



# FMBC Mental Health Resource Guide

Compiled by Healing Touch Ministry

*"For God has not given us a spirit of fear, but of power and of love and of a sound mind." 2 Timothy 1:7*



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# Service Categories

**Note:** Call **911** if you are experiencing a life-threatening emergency, are suicidal, or thinking about self-harm. You can also **text 911** if you are in a situation where you cannot speak. If possible, be sure to include the nature of the emergency and your location.

## Addictions (see Substance Use/Addictions)

### Anxiety

Behavioral Sciences of Alabama .....	256-883-3231
Bell's Counseling Services LLC (African American) .....	256-919-1165
Carmen Bucknor (African American) .....	256-780-5245
Counseling Associates of Huntsville LLC .....	256-400-1111
Divine Restoration Counseling and Consultation (African American) .....	256-203-6360
DK Counseling, LLC (African American) .....	256-947-4216
Harbor Counseling LLC.....	256-797-5492
Red Bird Counseling, LLC .....	256-348-1563
Silver Linings Neurodevelopment .....	256-489-1583
The Healing Collective, LLC (African American) .....	256-836-5063
Transpire Life Counseling, LLC .....	256-529-4673

### Behavioral Therapy

Madison Behavior Therapy-Huntsville Clinic .....	256-489-8660
Madison Behavior Therapy-Madison Clinic .....	256-325-0433
Mind Your Journey Counseling Services (African American).....	256-469-8976
Valley Christian Counseling.....	256-722-8091

### Intellectual Disabilities

Ability Plus, Inc. ....	256-489-4695
Alabama Center for Counseling .....	256-808-2522
Alabama Department of Rehabilitation Services.....	256-536-0745

### Depression

Behavioral Sciences of Alabama .....	256-883-3231
Bell's Counseling Services LLC (African American) .....	256-919-1165
Carmen Bucknor (African American) .....	256-780-5245
Counseling Associates of Huntsville LLC .....	256-400-1111
Divine Restoration Counseling and Consultation (African American) .....	256-203-6360
DK Counseling, LLC (African American).....	256-947-4216



**Depression (con't.)**

Harbor Counseling LLC.....	256-797-5492
Huntsville Psychotherapy and Counseling Services .....	256-824-9171
Pearl Behavioral Health Services (African American).....	256-223-9463
Red Bird Counseling, LLC .....	256-348-1563
Safe Space Therapy & Consulting (African American).....	256-292-9071
Silver Linings Neurodevelopment .....	256-489-1583
The Healing Collective, LLC (African American) .....	256-836-5063
Transpire Life Counseling, LLC .....	256-529-4673
Virtue Psychotherapy .....	256-748-0977

**Domestic Violence**

Crisis Services of North Alabama .....	256-716-1000
Huntsville Psychotherapy and Counseling Services .....	256-824-9171
National Domestic Violence Hotline .....	800-799-7233
Serene Counseling Services, LLC .....	256-330-4713

**Eating Disorders**

ALSANA.....	866-884-6139
Huntsville Recovery, Inc. (BHG Behavioral Health Group) .....	888-721-1940
Madison Behavior Therapy-Huntsville Clinic .....	256-489-8660
Madison Behavior Therapy-Madison Clinic .....	256-325-0433
Psychological and Counseling Associates .....	938-937-2127
Becky Streetman Center at Huntsville Hospital Medical Mall.....	256-265-2180
The Pathfinder .....	256-534-7644
Valley Christian Counseling.....	256-722-8091

**Grief**

Caring House .....	256-265-1000
Counseling Associates of Huntsville LLC .....	256-400-1111
Divine Restoration Counseling and Consultation (African American) .....	256-203-6360
Family Consult Counseling Service (African American).....	256-743-6586
Harbor Counseling LLC.....	256-797-5492
Red Bird Counseling, LLC .....	256-348-1563
The Healing Collective, LLC (African American) .....	256-836-5063
Transpire Life Counseling, LLC .....	256-529-4673



## Mental Disorders

Alabama Center for Individual & Family Therapy, LLC.....	256-581-4673
Alabama Psychological Services Center.....	256-533-9393
Behavioral Sciences of Alabama .....	256-883-3231
Bell's Counseling Services LLC (African American).....	256-919-1165
Carmen Bucknor (African American).....	256-780-5245
Counseling Associates of Huntsville LLC .....	256-400-1111
Dayspring Counseling .....	256-970-4453
Downtown Behavioral Health.....	256-203-6480
Garrett Counseling .....	256-239-5662
Luminous Counseling.....	256-290-2006
National Alliance for the Mentally Ill.....	256-534-2628
Operation Making a Difference, Inc.....	256-288-7048
Pathway Healthcare, LLC .....	256-223-9777
Psychological and Counseling Associates .....	938-837-2127
Restore Counseling Services .....	256-325-0424
Silver Linings Neurodevelopment.....	256-489-1583
Teens Path for Success .....	256-384-1776
Valley Christian Counseling.....	256-722-8091

## Rehabilitative Therapy (with Animals)

Heart to Heart Pet Partners, Inc.....	256-763-0424
Therapy Partners, Inc. ....	256-881-5700
Luminous Counseling .....	256-290-2006

## Relationship Counseling

**Note:** May also include domestic violence

Alabama Center for Individual & Family Therapy, LLC.....	256-581-4673
Alabama Counseling and Consulting.....	256-882-7881
ALSANA.....	866-884-6139
Aspire Counseling & Consulting Services.....	256-212-0567
A Touch of Peace Counseling.....	256-334-9572
Cornerstone Counseling Center LLC .....	256-519-9000
Counseling Associates of Huntsville LLC .....	256-400-1111
CyTique Davis, Ph.D. LLC (African American).....	256-203-4394
Dayspring Counseling .....	256-970-4453
DK Counseling, LLC (African American).....	256-947-4216



## Relationship Counseling

Family Services Center.....	256-551-1610
Hearth Psychology & Counseling Center .....	256-880-8202
Lifestyle Therapy and Coaching (African American) .....	256-850-4426
Solutions4Success.....	256-566-4523
Still Serving Veterans.....	256-883-7035
Vine Pastoral Counseling .....	256-461-8580

## Substance Use/Addiction Disorders

ANAD.....	256-536-0745
A Touch of Peace Counseling.....	256-334-9572
Best Life Counseling .....	256-457-4097
BHG Huntsville Treatment Center .....	256-721-1940
Bradford Health Services.....	256-895-3848
Counseling Associates of Huntsville LLC .....	256-400-1111
Family Services Center .....	256-551-1610
Huntsville Psychotherapy and Counseling Services .....	256-824-9171
Luminous Counseling .....	256-290-2006
National Children’s Advocacy Center.....	256-533-5437
Red Bird Counseling .....	256-348-1563
The Pathfinder.....	256-534-7644
Transpire Life Counseling.....	256529-4673
Virtue Psychotherapy.....	256748-0977

## Suicide

Dayspring Counseling.....	256-970-4453
Divine Restoration Counseling and Consultation .....	256-203-6360
Serene Counseling Services, LLC .....	256-330-4713
Suicide and Crisis Lifeline .....	988

## Support Groups

A Touch of Peace Counseling.....	256-334-9572
Huntsville Psychotherapy and Counseling Services .....	256-824-9171
National Alliance for the Mentally Ill .....	256-534-2628
Our Place, Inc .....	256-746-4145



## Service Categories

### Trauma

Dream Again Counselling Services (African American).....	256-226-0573
Harbor Counseling LLC.....	256-797-5492
Still Serving Veterans.....	256-883-7035
The Healing Collective, LLC (African American) .....	256-836-5063
Transpire Life Counseling, LLC.....	256-529-4673



# Service Providers A-Z

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## **211 United Way – United Way of Madison County, Inc.**

Physical Address: 701 Andrew Jackson Way, Huntsville, AL 35801

Phone Number: (256) 536-0745

- Audiences Served: Public
- Where to find more information or get assistance: [www.uwmadisoncounty.org/](http://www.uwmadisoncounty.org/)
- Other Information: Find information about addiction prevention and rehabilitation programs and other assistance for basic needs.

## **Ability Plus, Inc.**

Physical Address: 100 Jetplex Boulevard, Huntsville Alabama 35824

Phone Number: (256) 489 4696

- Audiences Served: People with intellectual disabilities
- Where to find more information or get assistance: [www.ability-plus.org/](http://www.ability-plus.org/)
- Other Information: The Behavior Services Center provides behavioral therapy for individuals with Autism Spectrum Disorder and developmental disabilities.

## **Alabama Center for Counseling**

Physical Address: 212 Bob Wallace Ave SW, Huntsville, AL 35801

Phone Number: (256) 808-2522

- Audiences Served: Individuals, children, and families, and attention-deficit/hyperactivity disorder
- Where to find more information or get assistance: [www.alabamacc.org/](http://www.alabamacc.org/)
- Other Information: Serves individuals, families, children, and individuals with Attention-deficit/hyperactivity disorder and those who may need eye movement desensitization and reprocessing.

## **Alabama Center for Individual & Family Therapy, LLC**

Physical Address: 2004 Poole Drive NW, Suite C, Huntsville, AL 35810

Phone Number: (256) 581-4673

- Audiences Served: Individuals, couple, families, and teens
- Where to find more information or get assistance: [www.acift.org/](http://www.acift.org/)
- Other Information: Provides evidenced-based care for individuals, couples, and families, including specialization in adolescents and teens. Improves mental health and relationships.

## **Alabama Counseling and Consulting**

Physical Address: 700 Airport Road SW, Huntsville, AL 35802

Phone Number: (256) 882-7881

- Audiences Served: Couples
- Other Information: Marital or relationship counseling

## **ALSANA**

Physical Address: 225 Bishop Road NW, Huntsville, AL 35806

Phone Number: (866) 884-6139

- Audiences Served: Adults
- Where to find more information or get assistance: <https://www.alsana.com/>
- Other Information: Treatment for eating disorders

## **ANAD**

Physical Address: 701 Andrew Jackson Way, Huntsville, AL 35801

Phone Number: (256) 536-0745

- Audiences Served: Public
- Where to find more information or get assistance: <https://anad.org/>
- Other Information: Find information about addiction prevention and rehabilitation programs and other assistance for basic needs.

## **Aspire Counseling & Consulting Services**

Physical Address: 1955 Rideout Drive NW, Suite 400

Phone Number: (256) 212-0567

- Audiences Served: Public
- Where to find more information or get assistance: <https://aspirecounselingal.com/>
- Other Information: Provides individual, marital, couples, and anger management counseling.

## **Alabama Department of Rehabilitation Services**

### **Alabama Early Intervention System**

Physical Address: 3000 Johnson Road, SW, Huntsville, AL 35805

Phone Number: (256) 536-0745

- Audiences Served: Alabamians with disabilities from birth throughout their lives
- Where to find more information or get assistance: <https://www.rehab.alabama.go>

### **Alabama Psychological Services Center**

Physical Address: 4800 Whitesport Circle SW, Suite 2, Huntsville, AL 35801

Phone Number: (256) 533-9393

- Audiences Served: Residents of Huntsville and North Alabama
- Where to find more information or get assistance: <https://www.medpsych.net/>
- Other Information: Provides comprehensive mental health services; a wide range of psychotherapy, social skills training, and support groups are offered.

### **A Touch of Peace Counseling Services**

Physical Address: 3776 Sullivan Street, Madison, AL 35758

Phone Number: (256) 334-9572

- Audiences Served: Residents of Huntsville and North Alabama
- Where to find more information or get assistance: <http://www.atouchofpeace.org/>
- Other Information: Provides individual counseling, home assessments, group therapy, couples counseling, teaching, substance abuse counselor, and family therapy.

### **Behavioral Sciences of Alabama**

Physical Address: 810 Shoney Drive SW, Suite 120, Huntsville, AL 35801

Phone Number: (256) 883-3231

- Audiences Served: Public
- Where to find more information or get assistance: <https://behavioralsciencesofalabama.com/>
- Other Information: Full-service mental health clinic

### **Bell's Counseling Services LLC (African American)**

Physical Address: 401 Carter Drive, Suite A, Madison, AL 35758

Phone Number: (256) 919-1165

- Audiences Served: Adults and adolescents
- Where to find more information or get assistance: <http://bellsounselingservices.com/>
- Other Information: Anxiety, depression, mood disorders and other mental health needs

### **Best Life Counseling**

Physical Address: 810 Regal Drive SW, Huntsville, AL 35801

Phone Number: (256) 457-4097

- Audiences Served: Public
- Where to find more information or get assistance: <https://therapist.healthcare/directory/listing/7804-best-life-counseling>
- Other Information: Find information about addiction prevention and rehabilitation programs and other assistance for basic needs.

### **BHG Huntsville Treatment Center**

Physical Address: 4040 Independence Drive NW, Huntsville, AL 35816

Phone Number: (256) 721-1940

- Audiences Served: Public
- Where to find more information or get assistance: <https://www.bhgrecovery.com/>
- Other Information: Outpatient opioid and other substance use treatment and recovery center

### **Bradford Health Services**

Physical Address: 6767 Old Madison Pike, Suite 620, Huntsville, AL 35806

Phone Number: (256) 895-3848

- Audiences Served: Individual and family support
- Where to find more information or get assistance: <https://bradfordhealth.com/>
- Other Information: Drug and alcohol rehab center

### **Carmen Bucknor (African American)**

Physical Address: 936 Jeff Road NW, Huntsville, AL 35806

Phone Number: (256) 780-5245

- Audiences Served: Individual and family support
- Where to find more information or get assistance:  
<https://www.psychologytoday.com/us/therapists/help-healing-hope-huntsville-al/997096>
- Other Information: Specialties include anxiety, life transitions and depression

### **Caring House**

Physical Address: 245 Governors Drive, Huntsville, AL 35801

Phone Number: (256) 265-1000

- Audiences Served: Children and Family Grief
- Where to find more information or get assistance:  
<https://www.hhwomenandchildren.org/services/caring-house>
- Other Information: Children and Family Grief

### **Crisis Services of North Alabama**

Physical Address: 208 Exchange Place NW, Huntsville, AL 35806

Phone Number: (256) 716-1000

- Audiences Served: Public
- Where to find more information or get assistance: <https://csna.org/>
- Other Information: Domestic violence, sexual assault, information, and referral

### **Cornerstone Counseling Center LLC**

Physical Address: 2102 Franklin St SE, Huntsville, AL 35801

Phone Number: (256) 519-9000

- Audiences Served: Public
- Where to find more information or get assistance: <https://www.cornerstone-hsv.com/>
- Other Information: Marital or relationship counseling

### **Counseling Associates of Huntsville LLC**

Physical Address: 101 Lowe Avenue SE, Suite 2A, Huntsville, AL 35801

Phone Number: (256) 400-1111

- Audiences Served: Public
- Where to find more information or get assistance:  
<https://www.counselingassociatesofhuntsville.com/services>
- Other Information: Provides therapy for depression, anxiety, substance use/addictions, thought disorder, marital difficulties, trauma, grief, and loss.

### **CyTique Davis, Ph.D. LLC (African American)**

Physical Address: 1428 Weatherly Road SE, Suite 102, Huntsville, AL 35803

Phone Number: (256) 203-4394

- Audiences Served: Couples and families
- Where to find more information or get assistance: <https://www.cytiquedavis.com/>
- Other Information: Specialty in family conflict, marital and premarital counseling, and relationship issues

### **Dayspring Counseling (African American)**

Physical Address: 7800 Madison Boulevard, Suite 601, Huntsville, AL 35806

Phone Number: (256) 970-4453

- Audiences Served: Individuals, families, and couples
- Where to find more information or get assistance: <https://www.dayspringcounselingllc.com/>
- Other Information: Provides counseling for a variety of mental health issues, including suicide ideation, gender/racial identity, and other issues.

### **Divine Restoration Counseling and Consultation (African American)**

Physical Address: 3315 Memorial Pkwy SW Suite B, Huntsville, AL 35801

Phone Number: (256) 203-6360

- Audiences Served: Individuals, families, groups, and communities
- Where to find more information or get assistance: <https://www.divinerestcc.org/>
- Other Information: Provides counseling for depression, anxiety, loneliness, grief, and anger.

### **DK Counseling, LLC (African American)**

Physical Address: 600 Boulevard South SW, Suite 104 #1005, Huntsville, AL 35802

Phone Number: (256) 947-4216

- Audiences Served: Adults and teens
- Where to find more information or get assistance: <https://dknight1178.wixsite.com/>
- Other Information: Provides counseling for depression, anxiety, and relationships

### **Downtown Behavioral Health**

Physical Address: 401 Holmes Avenue NE, Suite F, Huntsville, AL 35801

Phone Number: (256) 203-6480

- Audiences Served: Adults, families, children, and teens
- Where to find more information or get assistance: <https://www.downtownbehavioralhealth.com/>
- Other Information: Downtown Behavioral Health is a group of separately owned companies that provide outpatient counseling services, diagnoses and treatment of a variety of mental health issues.

### **Dream Again Counseling Services (African American)**

Physical Address: 917 Willowbrook Drive SE, Suite E, Huntsville, AL 35802

Phone Number: (256) 226-0573

- Audiences Served: Adults, families, children, and teens
- Where to find more information or get assistance: <https://www.downtownbehavioralhealth.com/>
- Other Information: Specialties include trauma, PTSD, addiction and spirituality

### **Family Consult Counseling Service (African American)**

Physical Address: 1580 Sparkman Drive Northwest, Suite 106, Huntsville, AL 35816

Phone Number: (256) 743-6586

- Audiences Served: Individuals, couples, families,
- Where to find more information or get assistance: <https://drkitspeaks.com/>
- Other Information: Specialty in grief, marital and family conflicts counseling

### **Family Services Center**

Physical Address: 4092 Memorial Pkwy SW #205, Huntsville, AL 35802

Phone Number: (256) 551-1610

- Audiences Served: Public
- Where to find more information or get assistance: <https://fsc-hsv.org/>
- Other Information: Provides anti-poverty and family strengthening programs, including mental health counseling, affordable housing, homelessness prevention, behavior modification education, conflict resolution, financial literacy training, substance abuse education, and parenting support.

### **Garrett Counseling**

Physical Address: 150 West Park Loop NW, Suite 101, Huntsville, AL 35806

Phone Number: (256) 239-5662

- Audiences Served: Individuals, families, and couples
- Where to find more information or get assistance: <https://garrettcounseling.com/>
- Other Information: Provides counseling for mental health issues.

### **Harbor Counseling LLC (Melissa Vann & Associates)**

Physical Address: Fletcher Building, 475 Providence Main Street NW, Huntsville, AL 35806

Phone Number: (256) 797-5492

- Audiences Served: Adults
- Where to find more information or get assistance: <https://www.melissavanncounseling.com/>
- Other Information: Offers treatment for EMDR (Eye Movement Desensitization and Reprocessing), IFS (Internal Family Systems Model Therapy), PTSD (Post Traumatic Stress Disorder), trauma, dissociation, depression, anxiety, grief, work and career, and stress.

### **Healing Journey Therapy Services, LLC (African American)**

Physical Address: 203 Eastside Square, Suite 8, Huntsville, AL 35801

Phone Number: (256) 887-4448

- Audiences Served: Adults
- Where to find more information or get assistance: <https://www.hjtservices.com/>
- Other Information: Specialties: Addiction, trauma, PTSD, and anxiety. Also provides therapy for other mental health issues.

### **Heart to Heart Pet Partners, Inc.**

Physical Address: 1015 A Cleaner Way SW, Huntsville, Alabama 35805

Phone Number: (256) 763-0424

- Audiences Served: People of all ages
- Where to find more information or get assistance: <https://hearttoheartpetpartners.org/>
- Other Information: Therapy with animals in schools and medical and residential facilities.

### **Hearth Psychology & Counseling Center**

Physical Address: 1104 Gleneagles Drive SW, Huntsville, AL 35801

Phone Number: (256) 880-8202

- Audiences Served: All ages
- Where to find more information or get assistance: <http://www.thehearth.biz/>
- Other Information: Specialties: Provides psychiatric services, relationship counseling (marital and family)

### **Hearts to Heal Counseling and Consultation (African American)**

Physical Address: 1100 Jordan Lane, Suite M, Huntsville, AL 35816

Phone Number: (256) 233-9891

- Audiences Served: Adults and teens
- Where to find more information or get assistance: <https://www.hearts2healcc.com/>
- Other Information: Depression, women's issues, and addiction

### **Huntsville Hospital**

Physical Address: 101 Sivley Road, Huntsville, AL 35801

Phone Number: (256) 265-1000

- Audiences Served: Adults
- Where to find more information or get assistance: <https://www.huntsvillehospital.org/behavioral-health>
- Other Information: Provides emotional and psychiatric assistance for adults and seniors.

## **Huntsville Psychotherapy and Counseling Services**

Physical Address: 7540 Memorial Parkway SW, Suite W, Huntsville, AL 35802

Phone Number: (256) 384-8410

- Audiences Served: Adults
- Where to find more information or get assistance: <https://www.hsvpcs.com/>
- Other Information: Specialties include Suicidal ideation; substance use and depression. Counseling for individuals, relations, and support groups.

## **Huntsville Recovery, Inc. (BHG Behavioral Health Group)**

Physical Address: 4040 Independence Drive NW, Huntsville, AL 35816

Phone Number: (888) 721-1940

- Audiences Served: Public
- Where to find more information or get assistance: <https://www.bhgrecovery.com/>
- Other Information: One of the largest out-patient opioid treatment and recovery centers

## **Jordan Hope Center**

Physical Address: 701 Pratt Avenue NW, Suite #102, Huntsville, AL 35801

Phone Number: (256) 713.8829

- Audiences Served: Public
- Where to find more information or get assistance: <http://www.jordanhopecenter.com/>
- Other Information: Provides therapy for various mental issues.

## **Journey to New Beginnings, LLC**

Physical Address: 250 Sun Temple Drive, Suite B6, Madison, AL 35758

Phone Number: (256) 886-8479

- Audiences Served: women, families, couples
- Where to find more information or get assistance: <https://j2nb.com/>
- Other Information: Licensed in Alabama – serves all communities. For women seeking support with sexual abuse and assault, depression, relationship issues, including adolescents and family therapy.

## **Lifestyle Therapy and Coaching (African American)**

Physical Address: 8000 Madison Boulevard, Suite Box D102-295, Madison, AL 35758

Phone Number: (256) 850-4426

- Audiences Served: Couples
- Where to find more information or get assistance: <https://www.lifeworkshsv.com/>
- Other Information: Marital and relationship counseling



### **Luminous Counseling**

Physical Address: 3309 Bob Wallace Avenue SW, Suite 1, Huntsville, AL 35805

Phone Number: (256) 290-2006

- Audiences Served: Public
- Where to find more information or get assistance: <https://www.luminouscounseling.org/>
- Other Information: Offers comprehensive and caring psychotherapy for various mental health issues, including addiction, co-occurring disorders, autism spectrum disorder, depression, and stress. Also uses therapy animals.

### **Madison Behavior Therapy-Huntsville Clinic**

Physical Address: 475 Providence Main Street, Suite 201, Huntsville, AL 35806

Phone Number: (256) 489-8660

- Audiences Served: Children and adolescents
- Where to find more information or get assistance: <https://www.madisonaba.com/>
- Other Information: Behavioral treatment

### **Madison Behavior Therapy-Madison Clinic**

Physical Address: 230 Hughes Road, Suite F, Madison, AL 35758

Phone Number: (256) 325- 0433

- Audiences Served: Children and adolescents
- Where to find more information or get assistance: <https://www.madisonaba.com/>
- Other Information: Behavioral treatment

### **Mind Your Journey Counseling Services (African American)**

Physical Address: 8840 Madison Boulevard, Suite 200-G, Madison, Alabama 35758

Phone Number: (256) 469.8976

- Audiences Served: Children and adults
- Where to find more information or get assistance: <https://www.mindyourjrny.com/>
- Other Information: Life coaching, behavioral issues. and coping skills

### **National Alliance for the Mentally Ill**

Physical Address: 701 Andrew Jackson Way NE, Suite A, Huntsville, AL 35801

Phone Number: (256) 534-2628

- Audiences Served: Public
- Where to find more information or get assistance: <https://namihuntsville.org/>
- Other Information: Works to improve the lives of people with mental illness and their families.

### **National Children's Advocacy Center**

Physical Address: 210 Pratt Avenue NE, Huntsville, AL 35801

Phone Number: (256) 533-5437

- Audiences Served: Public
- Where to find more information or get assistance: <https://www.nationalcac.org/>
- Other Information: Find information about addiction prevention and rehabilitation programs and other assistance for basic needs.

### **Operation Making a Difference, Inc.**

Physical Address: 224 Church Street SW Suite I, Huntsville, AL 35801

Phone Number: (256) 288-7048

- Audiences Served: Public
- Where to find more information or get assistance: <https://www.operationmad.org/>
- Other Information: Intense mentoring program for youth and their parents on various topics that include mental health, peer pressure, conflict resolution, and sexual health.

### **Our Place, Inc.**

Physical Address: 205 Max Luther Drive NW, Huntsville, AL 35811

Phone Number: (256) 746-4145

- Audiences Served: Adults receiving professional treatment for mental illness
- Where to find more information or get assistance: <https://www.ourplacehsv.org/>
- Other Information: Peer support center for adults in recovery from mental illness.

### **Pathway Healthcare, LLC**

Physical Address: 2010 Southpoint Park Drive, Suite 200, Huntsville, AL 35801

Phone Number: (256) 223-9777

- Audiences Served: Individuals and families
- Where to find more information or get assistance: <https://pathwayhealthcare.com/>
- Other Information: Provide treatment for substance use and other mental health issues.

### **Pearl Behavioral Health Services (African American)**

Physical Address: 115 Manning Drive Southwest, Suite A202, Huntsville, AL 35801

Phone Number: (256) 223-9463

- Audiences Served: Adults and teens
- Where to find more information or get assistance: <https://www.pearlbhs.com/>
- Other Information: Specialties include life transitions, self-esteem, and depression

### **Play and Grow Counseling LLC**

Physical Address: 224 Rhett Avenue SW, Suite B, Huntsville, AL 35801

Phone Number: (938) 902-0494

- Audiences Served: Children, teens, and families
- Where to find more information or get assistance: [www.playandgrowcounseling.com/](http://www.playandgrowcounseling.com/)
- Other Information: Play therapy, adolescent counseling, family therapy, and parental support.

### **Psychological and Counseling Associates**

Physical Address: 936 Jeff Road NW, Huntsville, AL 35806

Phone Number: (938) 837-2127

- Audiences Served: Children, teens, adults, and families
- Where to find more information or get assistance: <https://psycounseling.net/>
- Other Information: Varied therapy services, including individual, couples, families, and groups

### **Red Bird Counseling, LLC**

Physical Address: 203 Eastside Square, Suite #3, Huntsville, AL 35801

Phone Number: (256) 348-1563

- Audiences Served: Public
- Where to find more information or get assistance: <https://redbirdcounselingllc.com/>
- Other Information: Aid for grief and loss, trauma, stress, anxiety, depression, and addiction through mindfulness.

### **Restore Counseling Services**

Physical Address: 8089 Highway 72 West, Suite D, Madison, AL 35758

Phone Number: (256) 325-0424

- Audiences Served: Individuals, couples, and families
- Where to find more information or get assistance: [www.restoreyou2.com/](http://www.restoreyou2.com/)
- Other Information: Provides counseling for a variety of mental health issues

### **Restoring Hearts Counseling**

Physical Address: 2705 Artie Street, Building 500, Suite 38, Huntsville, AL 35805

Phone Number: (256) 278-9188

- Audiences Served: Teens and adults
- Where to find more information or get assistance: <https://www.restoringheartscounseling.com/>
- Other Information: Christian-based therapy for addictions, including pornography

### **Safe Space Therapy & Consulting (African American)**

Physical Address: 604 Davis Circle Southwest, Huntsville, AL 35801

Phone Number: (256) 292-9071

- Audiences Served: Children, teens, and adults
- Where to find more information or get assistance: [www.restoringheartscounseling.com/](http://www.restoringheartscounseling.com/)
- Other Information: Specializes in life transitions, women's issues, and depression, but treats a variety of mental health issues.

### **Serene Counseling Services, LLC (African American)**

Physical Address: 2346 Pansy Street, Huntsville, AL 35801

Phone Number: (256) 330-4713

- Audiences Served: Children, teens and adults
- Where to find more information or get assistance: <https://www.jasmineserene.org/>
- Other Information: Specializes in Christian-based therapy, anxiety and mood disorders, and trauma-focused therapy, including suicide ideation and domestic violence.

### **Silver Linings Neurodevelopment**

Physical Address: 185 Chateau Drive, Suite #102, Huntsville, AL 35801

Phone Number: (256) 489-1583

- Audiences Served: Children, teens, and adults
- Where to find more information or get assistance: <https://silverliningsclinic.com/>
- Other Information: Provides comprehensive behavioral and developmental evaluations, and treatment and recovery for adults and children. Treatment for depression, anxiety, personality disorders, obsessive compulsive disorders, etc.

### **Solutions4Success**

Physical Address:

Phone Number: (256) 566-4523

- Audiences Served: Individuals, teens and adults, including families
- Where to find more information or get assistance: <https://solutions4successllc.com/>
- Other Information: Specializes in premarital and marital counseling, weight loss

### **Still Serving Veterans**

Physical Address: 626 Clinton Avenue West, Suite 200, Huntsville, AL 35801

Phone Number: (256) 883-7035

- Audiences Served: Veterans
- Where to find more information or get assistance: <https://ssv.org/>
- Other Information: Helping veterans and their families to have meaningful lives

### **Becky Streetman Center at Huntsville Hospital Medical Mall**

Physical Address: 1963 Memorial Parkway SW, Huntsville, AL 35801

Phone Number: (256) 265-2180

- Audiences Served: Public
- Where to find more information or get assistance: <https://www.huntsvillehospital.org/patient-service-center-locations>
- Other Information: Treatment for eating disorders

### **Teens Path for Success**

Physical Address: 4812 Commercial Drive NW, Huntsville, AL 35816

Phone Number: (256) 384-1776

- Audiences Served: Teens and families
- Where to find more information or get assistance: <https://thepinnacleschools.com/>
- Other Information: Support to teens experiencing psychological, emotional, medical and family difficulties.

### **The Healing Collective, LLC (African American)**

Physical Address: 150 West Park Loop NW, Unit 370, Huntsville, AL 35806

Phone Number: (256) 836-5063

- Audiences Served: Children, teens, and adults
- Where to find more information or get assistance: <https://healingcollectivellc.com/>
- Other Information: Treatment for autism, ADHD, dyslexia/learning disabilities, and other mental health issues, including depression, anxiety, sexual abuse, trauma, and grief/loss.

### **The Pathfinder**

Physical Address: 3104 Ivy Avenue SW, Huntsville, AL 35805

Phone Number: (256) 534-7644

- Audiences Served: Men
- Where to find more information or get assistance: <https://thepathfinderhsv.com/>
- Other Information: Transitional residential living program for drug and alcohol recovery

### **Therapy Partners, Inc.**

Physical Address: 2227 Drake Avenue SW, Building #9, Huntsville, AL 35805

Phone Number: (256) 881-5700

- Audiences Served: Public
- Where to find more information or get assistance: <https://www.therapypartners.org/>
- Other Information: Animal-assisted therapy

### **Transpire Life Counseling, LLC**

Physical Address: 2812 Drake Ave SW, Huntsville, AL 35805

Phone Number: (256) 529-4673

- Audiences Served: Child, adolescent, and adults
- Where to find more information or get assistance: <https://www.transpirelife.org/>
- Other Information: Individual, couples, and family counseling for ADHD, depression and anxiety, family counseling, grief and loss, stress, addiction and recovery, conflict resolution, autism, trauma, and group therapy, postpartum depression

### **Valley Christian Counseling**

Physical Address: 5151 Research Drive NW, Suite #1b, Huntsville, AL 35805

Phone Number: (256) 722-8091

- Audiences Served: Children, adolescents, couples, individuals and their families
- Where to find more information or get assistance: <https://www.valley-christiancounseling.com/>
- Other Information: Mental and behavioral health issues

### **Vine Pastoral Counseling**

Physical Address: 333 Franklin Street SE, Suite 300, Huntsville, AL 35801

Phone Number: (256) 461-8580

- Audiences Served: Individuals, couples, families, pastors, and congregations
- Where to find more information or get assistance: <https://vinepcc.com/>
- Other Information: Christian-based counseling

### **Virtue Psychotherapy / Jonathan Gilbert**

Physical Address: 2308 Pansy Street Southwest, Huntsville, AL 35801

Phone Number: (256) 748-0977

- Audiences Served: Children, teens, adults & men
- Where to find more information or get assistance: <https://virtuepsychotherapy.clientsecure.me/>
- Other Information: Specializes in porn addiction, depression, and other addictions

### **Wellstone Behavioral Health**

Physical Address: 4040 Memorial Parkway SW, Huntsville, AL 35802

Phone Number: (256) 533-1970 (general info) or (256) 705-6444 (access to care)

- Audiences Served: Public
- Where to find more information or get assistance: <https://wellstone.com/>
- Other Information: Find information about addiction prevention and rehabilitation programs and other assistance for basic needs.

## **About Healing Touch Ministry**

The Healing Touch Ministry was established in June 2003 as an HIV/AIDS prevention education ministry at First Missionary Baptist Church in Huntsville, Alabama. As a result of the COVID-19 pandemic, however, the ministry's focus was expanded to include mental health in 2021. HTM works to eradicate the stigma surrounding both HIV/AIDS and mental health through education, so that people can get the help they need.

We hope the *FMBC Mental Health Guide* will help you on the journey to mental wellness.

## **Contact Information**

Healing Touch Ministry  
First Missionary Baptist Church  
3509 Blue Spring Road  
Huntsville, Alabama 35810  
(256) 852-4318

***Rev. Dr. Don Darius Butler, Pastor***

*Philippians 4:6-7 "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."*