



Behavioral Health Immediate Resources



LDH Office of Behavioral Health

These services are free, confidential and available to you 24/7:

- **Louisiana Problem Gamblers Helpline**
 - 1-877-770-STOP (7867)
- **Substance use helpline**
 - 1-877-664-2248

Louisiana 988 helpline

- **Free and confidential emotional support — whether you are experiencing issues around anxiety, depression, alcohol or drugs, thoughts of suicide, or anything in between**
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- Call or text 988 or visit Louisiana988.org to chat with 988 specialists 24/7
 - For special populations:
 - **Veterans:** Call 988 then dial 1, or text 838255
 - **Español:** Llame al 988 y luego presione 2
 - **LGBTQ+ under 25:** Call 988, then dial 3
 - **Deaf/HoH:** Use your preferred relay service or dial 711 then 988
 - Translation services in over 250 languages

Louisiana 211

- Call 211
- Visit Louisiana211.org
- Free, 24/7 referral and information line

Disaster Distress Line

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

Local Human Services

Visit ldh.la.gov/lge-map or scan the QR code to find services near you.



Region 1: Greater New Orleans

Metropolitan Human Services District
(504) 568-3130

Region 2: Capital Area

Capital Area Human Services District
(225) 922-2700

Region 3: South Central

South Central Louisiana Human Services Authority
(985) 858-2931

Region 4: Acadiana

Acadiana Area Human Services District
(337) 262-4190

Region 5: Southwest

Imperial Calcasieu Human Services Authority
(337) 475-3100

Region 6: Central

Central Louisiana Human Services District
(318) 487-5191

Region 7: Northwest

Northwest Louisiana Human Services District
(318) 676-5111

Region 8: Northeast

Northeast Delta Human Services Authority
(318) 362-3270 or 3020

Region 9: Northshore

Florida Parishes Human Services Authority
(985) 543-4333

Region 10: Jefferson Parish

Jefferson Parish Human Services Authority
(504) 838-5215