

## Alabama—State Resource Guide

### **State Behavioral Health Agency**

For more information about admission, care, treatment, release, and patient follow-up in public or private mental health and substance abuse treatment facilities, contact your State agency:

Division of Mental Health Substance Abuse Services  
RSA Union Building, 100 North Union Street  
P.O. Box 301410  
Montgomery, AL 36130-1410  
Phone: 334-242-3454  
Toll-free: 800-367-0955 (Statewide)  
Fax: 334-242-0747  
E-mail: [Alabama.DMH@mh.alabama.gov](mailto:Alabama.DMH@mh.alabama.gov)  
Internet: <http://www.mh.alabama.gov>

*Spanish language assistance available*

### **State Protection and Advocacy Agency**

Each State has a protection and advocacy agency that receives funding from the Federal Substance Abuse and Mental Health Services Administration (SAMHSA). Agencies are mandated to protect and advocate for the rights of people with mental illnesses and to investigate reports of abuse and neglect in facilities that care for or treat individuals with mental illnesses. These facilities, which may be public or private, include hospitals, nursing homes, community facilities, board and care homes, homeless shelters, jails, and prisons. Agencies provide advocacy services or conduct investigations to address issues that arise during transportation or admission to such facilities, during residency in them, or within 90 days after discharge from them. Contact:

Alabama Disabilities Advocacy Program  
The University of Alabama  
Box 870395

Tuscaloosa, AL 35487-0395

Phone: 205-348-4928

Toll-free: 800-826-1675 (Statewide)

Fax: 205-348-3909

E-mail: [adap@adap.ua.edu](mailto:adap@adap.ua.edu)

Internet: <http://www.adap.net>

*Spanish language assistance available*

### **Centers for Medicare and Medicaid Services**

The Centers for Medicare and Medicaid Services, which are part of the U.S. Department of Health and Human Services, investigate some complaints about treatment facilities that receive Medicare and Medicaid funding. For further information at the national level, contact:

Centers for Medicare and Medicaid Services  
7500 Security Boulevard  
Baltimore, MD 21244-1850  
Toll-free: 877-267-2323  
TDD: 866-226-1819  
E-mail: [question@cms.gov](mailto:question@cms.gov)  
Internet: <http://www.cms.gov>

You may also share your concerns with staff at the Centers for Medicare and Medicaid Services office in your area, which is Region 4. The regional office address and telephone number are:

Atlanta Regional Office  
Centers for Medicare and Medicaid Services  
61 Forsyth Street, SW, Suite 4T20  
Atlanta, GA 30303-8909  
Phone: 404-562-7500  
Internet:

<http://www.cms.gov/RegionalOffices/Downloads/AtlantaRegionalOffice.pdf>

## Advocacy Organizations

Mental Health America (formerly the National Mental Health Association) maintains a referral and information center and can help you locate local chapters. These local groups have information about community services and engage in national and State level advocacy. For more information about the association, write or call:

Mental Health America Resource Center  
2000 N. Beauregard Street – 6<sup>th</sup> Floor  
Alexandria, VA 22311  
Phone: 703-684-7722  
Toll-free: 800-969-6642  
Fax: 703-684-5968  
E-mail: [infoctr@mentalhealthamerica.net](mailto:infoctr@mentalhealthamerica.net)  
Internet: <http://www.nmha.org>

The National Alliance on Mental Illness maintains a helpline for information on mental illnesses and referrals to local groups. The local self-help groups have support and advocacy components and offer education and information about community services for families and individuals. For information about the Alliance's affiliates and activities in your State, contact:

NAMI Alabama  
4122 Wall Street  
Montgomery, AL 36106-2861  
Phone: 334-396-4797  
Toll-free: 800-626-4199 (Statewide)  
Fax: 334-396-4794  
E-mail: [wlaird@namialabama.org](mailto:wlaird@namialabama.org)  
Internet: <http://www.namialabama.org>

Statewide consumer organizations are run by and for consumers of mental health services and promote consumer empowerment. These organizations provide information about mental health and other support services at the State level and are active in addressing and advocating for mental health system issues. For information about consumer activities in your area, contact:

Office of Consumer Relations  
Alabama Department of Mental Health and Mental Retardation  
RSA Union Building, 100 North Union Street  
P.O. Box 301410  
Montgomery, AL 36130-1410

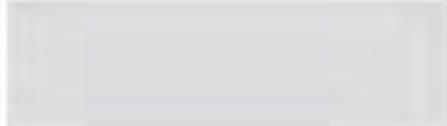
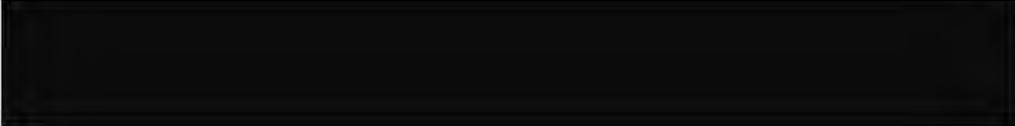
Phone: 334-242-3456  
Toll-free: 800-832-0952 (Statewide)  
Fax: 334-242-3025  
E-mail: [michael.autrey@mh.alabama.gov](mailto:michael.autrey@mh.alabama.gov)  
Internet: <http://www.mh.alabama.gov>

The National Mental Health Consumers' Self-Help Clearinghouse, funded partly by SAMHSA, promotes and helps to develop consumer-run self-help groups across the country. Technical assistance and materials are available on such topics as organizing groups, fundraising, leadership development, incorporating, public relations, advocacy, and networking. For more information, contact:

The National Mental Health Consumers' Self-Help Clearinghouse  
1211 Chestnut Street, Suite 1207  
Philadelphia, PA 19107  
Phone: 215-751-1810  
Toll-free: 800-553-4KEY (539)  
Fax: 215-636-6312  
E-mail: [info@mhselfhelp.org](mailto:info@mhselfhelp.org)  
Internet: <http://www.mhselfhelp.org>

The National Empowerment Center is a Technical Assistance Center run by mental health consumers/survivors. The Center's mission is to carry a message of recovery, empowerment, hope and healing to people who have been diagnosed with mental illness. The Center provides information and referrals to consumer/survivor resources nationwide and offers technical assistance to individuals and groups involved in consumer empowerment activities. The Center distributes recovery-related publications and sponsors education and training activities. For information on consumer/survivor activities in your area, contact:

The National Empowerment Center  
599 Canal Street  
Lawrence, MA 01840  
Phone: 978-685-1494  
Toll-free: 800-769-3728  
Fax: 978-681-6426  
Internet: <http://www.power2u.org>



### **Other Sources of Information**

There are many sources of information that you can tap. Your area mental health authority, which is generally a part of the local government, may be useful. Other branches of your city or county government also may be able to help. For example, the education office might have information about help for children, and the agency for the aging might know about services for senior citizens. In addition, your family physician or area hospital may be able to make referrals. For legal advice, contact your local bar association or go to <http://www.findlegalhelp.org>. Also, your local library and telephone yellow pages may have resource lists for sources of help in your community.

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