

# HEALTH RESOURCES

***This list is for folks who are homeless on the streets or in shelters, most of the resources on this list do not require insurance but if you have it, please bring proof. Bring proof of income (if applicable) and proof of ID (continuum ID ok).***

*Updated 6/18/2021*

## Medical Services

### **M-Power Ministries**

4022 4th Ave S (205) 595-5959

Tuesday and Thursday Check in 3-3:30

### **ARMS**

***\*\*must be a Bham resident for greater than 3 months***

***\*\*Must be able to have an agency vouch for your homelessness or be in a shelter***

***\*\*M-F 7:30-4:30 closed 12-1***

712 25th St N (metro center) 205-407-6900

417 19th St Ensley 205-783-9300

7001 Crestwood Blvd Suite 822 205-421-9615

2817 30th Ave N 205-407-6900 205-407-9650 205-407-9699

### **Cooper Green Hospital**

1515 6th Ave S.

You must first get a Cooper Green health card-you will need a continuum ID, a letter of verification from a shelter or treatment program including beginning and end date, social security card and proof of income. (if applicable) Please see Enrollment on the first floor of Cooper Green to verify this information and to make an appointment to enroll. Hours are M-F 9-11 or call 205-930-3377

### **UAB Health Finder**

(205) 934-9999

Uabmedicine.org

This is a dial up service to help you establish care at UAB

### **Central Health Center**

1400 6th Ave S

205-930-1135

Provide services on sliding scale based on income

Medical, dental, Pediatrics, maternal, dental, Sexual health and testing, optometry and specialty clinics

### **Jefferson County Central Health Center**

1400 6th Ave S 205-930-1135

601 West Blvd Roebuck 205-591-5180

631 Bessemer Super Hwy Midfield, AL 205-715-6121

**Christ Health Center** *\*\*insurance required*

5720 1st Ave S 205-380-9455

2152 Old Springville Rd 205-838-6000

**Cahaba Medical Center** *\*\*insurance required*

1088 9th Ave SW 205-277-2358

1308 Tuscaloosa Ave 205-788-5164

623 8th Ave E Ensley 205-545-7696 (dental clinic only)

**Red Crescent Clinic of Alabama** *\*\*no insurance required*

2524 Hackberry Lane, Hoover 205-879-4247

*The Red Crescent Clinic of Alabama is a free health clinic and is a collaborative effort by the Birmingham Islamic Society and the Association of Physicians of Pakistani-descent in North America (Alabama chapter).*

**Clinic Services**

- The clinic will be open every Sunday from 2:00 PM - 6:00 PM, except RCCA holidays
- Please, no walk-ins. Appointments must be scheduled by phone.
- The clinic will provide primary care services only. No specialists will be available.

**Eyeglasses and Eye Care**

**Cooper Green** 7th floor

Patient must have Cooper green care

**UAB community eye care** 205-975-2020

Located at The Foundry, Lovelady and M-Power Ministries

Free eye exam and glasses

Must be in a shelter program with verification

**EyeCare America** 877-887-6327 - Hours: 8am-Noon, Monday-Friday (Pacific Time)

If you are eligible for the program, you can schedule a **free comprehensive eye exam** with a participating ophthalmologist in your area.

Eligibility requirements

U.S. citizen or legal resident age 65 or older

have not seen an ophthalmologist in the last three years or more

do not belong to an HMO or have veterans' vision care To find out more about the program and

to see if you are eligible, visit [www.EyeCareAmerica.org](http://www.EyeCareAmerica.org).

Email: [eyecareamerica@aao.org](mailto:eyecareamerica@aao.org)

## Prescriptions

### **M-Power Dispensary of Hope at M-Power**

Offer selected prescriptions free/sliding cost to patients

Tuesday 11-2 Wed and Th 9-2

4022 4th Ave South

205-595-5959

### **GoodRx**

Download app to phone and look up your prescription. This will help lower most costs whether you have insurance or not

### **SeniorRx**

United way program for low to no cost prescriptions for seniors

Call age line at 1-800-243-5463

Also covers disabled folks in their Medicare waiting period

Medications are sent to your dr office

### **Positive maturity, Inc.**

3600 8th Ave S Ste 200

205-803-3211

Medication assistance for low income seniors (60+)

## Mental Health Care

**JBS Urgent Care** (if you have a previous diagnosis and records that can be pulled)

M-TH 8-5 TH-Fri 8-2

1230 3rd Ave S 205-545-8420

*Currently they are only doing phone appointments*

### **Bham Veterans Mental Health Clinic**

700 19th St S 205-933-8101

**Christ Health Center** (sliding scale and insurance accepted, must be referred by primary)

5720 1st Ave S 205-380-9455

### **UAB Psychiatry**

205-934-7008 (for new patients) 934-4108 (for current patients)

### **Eastside Mental Health Center**

129 East Park Circle 205-836-7283

### **Western Mental Health Center**

1707 Avenue D 205-788-7770

### **Cheaha Regional Mental Health Center**

1661 Old Birmingham Hwy 256-245-2201

### **Chilton-Shelby Mental Health Center**

2100 County Service Dr Pelham 205-633-1252

### **ARMS**

2817 30th Ave N                      205-407-6900                      205-407-9650                      205-407-9699  
Jessica Skarda at the Metro Center can help with mental health medication  
712 25th St N (metro center)                      205-407-6900  
Ms. McAlpine at the Northern clinic can help with mental health counseling

## **Counseling Only**

**ARMS Metro Clinic**-free services with homeless verification (ask us at the front)

712 25th St N    205-407-6900

**Impact Counseling**-sliding scale based on income

100 24th St S

205-916-0123

**Family Guidance Center of Birmingham**-all services are free

234 Aquarius Dr #118

205-945-6000

Fatherhood classes for men, family healthcare and developmental needs, counseling serving for couples and families

Virtual counseling ONLY

**Catholic Family Services**-sliding scale only

2164 11th Ave S

205-324-6561

M-Th                      8-5                      Fri 8-12

Individual and family counseling, anxiety, depression and grief counseling.

Phone appointment only until 7/7/2020

**UAB Community Counselling Clinic**- Currently free but will transition to a sliding scale system in the future with costs going up to \$5 per appointment.

Serves all populations for counseling purposes. Refers out for Substance abuse and Eating Disorders.

1150 10th Ave S, Birmingham, AL 35205 in the Engineering Building

205-996-2414

M-Th 10am-7:30pm

**Alabama Apart Together**      Therapy call line

205-552-2718

**National Suicide Prevention Line**

1-800-8255 OR 1-800-784-2433

**Birmingham Suicide Prevention Line**

205-327-7777

