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.
CONTENTS

Alcohol / Drug Programs
Animal Services / Shelters
Child Abuse / Neglect
Child Support
Children / Youth At Risk
Children’s Services
Christmas Assistance
Clothing / Household Items
Consumer Services
Counseling / Mental Health
Disability Services
Disaster Services
Domestic Violence
Education / Job Training
Education / Language Classes
Education, Special
Employment
Family Planning & Pregnancy
Financial Assistance
Food
Grief Support
Homeless / Housing / Shelter
In Home Services
Legal
Medical / Dental Care
Medical Needs / Prescriptions
Mental Health / Mental Retardation
Public Services
Rape / Sexual Assault
Senior Citizens
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 / HELPlne 716-1000
Crisis Services / Administrative 716-4052
Outside Madison County 1-800-691-8426
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

ALCOHOL / DRUG / ADDICTIONS
AAC/ STRONGER SYSTTM……………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
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

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

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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 Agency .............534-5110
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
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)

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 Administration.................1-800-772-1213
Local number........... 1-866-593-0665
TTY..................................................1-256-837-8803
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
(Shrading fee scale)

DISABILITY SERVICES

Ala. Dept. of Rehabilitation Services .... 650-1700
(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

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
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

MEDICAL / DENTAL CARE (cont.)

Community Free Clinic ...........................533-2910  
Walk-ins Tues and Thurs 5:30pm to 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 Card ....................................1-877-321-6755  
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.
**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  

**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                        882-3344  
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
**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
Coordination 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 9-11am), 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

**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, mammograms, education and other services to 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. 1 pm - 2 pm

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

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 Army .......................... 536-5576
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, 9 am - 2 pm

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

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