

Community Resources Birmingham Area

1. **General Resources**

a. **Findhelp.org**

- i. Enter zip code & it helps provide free or reduced-cost resources like food, housing, financial assistance, health care, and more.

2. **Housing**

a. **One Roof**

- i. Coordinates/assists with connecting to housing & community resources
- ii. Address: 1515 6th Ave South Birmingham, AL 35233 *5th Floor at Cooper Green*
- iii. Phone Number : (205) 254-8833
- iv. Website: [One Roof \(oneroofonline.org\)](http://oneroofonline.org)

b. **Firehouse Ministries Homeless Shelter**

- i. Provides support to homeless men in the metro Birmingham area
- ii. Address: 626 2nd Ave N Birmingham, AL 35203; operates at 8 different sites (7 of which are shelters)
- iii. Phone Number: (205) 252-9571
- iv. Website: [Firehouse Ministries Homeless Shelter in Birmingham AL \(firehouseshelter.com\)](http://firehouseshelter.com)

c. **Three Hots and a Cot**

- i. Provides shelter to homeless veterans
- ii. Address: 2124 Old Springville Rd Birmingham, AL 35215
- iii. Phone Number: (205) 520-2356
- iv. Website: [Three Hots And A Cot \(cotsforvets.org\)](http://cotsforvets.org)

d. **Aletheia House**

- i. Provides affordable housing in single family homes and apartments to low-income individuals and families, including tenants who have been experiencing challenges such as homelessness, poor credit histories or incarceration.
- ii. Address: Various locations in Birmingham & surrounding cities
- iii. Phone Number: (205) 324-6502. Location specific phone numbers as well (see website)
- iv. [Affordable Housing | Aletheia House \(specialkindofcaring.org\)](http://specialkindofcaring.org)

e. **TAKE Birmingham**

- i. Focuses on issues such as discrimination in the workplace, housing advocacy and providing trans-friendly services for trans people of color. Has an emergency housing program called Gloria's Safe Haven.
- ii. Phone: 205-848-5849
- iii. Website: <https://www.takebhm.org/>

## 2. Food insecurity

### a. **Blazer Kitchen**

- i. Patient Shoppers must bring a referral letter from their clinic. All shoppers must bring their own bags to shop.
- ii. Address: 1613 Building, 1613 11th Ave S
- iii. Phone Number: (205) 996-2040
- iv. Website: [Blazer Kitchen - Benevolent Fund \(uab.edu\)](http://Blazer Kitchen - Benevolent Fund (uab.edu))

### b. **Meals on Wheels**

- i. Deliver food to seniors and disabled persons who are challenged to the point where they are unable to prepare meals for themselves or leave home on their own. Must be age 60 or older & live in Jefferson County
- ii. Meals are free and there are no income restrictions.
- iii. Call 1-800-AGE-LINE (1-800-243-5463) to arrange service
- iv. Hours: Monday-Friday, 8 a.m. to 4:30 p.m
- v. Website: <https://mowjeffco.org/>

### c. **Feed BHM**

- i. Provide food for pickup via drive through at various locations in the Birmingham area. Apply for food support via website.
- ii. Location/Hours: varies; see website
- iii. Phone: 205-490-7516
- iv. Website: <https://gracekleincommunity.com/feedbhm/>

### d. **Serving You Ministries**

- i. Food assistance is allowed 4 times per year. Must bring identification for all household members
- ii. Address: 6523 1st Ave N Birmingham, AL 35206 United States
- iii. Hours: Mon-Thurs 8-4; Sun 1:30-4 (by appointment only)
- iv. Phone: 205-777-3653
- v. Website: <https://www.servingyou.org/need-help>

### e. **Urban Ministries**

- i. WE Cafe offers pay-what-you-can lunch during the week. See website for calendar/menu.
- ii. Address: 1229 Cotton Avenue SW Birmingham, AL 35211
- iii. Hours: Monday–Friday 11:30-1:30
- iv. Phone: (205) 781-0517
- v. Website: <https://www.urban-ministry.org/ministries/we-cafe/>

### f. **Salvation Army**

- i. Free food pantry. Need identification, Social Security card, utility bill or lease available. Also offer free daily meal at The Center of Hope, Monday - Friday, from 11:30 am – 12:30 pm.
- ii. Address: Various locations across Birmingham
- iii. Hours: Vary by location
- iv. Phone: (205) 328-5656
- v. <https://southernusa.salvationarmy.org/birmingham-al/cure-hunger/>

### g. **St. Andrews Episocal Church St. Andy's Pantry**

- i. Food distribution the first and third Saturdays of the month
- ii. Address: 1024 South 12th Street Birmingham, Alabama 35205.
- iii. Hours: call for hours
- iv. Phone: 205-251-7898.
- v. Website: <https://www.standrewsbham.org/outreach>

**h. Catholic Center of Concern Food Pantry**

- i. Anyone who needs assistance can get help from this pantry. No one is turned away, regardless of income, religion, or background.
- ii. Address: 712 4th Court West, Birmingham, AL 35204
- iii. Hours: call for hours
- iv. Phone: (205) 786-4388.
- v. Website: <https://www.catholiccharitiesbhm.org/the-catholic-centers-of-concern.html>

**i. Community Food Bank of Central Alabama**

- i. Collects food for distribution to multiple agency partners across central Alabama. Can search website for nearest food pantry. Food is available while supplies last; call ahead and arrive early to ensure availability. Some of our agency partners operate by appointment only.
- ii. Address: varies; see website
- iii. Hours: varies; see website
- iv. Phone: varies; see website
- v. Website: <https://feedingal.org/find-food/>

**j. Food for Our Journey**

- i. Mobile food pantry that strives to meet patients/clients where they are, thus removing the travel requirement for those who aren't mobile
- ii. Address: 2418 Huntington Glen Drive Birmingham, AL 35226
- iii. Hours: varies; see website
- iv. Phone: 205.283.7151
- v. Website: <https://www.foodforourjourney.org/>

**3. Transportation**

**a. United Way**

- i. Free round-trip, on-demand rides that connect qualified individuals to needed services.
- ii. Riders can simply call 2-1-1, and a UWCA Community Service Response Specialist will connect them to a clean, safe Lyft ride to and from their destination.
- iii. Clients are encouraged to call 24 hours or more in advance of needed ride.
- iv. No proof of income is required.
- v. Website: <https://www.uwca.org/need-a-lyft-its-easy-to-get-a-free-ride/>

**b. BJCTA (Birmingham Jefferson County Transit Authority):**

- i. Persons with disabilities, Seniors 62+ with valid ID, Military ID, or Medicare Card get reduced fare including \$2 all day pass or 2 week pass for \$12.50
  - 1. All eligible riders can receive an Access Pass ID at no cost from BJCTA, 1801 Morris Ave, Birmingham, AL 35203 on Mondays, Tuesdays and Wednesdays from 9:00 a.m. until 4:00 p.m.
  - 2. Veterans can show their ID when boarding or purchasing passes from central station 1701 Morris Ave, Birmingham, AL 35203.
  - 3. Medicare card (Red, White, and Blue) holders. Person must present card and a valid photo ID (driver's license, non-driver's ID) when boarding or purchasing passes from Central Station, 1701 Morris Ave, Birmingham, AL 35203.
- c. **Medicaid's Non-Emergency Transportation**
  - i. Helps eligible recipients pay for rides to dental and doctor offices, hospitals and other medical facilities when the service is also covered by Medicaid.
  - ii. The NET call center is open from 8 a.m. to 4:30 p.m., Monday through Friday, except on major state holidays.
  - iii. Website: [https://medicaid.alabama.gov/content/4.0\\_programs/4.5\\_transportation.aspx](https://medicaid.alabama.gov/content/4.0_programs/4.5_transportation.aspx)

#### 4. **Substance use**

- a. **Recovery Resource Center (RCC)**
  - i. Helps coordinate care for addiction treatment
  - ii. Assessment -> Referral -> Peer support and information
    - 1. Walk-ins (calling ahead is encouraged)
    - 2. Assessments first-come-first-serve (arrive by 2:00)
    - 3. Telehealth
  - iii. Address: 1515 6th Avenue South Birmingham, AL 35233 (Inside Cooper Green Mercy Hospital)
  - iv. Phone Number: (205) 458-3377
  - v. Website: [Recovery Resource Center - Crisis Center \(crisiscenterbham.org\)](http://Recovery Resource Center - Crisis Center (crisiscenterbham.org))
  - vi. Note also has Walker County location:  
1503 5th Avenue South Jasper, AL 35501 205-458-3378
- b. **Beacon**
  - i. Residential and outpatient treatment. Initial assessment is free. Fees are based on a sliding scale, between \$0-100 monthly depending on household income. No cost for individuals with full Medicaid coverage.
  - ii. Address: 3<sup>rd</sup> floor of the tower at 530 Beacon Parkway W., Birmingham, AL 35209
  - iii. Phone Number: (205) 917-3733
  - iv. Website: [UAB Beacon Recovery - Center for Addiction and Pain](http://UAB Beacon Recovery - Center for Addiction and Pain)

[Prevention and Intervention | UAB](#)

**c. Adult Rehabilitation Center**

- i. Salvation Army faith-based rehabilitation program
- ii. Residential and outpatient programs available
  1. 180-day residential work therapy program
  2. Provides housing, food, and counseling
  3. Generally free of charge
- iii. Address: 1401F L Shuttlesworth Dr, Birmingham
- iv. Phone Number: 205-252-8151
- v. Website: [Rehabilitation | The Salvation Army USA](#)

**d. Aletheia House**

- i. Provides residential and outpatient services for men and women who are experiencing problems related to their substance use disorder.
- ii. All treatment programs accept medicaid. Free residential treatment for uninsured patients. Medication assisted treatment (MAT) available
  1. \$25.00 per month for the medical visit, counseling and medication
- iii. Address: Various locations in Birmingham & surrounding cities
- iv. Phone Number: (205) 324-6502. Location specific phone numbers as well (see website)
- v. Website: [Drug & Alcohol Treatment | Aletheia House \(specialkindofcaring.org\)](#)

**e. Olivia's House**

- i. Provides residential treatment for chemically dependent women and their children. Children, up to age 10, can live with their mothers at Olivia's House during the course of residential treatment, a period of up to twelve months.
- ii. Address: 8017 2nd Avenue South, Birmingham, AL 35206
- iii. Phone Number: 205-833-5708
- iv. Website: [https://mh.alabama.gov/at\\_biz\\_dir/olivias-house/](https://mh.alabama.gov/at_biz_dir/olivias-house/)

**f. Peer Support Groups**

- i. Alcoholics Anonymous (aa.org)
- ii. Al-Anon(al-anon.org) - for family members of patients with AUD
- iii. Narcotics Anonymous (narcotics.com)
- iv. Celebrate Recovery (celebraterecovery.com)
- v. SMART Recovery (smartrecovery.org)

**5. Behavioral Health**

**a. EAB Clinic**

- i. Mental health services provided once monthly, Saturdays 12:00-5:00 PM
- ii. Address: 930 20th St S, Birmingham, AL 35205
- iii. Phone Number: 205-607-2302; Email: [equalaccess@uab.edu](mailto:equalaccess@uab.edu)
- iv. Website: <https://www.uab.edu/medicine/eab/patients/clinics>

**b. UAB Psychiatry**

- i. Services provided include acute adolescent, adult, and geriatric inpatient psychiatry services, adult psychiatric intensive care services, recovery stabilization unit, partial hospitalization program and intensive outpatient program
- ii. Accepts Medicaid (no Medicaid referral needed for ages 21 and older). Aetna and Cigna are OON
- iii. Address: 1737 6th Avenue South Birmingham, AL 35233
- iv. Phone Number: 205-934-4107
- v. Website: <https://www.uabmedicine.org/locations/uab-center-for-psychiatric-medicine/>

**c. Choices of Alabama**

- i. Provides counseling services only for patients age 6 and older
- ii. Accepts Medicaid
- iii. Address: 1900 Crestwood Boulevard, Suite 203 Birmingham, AL 35210
- iv. Phone Number: 205-639-1334
- v. Website: [www.choicesofalabama.com](http://www.choicesofalabama.com)

**d. Central Alabama Wellness**

- i. Provides array of services to children and adults encountering mental illness, substance use disorder, and intellectual disability throughout Chilton and Shelby Counties including individual and group therapy, residential services, substance abuse treatment, case management.
- ii. Accepts BCBS/Medicaid. Does not accept Medicare.
- iii. Address: 151 Hamilton Lane Calera, AL 35040
- iv. Phone Number: 205-651-0077. Email: [Info@centralalabamawellness.org](mailto:Info@centralalabamawellness.org)
- v. Website: <https://centralalabamawellness.org/>

**e. Glenwood Mental Health Services**

- i. Dedicated to serving children, adolescents, and adults with autism and other behavioral health needs since 1974
- ii. Address: 150 Glenwood Lane Birmingham, AL 35242
- iii. Phone Number: 205-969-2880
- iv. Website: <https://glenwood.org/>

**f. Grayson & Associates**

- i. Provides wide array of mental health services to ages ranging from children to geriatric across 7 outpatient and 7 inpatient sites
- ii. Address: 2200 Lakeshore Dr #150, Birmingham, AL 35209
  - 1. Locations include Homewood, Meadowbrook, Riverchase, Trussville, Park Plaza, and Montgomery
- iii. Phone Numbers: Birmingham intake 205-868-2702; Montgomery intake 334-323-0191
- iv. Website: <https://grayson.associates/>

**g. Lotus Counseling**

- i. Women's counseling services, particularly specializing trauma relating sexual abuse/assault, sex trafficking, domestic violence as well as life transitions including pregnancy, parenting, college, and divorce.

- ii. Accepts Medicaid and sliding scale fees
- iii. Address: 4268 Cahaba Heights Court Suite 150 Birmingham, AL 35243
- iv. Phone Number: 205-208-0032
- v. Website: <https://www.lotuswomenscounseling.com/>

**h. Hill Crest Behavioral Health Services**

- i. Inpatient only mental health treatments for adolescents and adults
- ii. No Medicaid for adults.
- iii. Address: 6869 5th Ave S Birmingham, AL 35212
- iv. Phone Number: 205-833-9000
- v. Website: <https://hillcrestbhs.com/>

**i. Pitts & Associates**

- i. Variety of services offered to all ages including individual, family, couple, and group therapy, treatment of anxiety/depression and rage, parent consultation, school evaluations, ADHD evaluations, grief counseling, EMDR, and TMS
- ii. Accepts all insurances including BCBS/Medicaid sliding scale
- iii. Address: 601 Beacon Parkway West, Suite 201 Birmingham, AL 35212
- iv. Phone Number: 205-870-3520
- v. Website: <https://homewoodtherapy.com/>

**j. Psychiatry 280**

- i. No additional information available.
- ii. Address: 5479 Highway 280, Suite 114 Birmingham, AL 35209
- iii. Phone Number: 205-879-2120

**k. Psychiatry South**

- i. Provides outpatient mental health services including psychopharmacology, psychotherapy, family counseling, marital counseling, substance abuse treatment, and group therapy
- ii. Accepts most major health insurances including BCBS
- iii. Address: 3000 Southlake Park Suite 100 Birmingham, AL 35244
- iv. Phone Number: 205-987-0724
- v. Website: <https://psychiatricsouth.com/>

**l. Eastside Mental Health**

- i. Offers services for children and adults including outpatient treatment, day treatment, assertive community treatment, consultation and education
- ii. Address: 129 E Park Circle Birmingham, AL 35235
- iii. Phone Number: 205-836-7283
- iv. Website: [https://mh.alabama.gov/at\\_biz\\_dir/eastside-mental-health-center-2/](https://mh.alabama.gov/at_biz_dir/eastside-mental-health-center-2/)

**m. Cahaba Psychology Center**

- i. Children and adults, services including individual, couple, family therapy and parent training.
- ii. Accepts majority of insurances including Tricare, BCBS, Medicare, Medicaid, ABBM, Value Options/Beacon, Aetna, Viva, Humana
- iii. Address: 2 Riverchase Office Plaza, Suite 115, Hoover, AL 35244

- iv. Phone Number: 205-403-0955
- v. Website: <http://www.cahabapsychology.com/insurance/insurance.htm>

**n. Capital Care South**

- i. Offers both day services for severe persistent mental health diagnoses as well as outpatient mental health services
- ii. Accepts Medicaid/ uninsured sliding scale
- iii. Address: 2619 Commerce Blvd, Irondale, AL 35210
- iv. Phone Number: 205-956-2000; Email: [info@capitolcaresouth.com](mailto:info@capitolcaresouth.com)
- v. Website: <https://www.capitol-care.org/south>

**o. JSB Urgent Care**

- i. Provides rapid access to outpatient mental health care
- ii. Accepts both private insurance and uninsured
- iii. Address: 1230 3rd avenue S Birmingham, AL 35233
- iv. Phone Number: 204-545-8420; Email: [urgentcareclinic@jbsmha.com](mailto:urgentcareclinic@jbsmha.com)
- v. Website: <https://jbsmentalhealth.com/brief-psychiatric-care-clinic/>

**p. Gateway**

- i. Services include family counseling, intensive in-home services, school-based counseling, as well as foster parent training
- ii. Accepts sliding scale
- iii. Address: 1401 20th Street S Birmingham, AL 35205
- iv. Phone Number: 205-510-2600
- v. Website: [www.gway.org](http://www.gway.org)

**q. Impact Family Counseling**

- i. Christian affiliated counseling program with services including anger control training, outpatient counseling, family reunification, free crib distribution for new moms, school counseling, PROVE (parenting, vocational education and placement, general life skills)
- ii. Accepts Medicaid, sliding scale fees, referral required from physician
- iii. Address: 1000 24th Street S Birmingham, AL 35205
  - 1. Other location: 701 Montgomery Hwy Birmingham, AL 35216
- iv. Phone Number: 205-916-0123
- v. Website: <https://www.impactal.org/>

**r. Affordable Counseling Therapy (ACT)**

- i. Provides counseling services to all ages including individual therapy, marriage guidance, family support and assistance overcoming addictions
- ii. A
- iii. Address: 200 Century Park S, Suite 116, Birmingham, AL 35226
- iv. Phone Number: 205-933-7443
- v. Website: <https://www.actbirmingham.org/>

**s. UAB Community Counseling Clinic**

- i. Counseling delivered by graduate students with UAB School of Education, supervised by faculty
- ii. Sliding scale (\$5-\$30)
- iii. Address: 1150 10th Ave S Room 117 Birmingham, AL 35294



- iv. Phone Number: 205-996-2414
- v. Website: <https://www.uab.edu/education/counselingclinic/>

**t. Catholic Family Services**

- i. Services include marriage therapy, individual and family counseling, parent education, adoption counseling, pregnancy support, adolescent mental health and hispanic ministries
- ii. Sliding Scale Fees, Does not accept Medicaid
- iii. Address: 1515 12th Ave S Birmingham, AL 35205
  - 1. 4920 Corporate Drive, Suite J, Huntsville, AL 35805
- iv. Phone Number: 205-324-6561
- v. Website: <https://www.cfsbhm.org/>

**u. Integrative Health Services**

- i. Services include individual therapy, play therapy, marriage/relationship counseling, family counseling, addiction support
- ii. Accepts Medicaid
- iii. Address: 1957 Hoover Court Hoover, AL 35226
- iv. Phone Number: 205-892-5169
- v. Website: <https://ihealthservices.org/>

**v. Exceeding Contentment Behavioral Health**

- i. Services include individual, family, and grief counseling, Anger Management, DOT Substance abuse Professionals, play and teen therapy
- ii. Accepts Medicaid
- iii. Address: 722 Memorial Drive Bessemer, AL 35022
- iv. Phone Number: 205-847-1433
- v. Website: <https://ecbhealth.com/>

**w. Noah's Ark Child and Family Treatment Center**

- i. Services include individual, group, family and in-home counseling, anger management, psychological evaluation, diagnostic assessment/referral, parenting skills/training, life skills, 24 hour crisis intervention
- ii. Accepts Medicaid
- iii. Address: 1728 5th Ave North Birmingham, AL 35203
- iv. Phone Number: 205-502-7278
- v. Website: <https://noahsarktreatmentcenter.com/>

## **6. Where to get an ID**

**a. PATH Clinic Social Workers**

**b. Highlands United Methodist Church**

- i. Services: Project ID – helps pay for Birth Certificates and Photo IDs Hours; by appointment only
- ii. Address: 1045 20th Street North Birmingham, Alabama 35205
- iii. Phone Number: (205) 933-8751

**c. Community on the Rise**

- i. RISE ID recovery services (birth certificate, social security card, state ID/license)

- ii. Hours: Mondays & Thursdays: 10AM - 2PM
- iii. Address: 112 14th Street North | Birmingham, AL 35203 (Come to Pink Door on the 2nd Avenue side of the building!)
- iv. Phone: 205-680-5619
- v. Website: <https://www.communityontherise.com/hours-schedule>

**d. Department of Motor Vehicles**

- i. Hours: Monday-Friday: 7 AM to 4:30 PM
- ii. Address: 908 Bankhead Highway, Birmingham, AL 35201
- iii. Phone: 205-252-7445
- iv. Website: <https://www.alea.gov/dps/driver-license/driver-license-offices/jefferson-county>

**e. Jefferson County Department of Health**

- i. Vital Records will issue birth, death, marriage, and divorce certificates to individuals that are entitled to said records and have appropriate ID and payment
- ii. Address: Central Health Center: 1400 6th Ave S, Birmingham, AL 35233  
Eastern Health Center: 601 West Blvd Roebuck, Birmingham, AL 35206  
Western Health Center: 631 Bessemer Super Hwy, Midfield, AL 35228
- iii. Hours: M-F 7:45am – 4:15pm
- iv. Phone: (205) 930-1106
- v. Website: <https://www.jcdh.org/SitePages/Programs-Services/Records/VitalRecords.aspx#Birth>

**7. Resources for Undocumented Immigrants**

**a. Bilingual resources**

- i. Vocera- Interpreter on Call
  - 1. 24 hour call for Spanish
- ii. Outpatient Interpreter Services
  - 1. (for Spanish, Arabic, Russian, Chinese, Korean, Hindi, French, Gujarati, Punjabi and ASL)
  - 2. Email [interpreterrequest@uabmc.edu](mailto:interpreterrequest@uabmc.edu)

**b. Project Access**

- i. Healthcare access for the uninsured who are unable to get health insurance through the Affordable Care Act and have a household income less than 200% of the current poverty level
- ii. Phone Number: (205) 202-1598.
- iii. Website: <https://jcprojectaccess.org/>

**c. Christ Health Center**

- i. Accepts all forms of insurance, including Medicaid, Medicare, and ALL Kids. We also accept patients with limited or no insurance coverage. Need to show proof of income.
- ii. Address: 4 locations in Birmingham including 5720 First Avenue South Birmingham, AL 35212.
- iii. Hours: Monday - Friday 7:45AM - 5:00PM

- iv. Phone: 205-380-9455
  - v. Website: <https://christhealthcenter.org/>
- d. Red Crescent Clinic of Alabama**
- i. Provides high quality primary care services to everyone regardless of gender, race, ethnicity, religion, or ability to pay.
  - ii. Via appointment only
  - iii. Address: 2524 Hackberry Ln, Hoover, AL 35226
  - iv. Hours: Sunday from 2:00 PM - 6:00 PM
  - v. Phone: (205) 879-4247
  - vi. Website: <http://www.redcrescentalabama.org/>
- e. Cahaba Medical Care**
- i. Offers a discounted, sliding fee schedule based on income and family size.
  - ii. Address: 7 locations across Alabama
  - iii. Bilingual providers
  - iv. Phone:
    1. WestEnd/Ensley: 205-994-5387
    2. Princeton/ Bessemer: (205) 937-8272
    3. Centreville: (256) 633-1124
    4. Marion: (205) 807-7097
  - v. <https://cahabamedicalcare.com/>
- f. Alabama Regional Medical Services**
- i. Various locations across Alabama
  - ii. Uses Sliding Fee Discount Program based on family size and income regardless of insurance status
  - iii. Phone: 205-407-5600
  - iv. Website: <https://alabamaarms.org/womens-health-care/>
- g. Hope Clinic Fairfield**
- i. Appointment required
  - ii. Accepts Medicaid, Medicare, and most major insurance carriers. Co-pay for insured patients is due at time of service. If you are uninsured, we charge \$40 for the initial visit and \$20 for follow up appointments. Lab and testing fees are an additional cost to the patient.
  - iii. Address: 4614 Carnegie Avenue • Fairfield, AL 35064
  - iv. Hours: M, T, W, and Th from 8:30am – 4:30pm and F from 8:30am – 12pm
  - v. Phone: 205-785-1353
  - vi. Website: <https://hopehealthcenter.org/>
- h. Equal Access Birmingham (EAB)**
- i. Student run free clinic for uninsured & underinsured
  - ii. Services: Primary Care, Pharmacy, Health Education, Community Health Screenings, Physical Therapy, Social Services
  - iii. Address: 930 20th Street South Birmingham, AL 35205
  - iv. Hours: Sunday: 12:30 PM - 5:30 PM Wednesday: 5:00 PM – 7:30 PM
  - v. Phone: 205-259-8836
  - vi. Website: <https://www.uab.edu/medicine/eab/>

- i. **M Power Ministries**
  - i. FREE primary care services to adult patients without access to health insurance. Will need to bring all of new patient forms filled out with a copy of your photo ID and a copy of your household proof of income
  - ii. Address: 4022 4th Avenue South Birmingham, Alabama 35222
  - iii. Hours: Tuesday and Thursday Check-in is from 3:00pm to 3:30pm
  - iv. Phone: (205) 595-5959

## 8. **GYN Services/Sexual Health/PrEP**

### a. **Jefferson County Department of Health- Central Health Center**

- i. PrEP, family planning, sexual health clinics
- ii. Address: 1400 6th Avenue South in Birmingham
- iii. Hours: 7:45am to 4:30pm
- iv. Phone: (205) 588-5234
- v. Website: <https://jcdh.org/SitePages/Programs-Services/Clinics/Clinics.aspx#PREP>

### b. **Cahaba Medical Care**

- i. OB Care & Women's Health, PrEP
- ii. Offers a discounted, sliding fee schedule based on income and family size.
- iii. 7 locations across Alabama
- iv. Phone:
  - 1. WestEnd/Ensley: 205-994-5387
  - 2. Princeton/ Bessemer: (205) 937-8272
  - 3. Centreville: (256) 633-1124
  - 4. Marion: (205) 807-7097
- v. Website: <https://cahabamedicalcare.com/prenatal-care>

### c. **Alabama Regional Medical Services Women's Healthcare**

- i. Various locations across Alabama
- ii. Uses Sliding Fee Discount Program based on family size and income regardless of insurance status
- iii. Phone: 205-407-5600
- iv. Website: <https://alabamaarms.org/womens-health-care/>

### d. **UAB OB/GYN Clinic**

- i. Various locations across the Birmingham area
- ii. Phone: 205.996.3130
- iii. Website: <https://www.uabmedicine.org/locations/womens-satellite-clinics/>

### e. **Shelby OB/GYN Clinic**

- i. Accepts Medicaid
- ii. Address: 408 1st St N Ste 200 Alabaster, AL 35007
- iii. Hours: M-Th 8-5; F 8-12
- iv. Phone: (205) 664-9995
- v. Website: <https://www.cwcalabama.com/>

### f. **Christ Health Center**

- i. Accepts all forms of insurance, including Medicaid, Medicare, and ALL Kids. We also accept patients with limited or no insurance coverage. Need to show proof of income.
- ii. Address: 4 locations in Birmingham including 5720 First Avenue South Birmingham, AL 35212.
- iii. Hours: Monday - Friday 7:45AM - 5:00PM
- iv. Phone: 205-380-9455
- v. Website: <https://christhealthcenter.org/>

**g. Magical City Wellness Center**

- i. Services for LGBTQ individuals and their allies include primary care, PrEP, Hormone Replacement Therapy, and STD/STI testing and treatment. Most major insurance plans are accepted. Also has sliding scale available. Appointments only. Some same day appointments are available for established patients.
- ii. Address: 3220 5th Avenue South, Suite 100 Birmingham, AL 35222
- iii. Hours: 8:00-5:00 Monday, Wednesday; 9:00-6:00 Tuesday & Thursday
- iv. Phone: 205.877.8677
- v. Website: <https://www.magiccitywellnesscenter.org/>

**h. TAKE Birmingham**

- i. Provides trans-friendly services for trans people of color including HELP program which provides HIV linkage to care & HIV prevention education
- ii. Phone: 205-848-5849
- iii. Website: <https://www.takebhm.org/>

**9. Dental Care - Reduced Costs Dental Clinics in Birmingham**

**a. Cahaba Valley Health Care Dental Clinic**

Located at Cooper Green but do not need a blue card

Phone: 205-918-2108

Spanish line: 205-918-2111

How it works: An MD/nurse must call for the patient. The patient cannot call for themselves. When you call you will be given a reservation for a free screening (screenings happen 18 times a year). At that screening a volunteer dentist will see them and if they need an extraction, etc they will set them up with an appointment. Screening and appointments are free. If you need a faster work in (abscess, etc) they can try to do that also. If abscess they suggest Augmentin or Clinda to buy time until the appointment.

[www.cahabavalleyhealthcare.org](http://www.cahabavalleyhealthcare.org)

**b. Christ Health Center**

Phone: 205-380-9455

5720 1st Ave S

How it works: you can walk in at 7:45am or 12:30pm - they will take 3+ patients first come first serve based on openings, cost \$40 if routine and includes exam and rays, \$65 if painful tooth and includes images and removal of tooth

[www.christhealthcenter.org](http://www.christhealthcenter.org)

**c. UAB School of Dentistry**

1919 7th Ave S, Birmingham AL, 35294

Phone: 205-934-2700

How it works: urgent walk in clinic, no appointments, walk in during 8-10:30am or 1-2:30pm, evaluated on first come first serve basis, \$40 fee which includes exam and ray, need photo identification

Resident comprehensive care clinic: can make appointment, \$80 for full rays and exam +/- treatment

[www.ab.edu/dentistry/home/index.php/patients](http://www.ab.edu/dentistry/home/index.php/patients)

**d. Quality of Life**

Phone: 1-888-490-0131 or 256-439-6388 for scheduling

3 locations:

1411 Piedmont Cutoff at Quality of Life Complex, Gadsden, AL 35903

1216 Wilbanks Ave at Gadsden Family and Student Health Solutions

1316 Noble Street, Anniston AL

How it works: \$45 includes ray and exam, prefer appointments, will do 2-3 walkins at 7am and 1pm at Gadsden and Anniston only, (need ID, proof of address, medication list, proof of income)

<http://qolhs.org/services/dental.html>

FACILITY	NUMBER	ADDRESS	CONTACT PERSON	SERVICES
Birmingham Family Dental Services	205-251-8128	2930 4 <sup>th</sup> Ave. S. B'ham, AL	Dr. Grady Swicord	Fee: Regular prices, open holidays and weekends
Birmingham Health Care Clinic	205-841-7760 205-212-5600 205-941-4690	2401 1 <sup>st</sup> Ave North B'ham, AL		Fee: Sliding Scale, medical
Northside Dental Clinic (Birmingham Health Care)	205-322-8288	1333 19 <sup>th</sup> Street North B'ham, AL		Fee: Sliding Scale, full dental services
Cahaba Valley Health Care	205-991-8771 205-991-7762 Spanish	4515 Southlake Parkway Suite 150 Hoover, AL 35244	Edwina Taylor <a href="http://www.cahabavalleyhealthcare.org">www.cahabavalleyhealthcare.org</a>  Denise at <a href="mailto:denise@cahabavalleyhealthcare.org">denise@cahabavalleyhealthcare.org</a>	Free dental cleanings and extractions. Have a monthly clinic. No urgent care. Eye care (glasses reg: \$60/bifocals \$75) or FREE glasses for those who qualify. Serve Spanish-speaking & all others in Jefferson/Shelby Counties
Christ Health Center	205-380-9455	5720 1 <sup>st</sup> Ave South B'ham, AL	<a href="mailto:Info@Christhealthcenter.org">Info@Christhealthcenter.org</a> Dr. Robert Record/Dr. Elaine Sides	Fee: Sliding Scale & Medicaid/Medicare Full Service, medical, dental
Community of Hope Health Clinic	205-685-4154	P.O. Box 223, Alabaster, AL 35007 2000 County Services Dr, Pelham	Mandy Maldonado	Free health care for Shelby Co uninsured residents who qualify
Fortis Institute	205-815-6904	100 London Parkway Homewood, AL	Mark DiBurro	Fee: Low cost cleanings, x-rays & treatment plan, must call for appointment
Foundry Dental	205-434-2031	1700 6 <sup>th</sup> Ave North Bessemer, AL	Dr. Mike McCracken	Fee: Low cost for uninsured, Fee due at time of service. Full Dental Services offered.
Jefferson Health System Cooper Green Hospital	205-930-3377	1515 6 <sup>th</sup> Ave South B'ham, AL 35233		Fee: Based on Income "First Program" white cards for those who qualify
Smiles for Keeps (Children 1-20)	205-592-2255	5500 1 <sup>st</sup> Ave South B'ham, AL		Medicaid & All Kids
UAB School of Dentistry	205-934-3000	1919 7 <sup>th</sup> Ave South B'ham, AL 35233		Fee: Low Cost. Be there by 7:30am.
Woodlawn Dental	205-591-1101	100 57 <sup>th</sup> Street South B'ham, AL 35212		Fee: Pay as you go, Low Cost, Full Dental Services offered

## 10. Primary Care

### a. Equal Access Birmingham (EAB)

- i. Student run free clinic for uninsured & underinsured, including undocumented patients
- ii. Services: Primary Care, Pharmacy, Health Education, Community Health Screenings, Physical Therapy, Social Services
- iii. Address: 930 20th Street South Birmingham, AL 35205
- iv. Hours: Sunday: 12:30 PM - 5:30 PM Wednesday: 5:00 PM – 7:30 PM
- v. Phone: 205-259-8836
- vi. Website: <https://www.uab.edu/medicine/eab/>

### b. M Power Ministries

- i. FREE primary care services to adult patients without access to health insurance. Will need to bring all of new patient forms filled out with a copy of your photo ID and a copy of your household proof of income
- ii. Address: 4022 4th Avenue South Birmingham, Alabama 35222
- iii. Hours: Tuesday and Thursday Check-in is from 3:00pm to 3:30pm
- iv. Phone: (205) 595-5959
- v. Website: <https://www.mpowerministries.org/health-center/>

### c. Cahaba Medical Care

- i. Offers a discounted, sliding fee schedule based on income and family size.
- ii. Address: 7 locations across Alabama
- iii. Phone:



1. WestEnd/Ensley: 205-994-5387
  2. Princeton/ Bessemer: (205) 937-8272
  3. Centreville: (256) 633-1124
  4. Marion: (205) 807-7097
- iv. <https://cahabamedicalcare.com/>
- d. Alabama Regional Medical Services**
- i. Various locations across Alabama
  - ii. Uses Sliding Fee Discount Program based on family size and income regardless of insurance status
  - iii. Phone: 205-407-5600
  - iv. Website: <https://alabamaarms.org/womens-health-care/>
- e. Cooper Green Mercy Health Services**
- i. Must be at least 18 years of age, a resident of Alabama for 1 year, and a resident of Jefferson County for at least 30 days.
  - ii. Accepts Medicare, Medicaid, and many third-party reimbursement plans. In addition, if you qualify for financial assistance based on your income, you will be entitled to reduced co-payments
  - iii. Primary Care Clinic M-F 7:45AM-4:30PM via appointment only
  - iv. Address: 1515 6th Avenue South
  - v. Birmingham, Alabama 35233
  - vi. Phone: 205-930-3200
  - vii. Website: <https://coopergreen.org/>
- f. Christ Health Center**
- i. Accepts all forms of insurance, including Medicaid, Medicare, and ALL Kids. We also accept patients with limited or no insurance coverage. Need to show proof of income.
  - ii. Address: 4 locations in Birmingham including 5720 First Avenue South Birmingham, AL 35212.
  - iii. Hours: Monday - Friday 7:45AM - 5:00PM
  - iv. Phone: 205-380-9455
  - v. Website: <https://christhealthcenter.org/>
- g. Hope Clinic Fairfield**
- i. Appointment required
  - ii. Accepts Medicaid, Medicare, and most major insurance carriers. Co-pay for insured patients is due at time of service. If you are uninsured, we charge \$40 for the initial visit and \$20 for follow up appointments. Lab and testing fees are an additional cost to the patient.
  - iii. Address: 4614 Carnegie Avenue • Fairfield, AL 35064
  - iv. Hours: M, T, W, and Th from 8:30am – 4:30pm and F from 8:30am – 12pm
  - v. Phone: 205-785-1353
  - vi. Website: <https://hopehealthcenter.org/>
- h. Magical City Wellness Center**
- i. Services for LGBTQ individuals and their allies include primary care, PrEP, Hormone Replacement Therapy, and STD/STI testing and treatment.



Most major insurance plans are accepted. Also has sliding scale available. Appointments only. Some same day appointments are available for established patients.

- ii. Address: 3220 5th Avenue South, Suite 100 Birmingham, AL 35222
- iii. Hours: 8:00-5:00 Monday, Wednesday; 9:00-6:00 Tuesday & Thursday
- iv. Phone: 205.877.8677
- v. Website: <https://www.magiccitywellnesscenter.org/>

#### For Non-Birmingham Area Alabama Residents

For patients who do not live in the Birmingham area:

1. [Alabama Local Resources - Organized by County](#)

This document was compiled by the **UAB Internal Medicine Residency Health Disparities Track**. If you find a resource that needs to be added or updated, please contact the **UAB Internal Medicine Chief Residents**. Thank you for checking out our resource!