**National Suicide Prevention Hotline**

1-800-273-TALK (8255)

**Suicide Prevention Lines**

1-800-SUICIDE (1-800-784-2433)

1-800-273-TALK (1-800-273-8255)

**UTalk for teens**

3600 8th Avenue South Suite 501 Birmingham, Alabama

205-328-5464

Information: Text and phone counseling is available from 3 PM – 10 PM every single day. In the summer, they are open from 10:00 AM to 10:00 PM

<https://crisiscenterbham.org/crisis-intervention-prevention/utalk.htm/>