



## Behavioral Health Resources in Response to Public Health Emergencies

Office of Behavioral Health “Keep Calm through COVID” Line: 1-866-310-7977  
Available 24 hours a day / 7 days a week | All calls confidential

With the recent outbreak of Coronavirus Disease 2019 (COVID-19) you may be feeling overwhelmed with fear and anxiety about the uncertainty surrounding this new public health emergency. We’re here to help you with learning how to cope with these strong emotions and associated stress. The Office of Behavioral Health “Keep Calm through COVID” Phone Line provides trained, compassionate counselors to support you during this difficult time. Counselors provide information and service coordination with linkage to mental health and substance use counseling services.

[VIA Link 211 or 1-800-749-2673 or www.vialink.org](#)

Call 24/7 for information and resources on health services

### Local contacts for support

- **Metropolitan Human Services District:** (504) 568-3130
- **Jefferson Parish Human Services Authority:** (504) 832-5123
- **Florida Parishes Human Services Authority:** 1-855-268-1091
- **ImCal Human Services Authority:** 1-800-272-8367 & 1-800-273-8255 (Suicide Prevention)
- **Northeast LA Human Services District:** 1-866-416-5570 & 1-800-862-1409 (Developmental Disabilities)
- **Northeast Delta Human Services Authority:** 1-800-256-2522
- **Central Louisiana Human Services District:** 1-800-654-1373 & 1-800-640-7494 (Developmental Disabilities)
- **Capital Area Human Services District:** (225) 923-1147 & 1-844-452-2133
- **South Central Louisiana Human Services Authority:** 1-877-500-9997
- **Acadiana Area Human Services District:** 1-877-655-8241

### Hotlines for you or your loved one who needs support

- **When in doubt, call 911!** - Tell them there is a “mental health emergency” and officers will be sent to assist you and your loved one. Ask for a Crisis Intervention Team (CIT) officer.
- **24/7 VIA Link Cope Line:** (504) 269-COPE (2763) or 1-800-749-2673 or text  
Call 24/7 or chat with a counselor between 3 p.m. and 10 p.m. Monday to Friday by going to [www.vialink.org](http://www.vialink.org) and opening the chat box.
- **24/7 National Suicide Prevention Lifeline**  
Call 1-800-273-8255 (veterans press 1) and En Español: 1-888-628-9454  
Deaf/hard of hearing: 1-800-799-4889 for TTY  
[www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx](http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx)
- **24/7 Text Line:** Text NAMI to 741741