

## Local Counseling Resources

- 1. Grayson and Associates** **205-871-6926**  
<http://grayson.associates/>
  - Large counseling group all over Birmingham
  - Offices in Trussville
  - Takes most insurances
- 2. UAB Community Counseling** **205-996-2414**  
<https://www.uab.edu/education/counselingclinic/services>
  - Charges \$5 a session
  - No insurance
- 3. Children's Hospital (PIRC)** **205-638-7472**  
<https://www.childrensal.org/pirc>
  - Confidential phone response center linking adult callers to mental health resources for children and teens.
  - Service provided by licensed mental health professionals who educate callers and recommend the most appropriate treatment options.
- 4. Impact Family Counseling** **205-916-0123**  
<http://impactal.org/index.html>
  - IMPACT Family Counseling is a 501 (c)(3) Christian-affiliated, United Way agency located in Birmingham, AL. Founded in 1991, Impact Family Counseling continues to make an impact in the lives of others. The agency provides outpatient counseling and a variety of other services such as mentoring, relationship education, family strengthening and anger management to all people, regardless of religion, sex, race, ethnicity, age, or disability. (Payment is by a sliding scale.)
- 5. Covenant Counseling** **205-870-7500**  
<https://www.covenantcounsel.com/>
  - Faith based
  - Provides individual, group, and family counseling
- 6. UAB Beacon Recovery** **205-917-3733**  
<https://www.uabmedicine.org/beaconrecovery>
  - Substance abuse program for teens
  - Beacon Recovery is a UAB Medicine-affiliated outpatient substance abuse treatment program for adults and adolescents ages 13-18. We offer a comprehensive range of services tailored to meet the individual needs and recovery goals of each patient. To accommodate busy schedules, we offer group sessions in the morning, afternoon, evening, and on the weekend. In addition to group therapy, patients receive individual counseling, connections to community resources, peer recovery support, and family services to help enhance the recovery process.

**7. Amelia Center**

**205-638-7481**

<https://www.childrensal.org/amelia-center>

- The Amelia Center provides professional counseling for children (age 5 and above) and teens grieving the death of a parent, grandparent, sibling, close relative, or friend. We provide a safe place where they can find hope and creatively express feelings through art and play.
- Counseling is also provided for parents grieving the death of a child of any age, ranging from pregnancy loss through adulthood. Support groups for children, teens, and parents are available as well