



# BEHAVIORAL HEALTH IMMEDIATE RESOURCES

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Trained and compassionate individuals are available to support you during Hurricane Ida, the COVID-19 response or any emotional crisis. They will provide information and help to link you to confidential mental health and substance use services.

## **Office of Behavioral Health: Keep Calm Line (activating 9/3/21)**

- 1-866-310-7977 (24/7)

## **Behavioral Health Recovery Outreach Line**

- 1-833-333-1132 (24/7)
- For healthcare professionals and individuals in recovery

## **National Suicide Prevention Lifeline**

- 1-800-273-8255 (vets press 1)
- En Español: 1-888-628-9454
- Deaf/HoH: TTY 1-800-799-4889
- [www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx](http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx)

## **CrisisText Line**

- Text REACHOUT to 741741 (24/7)

## **SAMHSA Disaster Distress Helpline**

- Call 1-800-985-5990
- Text TALKWITHUS to 66746

## **Louisiana 211**

- Call 2-1-1
- <https://www.louisiana211.org>
- Free, 24/7 referral and information line that connects people to a wide range of health and human services

## **American Foundation for Suicide Prevention**

- <https://afsp.org/chapter/louisiana>

## **Local Human Services Districts/Authorities**

- <https://ldh.la.gov/index.cfm/directory/category/321>

## **National Alliance on Mental Illness (NAMI) Louisiana**

- <https://namilouisiana.org>

