

Mental health Resources

Services Available in English and Spanish

River Oaks Health:

Provides therapeutic services for mental health

Web: riveroakshealth.org

Tel: 205-650-0576

201 Towncenter Boulevard Tuscaloosa, AL 35406

Whatley Health Services:

Provides therapeutic services for mental health

Web: whatleyhealth.org

Tel: 205-758-6647

2731 Martin Luther King Jr Boulevard
Tuscaloosa, AL 35401

Tuscaloosa Psychological Services:

Michelle Michaels, PsyD provides therapeutic services for mental health

Web: tuscaloosapsychologicalservices.com

Tel: 205-523-5327

3600 Watermelon Rd., Suite 20, Northport,
AL 35473

Enfoque a la Familia:

Provides services online

Web:

<https://citas.enfoquealafamilia.cr/servicios-internacionales>

The Psychology Clinic at the University of Alabama:

Provides mental health services in English and Spanish depending on personnel availability

Web: psychologyclinic.ua.edu

Tel: 205-348-5000

200 Hackberry Lane Tuscaloosa, AL 35401

Tuscaloosa's One Place:

Provides services for families in Tuscaloosa County. Spanish-speaking personnel is available.

Web: tuscaloosaoneplace.org

Tel: 205-462-1000

810 27th Avenue Tuscaloosa, AL 35401

Phoenix House:

Provides services for people suffer from addiction. Spanish-speaking personnel is available.

Web: startyourrecoverytoday.com

Tel: 205-758-3867

700 35th Avenue Tuscaloosa, AL 35401

Resources online

National Alliance on Mental Illness: <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions>

I'm so stressed out! <https://www.nimh.nih.gov/health/publications/so-stressed-out-fact-sheet>

Videos about mental health: <https://adaa.org/resources-news/from-adaa-experts/videos>

What is anxiety?: <https://adaa.org/about-adaa/press-room/multimedia/what-anxiety>

What is major depressive disorder: <https://adaa.org/about-adaa/press-room/multimedia/what-major-depressive-disorder-mdd>

Questions to ask when selecting a therapist: [https://adaa.org/sites/default/files/2022-04/BIPOC%20Communities%20Selecting%20Therapist%20March%202022%20\(1\).pdf](https://adaa.org/sites/default/files/2022-04/BIPOC%20Communities%20Selecting%20Therapist%20March%202022%20(1).pdf)