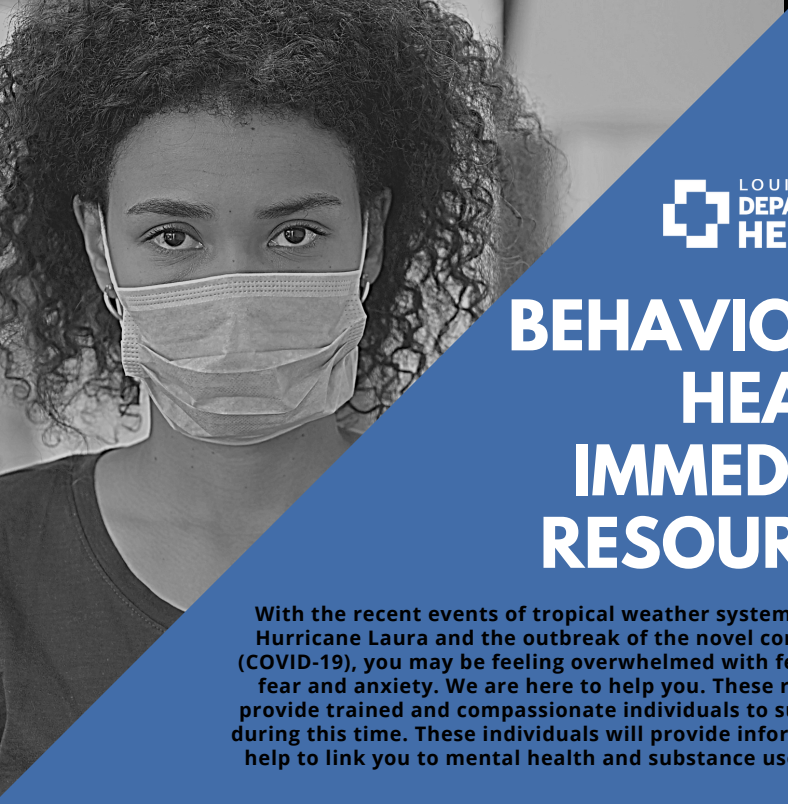

LOUISIANA DEPARTMENT OF HEALTH

BEHAVIORAL HEALTH IMMEDIATE RESOURCES

With the recent events of tropical weather systems such as Hurricane Laura and the outbreak of the novel coronavirus (COVID-19), you may be feeling overwhelmed with feelings like fear and anxiety. We are here to help you. These resources provide trained and compassionate individuals to support you during this time. These individuals will provide information and help to link you to mental health and substance use services.

Office of Behavioral Health's Keep Calm Line
1-866-310-7977 | All calls confidential | Available 24/7

Office of Behavioral Health's Behavioral Health Recovery Outreach Line
1-833-333-1132 | All calls confidential | Available 24/7
For healthcare professionals and individuals in recovery

24/7 VIA Link Cope Line
(504) 269-COPE (2763) or 1-800-749-2673 | Available 24/7
Online chat with a counselor between 3 p.m. and 10 p.m. Monday to Friday by going to www.vialink.org and opening the chat box

National Suicide Prevention Lifeline
1-800-273-8255 (veterans press 1)
En Español: 1-888-628-9454
Deaf / hard of hearing: 1-800-799-4889 for TTY
www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx

CrisisText Line
Text REACHOUT to 741741 | All calls confidential | Available 24/7