic: 205-545-8420

1230 3rd Avenue South Bham, AL 35233

Clinic Hours: Mon- Thursday 8:00 am – 7:00 pm

*provides rapid access to outpatient mental health care

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*services are temporary (for up to 90 days) while clients secure permanent mental health care

Cahaba Psychology Center: 205-403-0955

2 Riverchase Office Plaza Suite 115 Hoover 35244

*provides individual/couples/family counseling for 6yo and older and adults via telehealth only

*visit website for additional information: cahabapsychology.com

Accepted Insurance Plans

Aetna

TRICARE

Medicare

Behavioral Health Systems

ABBM

Value Options/Beacon

BlueCross and BlueShield

Magellan

Humana (Life Sync)

VIVA

Medicaid (up to age 18)

Jay Pesek Counseling Services: (205) 624-3076

277 Village Parkway Helena 35080

*provides individual/family/couples/marital counseling (if covered by insurance) to children 8yo and older and adults via in-person and Telehealth

*clients call in to complete a screening (No appointments are scheduled up front)/insurance information is obtained and verified

*appointments can be requested on-line by looking up Pesek Counseling Services which directs you to the Patient Portal: www.therapyportal.com

Accepted Insurance Plans

Medicaid (for children up to age 21)

BCBS

AETNA

No Sliding Fee Scale but can pay out of pocket 60 minute sessions = \$140

No Medicare