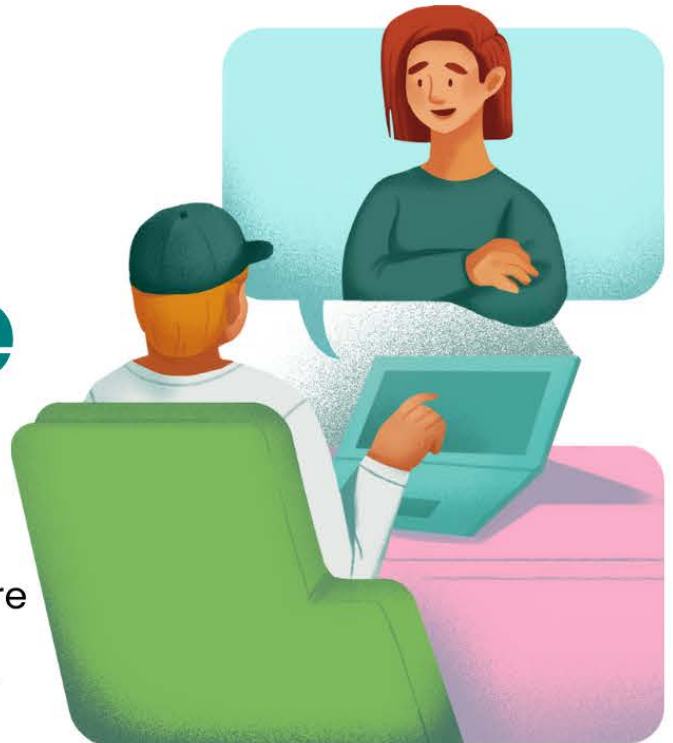


# Behavioral Health Immediate Resources



Trained and compassionate individuals are available to support you during hurricane season, public health emergencies or any emotional crisis.

They will provide information and help to link you to confidential mental health and substance use services.

## 988 Suicide and Crisis Lifeline

- Free and confidential support to anyone experiencing emotional distress, 24/7/365
- Call or text 988
- Chat available at [988lifeline.org](https://988lifeline.org)
- **Veterans Crisis Line:** Call 988 then dial 1, or text 838255
- **Español:** Llame al 988 y luego presione 2
- **LGBTQ+ youth:** Call 988 then dial 3
- **Deaf/HoH:** Use your preferred relay service or dial 711 then 1-800-273-8255

## Louisiana 211

- Call 211
- <https://www.louisiana211.org>
- Free, 24/7 information and referral to a range of health and human services

## LDH Office of Behavioral Health

- Available 24/7
  - **Keep Calm Line** (emotional distress): 1-866-310-7977
  - **Help Line** (substance use): 1-877-664-2248
  - **Louisiana Problem Gamblers Helpline:** 1-877-770-STOP

## Local Human Services Districts

- <https://www.ldh.la.gov/lge-map>

## Disaster Distress Helpline

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