



# 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**
- Call or text 988 or visit [Louisiana988.org](https://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 1-800-273-8255
- Translation services in over 250 languages



## Louisiana 211

- Call 211
- Visit [Louisiana211.org](https://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](https://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) 543-433

#### Region 10: Jefferson Parish

Jefferson Parish Human Services Authority  
(504) 838-5215