

Fertility & Reproduction Health Wellness Resources

Resolve Online Support Community

Find your people, your tribe, your lifeline to support. RESOLVE: The National Infertility Association sponsors an [online community](#) that connects patients, families, friends and caregivers for support and inspiration.

Resolve Help Line

Thanks to the RESOLVE help line, you are NOT alone. It allows you to connect with a peer volunteer who has experience with infertility and can help you navigate the available resources. Call 1-866-NOT-ALONE (1-866-668-2566) to leave a voicemail message, and one of the volunteers will call you back within 1-3 days. If you do not receive a callback within three days, please email info@resolve.org.

Please note: The help line volunteers are not professionally trained medical or mental health professionals. If you need professional advice, please consult a local fertility specialist or mental health provider.

Counseling Services For UAB Employees

UAB Employee Assistance & Counseling Center (EACC)

The [UAB Employee Assistance & Counseling Center](#) has a dedicated team of certified counselors and offers free, confidential support services for UAB employees and members of their immediate household. The EACC also provides information on accessing a wide range of services designed to help you identify, understand, and resolve personal issues, including infertility.

Private Counseling Services

Please note: The counseling services listed below have not been screened and should not be considered to be endorsed or recommended by UAB Medicine.

The Amelia Center

205-638-7481 | childrensal.org/services/amelia-center

Benjamin Counseling And Consulting LLC

205-538-0244

Laura Luckie Finch, Licensed Professional Counselor

205-512-3203

Mills Perinatal Wellness Group

205-210-8222 | millsperinatalwellnessgroup.com

Psychiatry Associates

205-255-3828 | alpsychiatry.com

Warrior Wellness Group

205-624-2422 | warriorwellnessgroup.com

Fertility & Reproduction Health Wellness Resources

Nutrition And Wellness

With Milk And Honey LLC
withmilkandhoney.com

Whole Self Care
wholeselfcare.net

Books, Podcasts, And Online Resources:

Note: The content and resources in the link below have not been screened and should not be considered to be endorsed or recommended by UAB Medicine.

resolve.org/get-help/books-podcasts-and-online-resources/

Faith-Based Fertility Support Groups

Carrywell
carrywell.org

Jewish Fertility Foundation Birmingham
jewishfertilityfoundation.org/birmingham