

CSNA Wants to Come to Your School or Group !

Presenters are available to bring programs to your school, civic organization, church, or other community group.

CSNA provides education and prevention programs on the following topics:

Community Resources

- *What help is out there for people's needs*

Domestic Violence

- *Recognizing the red flags of abusive relationships*
- *Verbal abuse — Making you think you're crazy*
- *Strategies for safety planning*
- *Effects of domestic violence on children*

Dating Violence

- *Love doesn't hurt!*
- *When is it rape?*

Rape / Sexual Assault

- *Does this happen here?*
- *What happens when someone reports a rape?*
- *Personal safety*

Suicide

- *How to recognize when help is needed*
- *How to talk to someone you may be concerned about*

Call 716-4052 for more information about having a speaker come to your location.

*This booklet is provided as a public service.
For additional copies, download from www.csna.org*

HELPLINE Yellow Pages

Mini-Directory for Human Services

Madison County, AL

For more help call:

2-1-1

or

(256) 716-1000

*A more complete listing of community resources in this area
is available online at*

www.csna.org

or

www.211connectsalabama.org

CRISIS SERVICES
OF NORTH ALABAMA

P.O. Box 368, Huntsville, AL 35804

Fax (256)716-0663

An agency of United Way of Madison County

P.O. Box 368, Huntsville, AL 35804

An agency of United Way of Madison County

CONTENTS

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- Suicide Prevention
- Survivors of Suicide
- Transportation
- Veterans
- Volunteer

VOLUNTEER

United Way Volunteer Center of Madison County.....536-0745

Retired Senior Volunteer Program.....880-7080

Volunteers are needed at CSNA !

Needed: Crisis Line Counselors

Serve as a link to help for persons in any kind of crisis. Provide information, referrals, and help with problem-solving.

Needed: Domestic Violence First Responders

(Huntsville and Decatur)

Accompany police to calls involving domestic violence; provide information packets and referrals for further help.

Needed: Rape Response Advocates

(Madison, Jackson, and Limestone Counties)

Be present with rape victims at time of need, and create a bond to facilitate further help.

Needed: Sexual Assault Nurse Examiners

(Madison, Jackson, and Limestone Counties)

Perform forensic examinations and serve as an expert witness if the case goes to trial. You will receive specialized training provided by CSNA. Must be a licensed RN.

Crisis Services offers a training class covering essential helping skills, community resources, domestic violence, sexual assault, suicide, and other problems of living.

Where to call:

- Crisis Services / HELPLINE 716-1000
- Crisis Services / Administrative 716-4052
- Outside Madison County 1-800-691-8426

HELPLine / United Way Community Resources

SURVIVORS OF SUICIDE

Survivors of Suicide Support Group.....716-1000

TRANSPORTATION

Caring Cars (Family Services Ctr.).....551-1610

Handi-Ride.....427-6857
For elderly and disabled, call ahead to schedule.

Huntsville Shuttle.....532-7433

MARS — Madison Assisted Ride System.....427-6857

TRAM.....532-3792
Transportation for Rural Areas of Madison Co.

Wheels4working.....319-7871

VETERANS

Army Community Services.....876-5397
Assistance for active military, dependents, and retired

Ala. Dept. of Veteran Affairs.....532-1662

Still Serving Veterans.....883-7054

VA Hospital—Birmingham.....1-800-872-0328

VA Mental Health Clinic.....534-1691
Psychiatric out patient counseling

VA Outpatient Clinic.....533-1645

VA Benefits Call Center.....877-222-8387

Operation Stand Down.....684-6521

Priority Veteran.....693-2893

HELPLine / United Way Community Resources

ALCOHOL / DRUG / ADDICTIONS

AAC/ STRONGER SYSTM.....536-4700

AA, ALANON.....885-0323

Bradford Health Services.....895-3848

Crestwood Chem Dependency Svcs.....429-5480

Downtown Rescue Mission.....536-2441

Families Anonymous.....716-1000
12 Step group...HELPLine serves as point of contact

Huntsville Metro Treatment Ctr.....881-1311
Methodone Clinic

Huntsville Recovery (Methodone Clinic)... 721-1940

Mental Health Center/New Horizons.....532-4141
Outpatient program

Mt. Lake Subs. Abuse Treatment.....(256)582-4465
State-funded residential program

Outreach Ministries of Alabama.....778-8096
13-month religious-based residential rehab.

Pathfinder.....534-7644

Salvation Army.....536-2441

ANIMAL SERVICES / SHELTERS

Animal Shelter.....883-3782

ARK.....851-4088

HELPLINE / United Way Community Resources

ANIMAL SERVICES / SHELTERS (cont.)

A New Leash on Life.....	489-7387
Challenger's House (cats).....	420-5995
Greater Huntsville Humane Society.....	881-8081
SNAP (Spay/Neuter Action Project).....	830-8459
Vector Control / Health Dept.	539-3711

CHILD ABUSE / CHILD SUPPORT/ NEGLECT

Madison Co. Dept. of Human Resources... Call to report child abuse,	427-6200
Nat'l Children's Advocacy Center.....	533-5437

CHILDREN / YOUTH AT RISK

S.P.A.N Special Programming for Achievement Network	852-1224
Early Intervention..... (for Children with Disabilities/Delays)	650-1702
Neaves/Davis Center for Children.....	532-0300
Operation Making a Difference.....	288-7048
Tenn. Valley Family Services..... Safe Place Runaway Shelter	800-753-4269
Sequel (formerly Three Springs).....	880-3339
The Studio (Runaway day shelter).....	489-8088
Young Marines of North Ala. Boot Camp...	876-8963

HELPLINE / United Way Community Resources

SENIOR CITIZENS

AARP.....	880-7080
American Assn. of Retired Persons	
CASA	533-7775
Care Assurance for the Aging & Homebound	
Lifeline.....	704-0782
Senior Center.....	.880-7080
Silver-Haired Legislature.....	533-3330
TARCOG.....	830-0818
Area agency on aging	

SUICIDE PREVENTION

CSNA / HELPLINE.....716-1000
HELPLINE is an accredited suicide crisis line and is part of the 1-800-SUICIDE and 1-800-273-TALK national suicide

What to do if you know someone who may be suicidal

1. **ASK.** Asking will not give the person the idea.
2. **ASK HOW.** If the person has a specific plan, intention, and means at hand, the risk is immediate.
3. **GET HELP.** Have the person seen at a hospital emergency room or by a doctor or mental health professional, or call a crisis line. There are two national hotline numbers which will route your call to the closest accredited crisis line:
1-800-SUICIDE (784-2433)
1-800-273-TALK (273-8255)

RAPE / SEXUAL ASSAULT

CSNA / Sexual Assault Response.....716-1000

- Sexual Assault Nurse Examiner
A specially trained nurse carries out a forensic exam to document injuries and gather evidence of assault.
- Sexual Assault Advocate
The advocate provides information, reassurance, and guidance about concerns that arise following a sexual assault.
- Sexual Assault Crisis Counseling / Consultation
Short-term counseling and consultation services are available to victims or family members to address concerns related to the aftermath of assault.
- Survivors of Sexual Assault Support Group
Meets weekly with trained facilitator.
- All services free of charge.

What to do if a sexual assault has occurred?

Call the police. The police will direct you to CSNA for an exam.
 Make a police report, even if you do not think you will prosecute.
 If possible, do not bathe or use the bathroom until a rape exam can be obtained.
 Do not eat or drink anything prior to the exam.
 Wear or bring with you the clothes in which you were assaulted.
 Have a rape exam to check for injuries and provide any needed medical intervention, as well as provide forensic evidence.

CHILDREN'S SERVICES

- Big Brothers/Big Sisters.....880-2123
- Boy Scouts of America.....883-7071
- Boys and Girls Club of Huntsville.....534-6060
- Childcare Management Agency534-5110
- Girl Scouts.....883-1020
- Girls Inc. of Huntsville.....859-0011
- Headstart.....355-7843
- Huntsville Child Care Center.....536-8131
(Sliding fee scale)
- YMCA.....881-8710
- Young Life.....533-1251

CHRISTMAS ASSISTANCE

- Breaking Free Mission.....882-3334
- Christmas Charities.....837-2373
- Downtown Rescue Mission.....536-2441
- Salvation Army.....536-5576
- Toys for Tots.....213-9683

HELPLINE / United Way Community Resources

CLOTHING/HOUSEHOLD ITEMS

Asbury Thrift Store.....464-0460
Breaking Free Thrift Store.....851-1688
Catholic Center of Concern..... 536-0041
Christmas Charities Year Around.....,837-2373
Goodwill Industries.....536-0737
Habitat ReStore (building supplies).....533-3267
Neighborhood Store.....536-1953
Rescue Mission Thrift Store.....532-0381
Salvation Army Thrift Store.....533-7223
St. Vincent de Paul Thrift Store.....851-8881

CONSUMER SERVICES

Ala. Cooperative Extension Service.....532-1578
(Budget counseling and other services)
Better Business Bureau.....533-1640
Consumer Credit Counseling Service.....881-1000
Family Services Center.....551-1610
(Services include credit counseling / financial literacy
training, low interest car loans)

HELPLINE / United Way Community Resources

GLBT and Youth Services.....886-1150
IMS (Interfaith Mission Service).....536-2401
Center for the Aid and Development
Of the Hispanic Community.....489-2365

PUBLIC SERVICES

City of Huntsville Consumer Information...535-2489
Community Development Div.....427-6050
Department of Human Resources.....427-6200
Hsv-Madison Co. Emergency Mgt.....427-5130
Huntsville-Madison Co. Public Library.....532-5940
Huntsville Police (non-emergency nr).....722-7100
Madison Police (non-emergency nr.).....722-7190
Madison County Courthouse.....532-3300
Madison Co. District Attorney.....532-3460
Madison County Legislative Office.....539-5441
Madison Co. Sheriff (non-emergency nr).....722-7181
Social Security Administration1-800-772-1213
Local number..... 1-866-593-0665
TTY.....1-256-837-8803

HELPLine / United Way Community Resources

MEDICAL NEEDS / PRESCRIPTIONS (cont.)

- Inside-out Ministries.....325-5193
- Senior Center Lending Closet.....880-7080
- Madison County Medical Society.....881-7321
Physician referral service
- Medicaid District Office.....(256)584-4100
- Medicaid Hotline.....1-800-362-1504
- Senior RX.....532-3345
Serves persons 55 and above
- St Vincent De Paul.....See "Financial Assistance"
- UCP- STAR Program (Medical supplies).....859-4900

MENTAL HEALTH / DEVELOPMENTAL DISABILITIES

- Madison Co. Mental Health Center.....533-1970
- Madison Co. 310 Board.....837-5777
(formerly Madison Co. Mental Retardation Board)
- Nat'l Alliance for the Mentally Ill.....534-2628
- Opportunity Center (ARC).....539-2266

MULTICULTURAL ORGANIZATIONS

- Alabama Hispanic Assn.509-0540
- Asha Kiran.....509-1882
Crisis line for persons of South Asian origin

HELPLine / United Way Community Resources

COUNSELING/MENTAL HEALTH

- Crisis Services of North Alabama..... 716-1000
Crisis counseling and support groups for domestic violence, sexual assault & survivors of suicide
- CSNA/HELPLine.....716-1000
Crisis & Information line available 24 hrs. a day
- Family Services Center.....551-1610
(sliding fee scale)
Services include Anger Management classes, Homicide Survivors program, Children Cope with Divorce, Parenting classes, etc.)
- Madison Co. Mental Health Center...533-1970
(Sliding fee scale)

DISABILITY SERVICES

- Ala. Dept. of Rehabilitation Services650-1700
(Vocational Rehabilitation)
- Ala. Institute for the Deaf and Blind.....539-7881
- Ala. Disabilities Advocacy Program
1-800-826-1675
- Ala. Disability Advocacy Network.....334-733-9748
- Children's Rehabilitation Services.....650-1701
- Phoenix.....880-0680
- TASC.....852-5600
Technology Assistance for Special Consumers

HELPLINE / United Way Community Resources

DISASTER SERVICES

American Red Cross..... 536-0084
Huntsville-Madison Co. Emergency Management Agency.....427-5130

DOMESTIC VIOLENCE

Domestic violence may take the form of verbal and emotional abuse, physical abuse, sexual abuse, and/or destruction of property or pets

CSNA / HOPE Place.....716-1000

Services available for persons in abusive relationships:

- 24-hour HELPLINE
- Safe shelter in HOPE Place
- Court advocacy and assistance in filing victim compensation claims and protection orders
- Crisis counseling and support groups
Support groups are a widely recommended form of therapy for the mental and emotional distress experienced by persons in abusive relationships.
- Children/Teens Who Witness Domestic Violence
Age-appropriate intervention to address effects on attitudes and behavior
- Domestic Violence Forensic Nurse Examiner
- All services are provided free of charge.

Family Services Center.....551-1610
(DV Intervention Program for offender treatment)

Department of Human Resources.....427-6200
(Reporting of child abuse or elder abuse)

Madison Co. Mental Health Center.....533-1970
(DV Intervention Program for offender treatment)

National Children's Advocacy Center.....533-5437

HELPLINE / United Way Community Resources

MEDICAL / DENTAL CARE (cont.)

Community Free Clinic533-2910
Walk-ins Tues and Thurs 5:30pm o 9:30pm

Fox Army Health Center.....955-8888
Serves active and retired military

Friends, Inc.....534-4079
Transportation to medical and cancer treatment appts

HEALS Family Life Center.....428-7560
School-based clinics

Huntsville Hospital Emergency Room.....265-8137

Madison County Health Department.....539-3711
Family Planning, immunizations, sexually transmitted diseases, health education

Sarrell Dental Center.....713-2440

UAB Clinic.....551-4689
Various medical specialties

UAB Dental School.....(205) 934-3001
Sliding fee scale; major dental work / oral surgery performed. (In Birmingham)

MEDICAL SUPPLIES & NEEDS/ PRESCRIPTIONS

Alabama Rx Card1-877-321-6755
Prescription Drug discount card—Have pharmacist call

American Cancer Society.....536-1855

Catholic Center of Concern.....536-0041
Limited prescription assistance

IN HOME SERVICES

- Friends, Inc.....880-1672
Volunteers assisting families coping with serious illness
- Lifeline.....704-0782
Emergency response for elderly/disabled living alone
- Madison County 310 Board.....837-5777
- Medicaid Waiver Program.....830-0818
- UCP- Alabama Respite.....859-4900

LEGAL

- Alabama State Bar.....1-800-329-5660
Lawyer referral service
- Immigration & Naturalization Svc...1-800-375-5283
- Legal Services of North Central Ala.....536-9645
- Madison Cnty Volunteer Lawyer Prog.....539-2275
Free legal services for low-income individuals
- TARCOG.....830-0818
Free legal services for individuals 60+

MEDICAL / DENTAL CARE

- AIDS Action Coalition.....536-4700
- Central Health Care.....533-6311
Basic medical and preventive dental, sliding fee scale
- Choice Medicine.....851-8804
- Community Dental Clinic.....489-1853
Extractions only

DOMESTIC VIOLENCE CHECKLIST

Are you in an abusive relationship?

1. What happens when you and your partner argue?
2. Does your partner ever give you reason to feel afraid of him/her?
3. Has your partner ever hurt or threatened you or your children?
4. Has your partner ever hurt your pets or destroyed items belonging to you?
5. Does your partner frequently check up on you to see what you are doing, even when you are at work?
6. Does your partner make accusations that you are flirting or having an affair when there is no basis for him/her to think this?
7. Does your partner make it hard for you to be with your family or friends?
8. Does your partner control all the money in the household?
9. Has your partner ever forced you to have sex or to do things during sex that made you uncomfortable?
10. Does your partner abuse drugs or alcohol?

Volunteer to make a difference !

CSNA needs volunteers concerned about domestic violence to serve as advocates, crisis line workers, and domestic violence first responders. Training is provided.

HELPLINE / United Way Community Resources

EDUCATION / JOB TRAINING/ LANGUAGE CLASSES

- Alabama Career Center.....851-0537
- Adult Education (GED).....306-2830
(Program is located at Calhoun Community College)
- Adult Literacy Center.....533-2644
Individualized basic reading and math instruction
- Ala. Dept. of Rehabilitation Services.....650-1702
- Calhoun Community College.....890-4700
- Christian Women's Job Corp.....428-9435
- Drake Technical College.....539-8161
- First Baptist Church.....428-9400
English as a second language classes held at several
Local Baptist churches
- Madison County Career Academy.....852-2170
Offers adult literacy and GED preparation
- Madison County Job Line.....532-6906
- No. Ala. Center for Educational Excellence.....
372-4600
- Osher Lifelong Learning Institute (UAH).....
824-6959

HELPLINE / United Way Community Resources

GRIEF SUPPORT

- CARE Center.....723-2273
- Center for Grief and Loss.....883-6539
- Family Services Center.....551-1610
Homicide Survivors Program
- Hospice Family Care.....650-1212
Grief support groups
- Crisis Services of North Alabama.....716-1000
Survivors of Suicide Group

HOMELESS / HOUSING/SHELTER

- Breaking Free Mission.....882-3334
Shelter facilities for men. Has a small women's lodge.
- Downtown Rescue Mission.....536-2441
Shelter for men, women, and women with children
- First Stop.....533-3391
Day center and advocacy for homeless. Not a shelter.
- Habitat for Humanity.....533-2282
- Hands Home/ AL Nonviolent Offenders..489-9775
- Huntsville Housing Authority.....539-0774
- LIFT.....551-1610
Transitional housing, may be waiting list
- New Futures.....877-227-8520
For families with male children 13+ or single fathers
- Riahrose.....256-489-4348
Maternity home. Also for women with children.
- Salvation Army.....536-8876
Shelter for men and women. After-hours 536-9147

HELPLine / United Way Community Resources

FOOD

The CARE Center.....723-2273
Serves Berkley, Gurley and Southeast Madison County

Department of Human Resources.....427-6000
Family assistance and food stamps

FoodLine.....534-2424
Coordinated system of church food pantries
Call Mon - Thurs, 9 – 12 & 1–3; Fri., 9– 12

HAP-Huntsville Assistance Program.....539-2320
Food distribution Mon.-Wed.-Fri. 1-3:30 p.m. (walk in)

HAP—Toney area.....828-8788
Food distribution Monday & Friday, 1-3:30 pm
Serves Toney, Ardmore, Harvest, and Hazel Green

Manna House
Grocery distribution Mon., Wed., Thurs. at 4 p.m.—
Adjacent to Rock Worship Center, South Parkway

Mercy Ministries (Sat 9-11 am).....881-7419

Meals on Wheels.....880-7080

Mobile Soup Van.....536-8876
5:30 PM at Salvation Army, 305 Seminole
5:30 PM at intersection of Abingdon Ave &
Washington St (Across from Opportunity Center)
6:00 PM First Baptist Church, St. Clair side

Northwest Community Services Org.....532-1505
Food pantry available Mon-Fri 8am-5pm

Salvation Army, (305 Seminole)....536-8876
Food pantry and Soupline available daily. Call
Salvation Army or 2-1-1 for times and locations.

WIC.....533-0826
Women , Infant, Children Nutrition

HELPLine / United Way Community Resources

EMPLOYMENT

City of Huntsville Voice Information.....427-6751

Community Service Employment.....830-0818
A program of TARCOG for ages 55+

Department of Human Resources..... 427-6200
JOBS program for DHR clients

Huntsville Rehabilitation Center.....880-0680

State Employment Office.....851-0537

Unemployment Office.....851-0536

FAMILY PLANNING & PREGNANCY

Best Start.....265-7155
Prenatal services for Medicaid-eligible patients

Catholic Family Services.....536-0073

Choose Life.....533-3526

Family Services Center.....551-1610
Parenting Classes

Healthy Families.....327-3776
Serves first time parents and babies—Medicaid eligible

Madison County Health Department.....539-3711
"Plan First"- Family Planning, yearly examinations, mam-
mograms, education and other services † those eligible.

FINANCIAL ASSISTANCE

(Please note: Hours and availability of funds may change. Call 2-1-1 for current information.)

Catholic Center of Concern.....536-0041
Call for appointment Mon - Tue 9:00 am- 9:45 am

Community Action Agency.....851-9800
Heating / cooling assistance
Neighborhood centers:
Westside (Earl Street).....536-4368
New Market.....828-0726
Calvary Hill.....534-0863
Madison.....772-6669
New Hope.....723-4247

CUP-Churches United for People.....539-8720
Call for appointment Wed.-Thurs. 1pm-2pm

HAP-Huntsville Assistance Program.....539-2320
Call for appointment Wed. 1-3 pm
Serves S. Madison County

HAP—Toney area.....828-8788
Call for appointment Mondays—9:30 - 11:00 a.m.
Serves N. Madison County (Toney, Ardmore, Harvest, Meridianville, and Hazel Green

Huntsville Utilities.....535-1200
May arrange average monthly payments, payment plans or grant a payment extension

FINANCIAL ASSISTANCE (cont.)

Inside/Out Ministries.....325-5193
Only serves City of Madison residents
Call for appointment M-W-F 9:30am to 12:30pm or leave a message if calling at a different time.

Salvation Army536-5576
Project Share
Serving age 62+ and/or disabled, winter and summer as funds allow

St. Vincent de Paul Society
Catholic parish-based benevolent organization.

For zip codes 35810, 35811, 35750, 35759
Queen of the Universe.....852-2899
Call Tue-Thu, 9am– 2pm

35805, 35806, 35816
St. Joseph's.....539-7476
Call 2nd and 4th Wed., 9-11am

35757, 35758, 35773, 35749
35756, 35824
St. John's.....726-0100
Call Tuesday, 8:30—10:30

35801, 35802, 35803, 35741
35748, 35763, 35761
Holy Spirit.....881-9663
Call Wed., 8:15-9:30