

MENTAL HEALTH RESOURCES



In the wake of experiencing a crime, the emotional toll can be profound and enduring, and it's vital to recognize the impact it can have on individuals and their loved ones. This guide extends insights into the vast array of mental health services and resources available to those affected by crime, whether the event occurred recently or left its mark on your life long ago.

Grief, trauma, and emotional wounds may persist, and this guide acknowledges the pain and loss you may have endured. Many of these service providers have experience in trauma-informed practices. Some are low-cost or free, ensuring accessibility to everyone seeking support. These services cover a broad spectrum of emotional needs, from therapy and counseling to support groups and crisis helplines. They offer solace, understanding, and strength to rebuild your inner self.

Your healing journey is unique, shaped by your unique experiences and losses. This guide provides support and guidance as you navigate it, honoring your path toward a brighter tomorrow.

We invite you to explore the resources in this guide at your own pace, seeking the support and knowledge that resonate with you. If you have any questions or concerns about an agency listed in this guide, please do not hesitate to contact our offices at 225-342-1570 for more information.

Health & Happiness,



988 SUICIDE AND CRISIS LIFELINE

24/7 Lifeline: 988

[Click here for website](#) [988 Lifeline Chat](#)

The 988 Suicide & Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 200 local crisis centers, combining custom local care and resources with national standards and best practices.

ADAPT, INC.

[Click here for website](#) Phone: 985-322-2085

24-Hour Crisis Hotline: 985-732-4961

ADAPT is a non-profit organization offering personal and pre-employment drug screens, individual or group counseling and a variety of prevention programs for the betterment of our community. The purpose of ADAPT is to provide a comprehensive center that offers advocacy, prevention and intervention services in the areas of sexual violence, substance abuse, and other problem behaviors of children and adults in Washington Parish. ADAPT strives to empower children, their parents, and other adults by providing knowledge and skills through its many programs and wide array of service. ADAPT stands ready to serve children and adults who are suffering as a result of sexual violence, substance abuse or any other problem behavior. ADAPT encourages our community to strengthen their prevention efforts through collaboration with schools, churches and community organizations.

BEING IN MOVEMENT

[Click here for website](#)

Being In Movement® and Aikido start by reframing body actions as beliefs about how to be most effective in one's life. Both disciplines offer ways of testing those beliefs. By experiencing that actions built on a spacious, compassionate, powerful body are more effective than behavior stemming from contraction, fear and anger, people can find more ease and effectiveness in whatever is important to them. When people are traumatized, these physical response patterns get locked into the body. People cannot move beyond the traumatic event and live in the present. By learning how to open and balance your body and attention, you can develop a physical and mental state of relaxation, expansiveness, calm alertness, and compassionate power. This state of mind/body integrity is the foundation for overcoming the distress response and for handling any of life's challenges effectively.

CAPITAL AREA HUMAN SERVICES DISTRICT (CAHS)

[Click here for website](#) Phone: 225-925-1906

CAHS shall direct the operation and management of public, community-based programs and services relative to mental health, developmental disabilities, and addictive disorders services. We provide locally responsive services through a unique management model: local control & local authority. We strive to identify and address local needs through our board members, clients, advocates, staff, other providers, partnerships with local governments and their agents.

ACADIANA AREA HUMAN SERVICES DISTRICT (AAHSD)

[Click here for website](#)

Crowley Behavioral Health Clinic: 337-788-7511
New Iberia Behavioral Health Clinic: 337-373-0002
Opelousas Behavioral Health Clinic: 337-948-0226
Tyler Behavioral Health Clinic: 337-262-4100
Ville Platte Behavioral Health Clinic: 337-363-5525
Acadiana Area Developmental Disabilities: 337-262-5610

AAHSD was created by the Louisiana State Legislature to provide administration, management, and operation of behavioral health (addictive disorders and mental health) and developmental disabilities services to the residents of Acadiana. We provide outpatient behavioral health services for children, adolescents, and adults including crisis intervention, intensive outpatient services, and prevention services for mental health and substance use disorders. Under the developmental disabilities services, our staff conducts an intake and determines an appropriate plan of care/services, which is provided by our contractors. It is our mission to improve the quality of life for the citizens of Acadiana who have behavioral health and/or intellectual/developmental disabilities.

BAD B--ES HAVE BAD DAYS TOO

[Click here for website](#)

If Megan Thee Stallion can have bad days, anyone can. That's why the 27-year-old rapper unveiled a website for her fans full of mental health resources — from therapy information to emergency hotlines. Bad B—es Have Bad Days Too compiles four categories of resources: free therapy organizations, mental health hotlines, resource directories and LGBTQIA+ community resources. Each category features a menu of useful links to external mental health websites, many of which are focused on serving BIPOC and those in the LGBTQIA+ community.

BLACK FEMALE THERAPISTS

[Click here for website](#) [Therapist Directory](#)

This platform was created to promote, inspire, and elevate other black female therapists and create a safe space for black mental health. BFT gives mental health therapists a chance to show their #blackgirlmagic and makes it easier to connect with individuals nationwide. Not only is it a place to connect but also a safe place for black women to discuss their mental health and wellness journey and learn new strategies to live a better life. From indulging in the newest self-care strategies to helping strategize mental health issues, we live for being a go-to daily source for all things Black Female Therapists, Self-Care, Mental Wellness, Stress Management, Travel, and Relationships.

THE CENTER FOR CHILDREN AND FAMILIES

[Click here for website](#) Toll-Free Phone: 1-866-398-0945

Northeast Louisiana Phone: 318-398-0945

Northwest Louisiana Phone: 318-227-8390

Central Louisiana Phone: 318-227-8390

Southwest Louisiana Phone: 318-227-8390

The Center for Children and Families is a nonprofit organization with one singular mission to stand for hope in our communities by promoting safe, healthy environments through advocacy, counseling, education, and prevention. The Center for Children and Families does not deny services based on a client's ability to pay. In the event that payment through the Healthy Louisiana Initiative or other funding source is not possible, arrangements for services to be provided on a sliding fee scale can be made through an application. The Center for Children and Families does not discriminate or deny service on the basis of race, age, sex, religion, national origin, sexual orientation, gender identity, disability, or marital status.

CELEBRATION HOPE CENTER

[Click here for website](#) Phone: 504-833-HOPE (4673)

Healing Hearts for Community Development (HHCD) is a 501c3, faith-based non-profit organization established by Celebration Church in 2005 to meet the social and emotional needs of the people in the New Orleans Metropolitan Area. HHCD opened the Celebration Hope Center (CHC) to provide substance abuse treatment and recovery support services with funds generated from the White House Office of Faith-Based and Community Initiatives. In 2019, HHCD established a new organizational structure where a cadre of independent counselors provide behavioral health counseling each specializing in their area of expertise. Over the years, HHCD through the Celebration Hope Center has brought help, hope, and healing to thousands of children, adolescents, adults, couples, and families through mental health counseling, substance abuse treatment, recovery support services, and prevention programming.

DOUGY CENTER

[Click here for website](#) [Find grief support near you](#)

Phone: 503-775-5683

Dougy Center provides support in a safe place where children, teens, young adults, and families who are grieving can share their experiences before and after a death. We provide support and training locally, nationally, and internationally to individuals and organizations seeking to assist children in grief.

FAMILY AND YOUTH COUNSELING AGENCY

[Click here for website](#) Phone: 337-436-9533

Family & Youth Counseling Agency provides affordable and professional support through programs and services dedicated to advocacy, counseling and education for the people of Southwest Louisiana and in communities we are called to serve. It is the belief of Family & Youth that all individuals possess the ability to solve their own challenges and live full and healthy lives when support is available.

CENTRAL LOUISIANA HUMAN SERVICES DISTRICT (CLHSD)

[Click here for website](#)

After Hours/Crisis Line 1-800-654-1373

Alexandria Office Phone: 318-484-6850

Leesville Office Phone: 337-2386431

Marksville Office Phone: 318-253-9638

Jonesville Office Phone: 318-339-8553

Developmental Disability Office: 318-484-2347

The Center for Children and Families is a nonprofit organization with one singular mission to stand for hope in our communities by promoting safe, healthy environments through advocacy, counseling, education, and prevention. The Center for Children and Families does not deny services based on a client's ability to pay. In the event that payment through the Healthy Louisiana Initiative or other funding source is not possible, arrangements for services to be provided on a sliding fee scale can be made through an application. The Center for Children and Families does not discriminate or deny service on the basis of race, age, sex, religion, national origin, sexual orientation, gender identity, disability, or marital status.

CREATIVE CHANGE WORKS

[Click here for website](#)

Creative Change Works, LLC, provides embodied expressive arts therapy and creative consulting to compassionately facilitate individual and collective healing and change. I provide online and in-person individual therapy to adults in Oregon, and online therapy to adults in Louisiana.

FAMILY SERVICE OF GREATER NEW ORLEANS (FSGNO)

[Click here for website](#) Phone: 504-822-0800

Family Service offers individual, marital, family, and group counseling. Areas of counseling include marriage preparation, divorce adjustment, single parenting, grief, sexual abuse, step families, behavior problems, school adjustment, retirement, aging, stress management, AND trauma resolution. If you suffer from stress, anxiety, depression, substance abuse, trauma or domestic violence, are a parent without healthy child-rearing experience, or just need to talk, you can contact us to assess your eligibility for counseling. Many services are free, and FSGNO offers a sliding scale fee schedule to assist clients who may be unable to pay for general counseling services that are fee-based.

GRIEF RECOVERY CENTER

[Click here for website](#) Phone: 225-924-6621

The Grief Recovery Center is a safe and healing space for any individual suffering from grief, loss, trauma or any mental health struggle that affects their daily life. The agency offers low-cost individual and family counseling, free drop-in support groups, educational workshops, memorial services, and community events. We serve Louisiana residents of all ages.

FLORIDA PARISH HUMAN SERVICES AUTHORITY (FPHSA)

[Click here for website](#)

Rosenblum Behavioral Health Clinic: 985-543-4730

Mandeville Behavioral Health Clinic: 985-624-4450

Slidell Behavioral Health Clinic: 985-646-6406

Bogalusa Behavioral Health Clinic: 985-732-6610

Denham Springs Behavioral Health Clinic: 225-665-0473

Developmental Disabilities Services: 985-543-4730

Our vision is that all people of Florida Parishes will be empowered to lead meaningful and productive lives among friends, relatives, and neighbors regardless of behavioral health needs or developmental disabilities. We have been lighting the path forward into Recovery by providing person-centered services to those with behavioral health needs and developmental disabilities so that they may reach their fullest potential in health and wellness. Along with traditional clinic services, such as evaluation, therapy, and medication management, a number of various other services are provided through contract providers. In addition to community-based outpatient services, FPHSA has two inpatient substance abuse treatment programs. FPHSA serves both adults and children who meet the treatment criteria for services in the areas of addictive disorders, developmental disabilities, and/or mental health.

HELPGUIDE.ORG

[Click here for website](#)

HelpGuide.org is an independent nonprofit that runs one of the world's leading mental health websites. Each month, millions of people from all around the world turn to us for trustworthy guidance they can use to strengthen their mental health and well-being, navigate challenges, and make healthy changes in their lives.

JEFFERSON PARISH HUMAN SERVICES AUTHORITY

[Click here for website](#)

East Jefferson Health Center: 504-838-5257

West Jefferson Health Center: 504-349-8833

Behavioral Health Community Services brings treatment and support where people live and work. All behavioral health therapies and supports are individualized. Developmental Disabilities Community Services supports and serves individuals with special needs and helps them to live full, healthy, independent, and productive lives. JeffCare provides fully integrated primary care and behavioral health services for children and adults from two Community Health Centers in East Jefferson and West Jefferson.

HEAL YOUR LIFE COUNSELING

[Click here for website](#) Phone: 225-226-5947

Our goal as a community therapy agency is to provide a safe, compassionate, and affordable counseling experience for clients all over Louisiana. We offer a safe space for telehealth online therapy and in person services. No matter what you are going through, whether depression, anxiety, or PTSD, there is hope. With therapists who provide play therapy to children, life coaching to teenagers, marriage counseling for couples, and cognitive therapy to adults, Heal Your Life will match you with a therapist skilled in treating your challenges.

IMPERIAL CALCASIEU HUMAN SERVICES AUTHORITY

[Click here for website](#) Toll-Free Phone: 1-866-698-5304

Behavioral Health 24-Hr Crisis Hotline: 1-800-272-8367

Children & Adolescent 24Hr. Crisis Response Team:
1-800-272-8367

Allen Office Phone: 337-639-3001

Beauregard Office Phone: 337-462-1641

Jefferson Davis Office Phone: 337-246-7325

Lake Charles Office Phone: 337-475-8022

Sulphur Office Phone: 337-625-6750

Imperial Calcasieu Human Services Authority was created by the Louisiana State Legislature to provide for the administration, management and operations of behavioral health and developmental disabilities services to the citizens of Allen, Beauregard, Calcasieu, Cameron, and Jeff-Davis parishes. It is the intent of the legislature to create statewide integrated human services delivery systems, with local accountability and management, to provide behavioral health and developmental disabilities services.

JEWISH FAMILY SERVICE OF GREATER NEW ORLEANS (JFS)

[Click here for website](#) Phone: 504-831-8475

JFS now serves individuals and families in the Greater New Orleans area, regardless of race, religion, disability, gender, or sexual orientation. JFS helps the community strengthen the family and the individual to reach their full potential through various programs and services including: providing individual and group counseling, educating our young people about depression and suicide prevention, promoting independence for the elderly, providing holistic assistance via case management, and assisting in adoptions. We offer counseling services to anyone ages 5 and up. Services can be offered both in person and via telehealth. We accept most private insurances, Medicaid, Medicare, Tricare, and Gilsbar. We also offer a sliding scale based on income with masters level interns.

LIFE CHANGING SOLUTIONS

[Click here for website](#) Phone: 318-213-0904

Life Changing Solutions LLC offers an array of diversified services that will meet the complex mental health, social, and educational needs of individuals and families engaged in school systems, judicial systems, hospitals, and communities at large. We will continuously provide well-qualified professional staff through our ongoing training of the most up-to-date interventions. We will assist families and individuals to cope with their problems and restore them to their optimal level of functioning.

LOUISIANA'S MENTAL HEALTH ADVOCACY SERVICES

[Click here for website](#)

Baton Rouge Phone: 225-342-6678

Lafayette Phone: 337-262-2030

Lake Charles Phone: 337-491-2461

Livingston Phone: 225-686-2130

New Orleans Phone: 504-568-8904

Northshore Phone: 985-626-6661

Pineville Phone: 318-484-6348

Shreveport Phone: 318-676-7332

The Mental Health Advocacy Service is an independent state agency under the office of the governor of the state of Louisiana established for the purpose of providing legal counsel and representation to both children and adults who have a mental illness or substance-related/addictive disorder and are admitted for treatment pursuant to Louisiana's mental health law. MHAS also provides qualified legal counsel to children in child abuse and neglect cases in those jurisdictions designated by the Louisiana Supreme Court through its Child Advocacy Program.

MEN & HEALING

[Click here for website](#)

Like our name says, we believe that men can live happier and healthier lives. We further believe that with the right opportunity for change, the right approach, the most committed therapists working with innovative models of care, transformation can happen. Our core mission is: to support men, in a process of change, with structure and integrity. We are one of world's leading clinics working in a male-centered approach to psychology and therapy. Our models of services have been taught internationally, the research outcomes for our trauma recovery services have been deemed clinically effective, and thousands of men have benefitted from our programs over the years. Psychotherapy isn't necessarily designed for men. Yet our programs are. And as our services are now web-based, we can provide psychotherapy throughout Ontario, and training the world over! Men can change – they just need a place to do it.

LOVING HEARTS OF LOUISIANA

[Click here for website](#)

Lafayette Office Phone: 337-233-7250

New Orleans Office Phone: 504-821-5220

Slidell Office Phone: 985-771-8030

We are a community-based Mental Health social service and Personal Care Attendant organization, serving both the New Orleans and Lafayette areas. Our mission is to educate, empower, and support vulnerable individuals in our communities. We improve people's lives through mental health therapeutic plans and personal care attendant programs. Our hearts are open to everyone. We support clients as young as five, senior adults, and everyone in between.

MAGNOLIA FAMILY SERVICES

[Click here for website](#) Phone: 985-449-4055

Counseling, in-home behavioral health, and psychiatric and medication management for children, adolescents, and adults. We customize treatment to each individual's needs and preferences; not only for what is provided but also when and where it is provided. We offer the most comprehensive and sustainable services available with no rigid time limits. Goals can be worked on as long as needed to ensure that everyone has enough time to reach their desired outcome.

MENTAL HEALTH AMERICA

Crisis Line: Call or Text 988

[Click here for website](#)

Mental Health America (MHA)'s work is driven by its commitment to promote mental health as a critical part of overall wellness, including prevention services for all; early identification and intervention for those at risk; integrated care, services, and supports for those who need them; with recovery as the goal. MHA's programs and initiatives fulfill its mission of promoting mental health and preventing mental illness through advocacy, education, research and services. MHA's national office and its 200+ affiliates and associates around the country work every day to protect the rights and dignity of individuals with lived experience and ensure that peers and their voices are integrated into all areas of the organization.

METROPOLITAN HUMAN SERVICES DISTRICT (MHSD)

[Click here for website](#) Phone: 504-568-3130

24-Hour Crisis Line: 504-826-2675

Metropolitan Human Services District (MHSD) is one of ten Local Governing Entities (LGE) serving persons with Mental Health Disorders, Addictive Disorders and Intellectual/Developmental Disabilities in Louisiana. Our mission is to ensure person-centered supports and services are available and provided to eligible individuals with mental illness, addictive disorders and intellectual/developmental disabilities in Orleans, Plaquemines and St. Bernard parishes.

NATIONAL ALLIANCE ON MENTAL ILLNESS - LOUISIANA (NAMI)

[Click here for website](#) Phone: 225-291-6262

NAMI Louisiana is a nonprofit organization made up of family members, peers, behavioral health professionals, and friends. NAMI Louisiana is dedicated to eradicating the stigma, myths, and misconceptions of mental illnesses, to improving the quality of life for all who are affected by these illnesses, and to supporting recovery. It supports local affiliates by providing leadership, training, and technical assistance. It is dedicated to serving our communities by empowering peers and families and promoting meaningful systems of change. Central to NAMI Louisiana is a commitment to programs that are both peer/consumer-driven and family-driven; to the key concepts of recovery, resiliency, and support that are essential to wellness and quality of life; and to full and meaningful lives for all persons.

NATIONAL CENTER ON DOMESTIC VIOLENCE, TRAUMA AND MENTAL HEALTH (NCDVTMH)

[Click here for website](#)

The National Center on Domestic Violence, Trauma, and Mental Health enhances agency- and system-level responses to survivors and their families through comprehensive training and technical assistance, research and evaluation, policy development, and public awareness. Emphasizing an accessible, culturally responsive, and trauma-informed approach, we offer training and consultation to domestic violence and sexual assault advocates, programs, and coalitions; healthcare, mental health, and substance use treatment providers; legal and child welfare professionals; and local, state, and federal policymakers.

NEW ORLEANS MUSICIANS' CLINIC AND ASSISTANCE FUND

[Click here for website](#) Phone: 504-415-3514

The New Orleans Musicians' Clinic (NOMC) provides comprehensive medical care and social services to local musicians, performing artists, cultural workers, and tradition bearers. We serve any patient 19 or older and their family, regardless of insurance status or ability to pay. Our mission is simple: overcome health inequity and uplift the performers who are the heartbeat of our community. We exist at the intersection of the 19th-century concept of the Social Aid and Pleasure Club and the 21st-century model of culturally-sensitive public health. Our team is a network of dedicated advisors, volunteers, medical providers, community partners, and contractors. We are change-makers and activators united by our shared vision that health equity is a human right. We endeavor to be an equalizing force for those we serve.

NATIONAL CENTER FOR CHILD TRAUMATIC STRESS (NCTSN)

[Click here for website](#)

The National Child Traumatic Stress Network (NCTSN) was created by Congress in 2000 as part of the Children's Health Act to raise the standard of care and increase access to services for children and families who experience or witness traumatic events. This unique network of frontline providers, family members, researchers, and national partners is committed to changing the course of children's lives by improving their care and moving scientific gains quickly into practice across the U.S.

NATIONAL CHILD AND FAMILY SERVICES (NCFS)

[Click here for website](#)

Baton Rouge Office: 225-456-2006

Harahan/New Orleans Office: 504-266-2576

National Child and Family Services (NCFS) is a community-based nonprofit provider of mental health services for families in Louisiana. With offices in Baton Rouge and Harahan, NCFS creates a supportive environment for children with complex mental health needs by helping them achieve their goals while sustaining their family environment. Through our Wraparound Agency (WAA), youth and family are assigned a wraparound agency facilitator to support and guide them through the wraparound process by engaging the family, convening the team, developing the plan, implementing the plan, and transitioning the youth out of formal wraparound. This facilitator is also responsible for the planning of daily operations to ensure the on-going investment of team members, and that goals are achieved.

NORTHEAST DELTA HUMAN SERVICES AUTHORITY

[Click here for website](#) Phone: 318-362-3270

Northeast Delta Human Services Authority provides services and treatment to people diagnosed with major mental illnesses, developmental disabilities and addictive disorders throughout 12 parishes in northeastern Louisiana. We bring innovative programs to our citizens, which include integration of behavioral health with primary care services; services for children and adolescents with behavioral disorders that are at risk for experiencing a psychiatric or behavioral emergency; and collaborations with law enforcement agencies that help first responders know how to recognize mental health issues. We work to break down barriers that keep citizens from obtaining treatment.

NORTHWEST LOUISIANA HUMAN SERVICES DISTRICT (NLHSD)

[Click here for website](#) Phone: 504-831-8475

Developmental Disability Clinic: 318-741-7455

Many Behavioral Clinic: 318-256-4206

Minden Behavioral Clinic: 318-371-3001

Natchitoches Behavioral Clinic: 318-367-3122

Shreveport Behavioral Clinic: 318-676-5111

NLHSD is one of 10 LGEs created by the Louisiana Legislature as part of a statewide integrated human services delivery system. With local management, LGEs provide behavioral health and developmental disabilities services to the residents of Louisiana. Accordingly, LGEs operate within a framework anchored in clear public policy objectives, well-defined local responsibilities, and accountability measures designed to assure quality services are delivered efficiently and effectively.

OPEN PATH

[Click here for website](#) [Therapist Directory](#)

Open Path Psychotherapy Collective is a nonprofit nationwide network of mental health professionals dedicated to providing in-office and online mental health care—at a steeply reduced rate—to clients in need. In partnership with mental health clinicians in private practice throughout the fifty states and Canada, Open Path provides middle and lower-income level clients with access to affordable mental health care.

PLAY IT OUT COUNSELING

[Click here for website](#) Phone: 225-242-9961

Victoria helps children and youth better understand themselves and the world around them. She offers individual counseling for ages 5-24, and addresses challenges related to depression, anxiety, self-esteem, self-confidence, thought patterns, emotional regulation, communication, and more. Victoria values coordination of care and collaborates with teachers, school counselors, pediatricians, psychiatrists, and other professionals to ensure effectiveness across settings.

PTSD ALLIANCE

[Click here for website](#)

PTSD Alliance is an association of advocacy and professional organizations for individuals suffering from Posttraumatic Stress Disorder. The PTSD Alliance seeks to educate the public and those at risk of developing PTSD about the prevalence, diagnosis, and treatment of this health condition. The Alliance also works closely with frontline professionals in the medical fields who serve individuals diagnosed with PTSD to give them the most current and up-to-date information available about Posttraumatic Stress Disorder through the PTSD Alliance Resource Center. The PTSD Alliance also recognizes that many suffer from addiction while coping with PTSD. For this reason Beachway has sponsored the organization to help provide treatment and care to those suffering from post-traumatic stress disorder.

ODYSSEY HOUSE LOUISIANA (OHL)

[Click here for website](#) Phone: 504-821-9211

OHL is a non-profit behavioral health care provider with an emphasis on addiction treatment. The mission of Odyssey House Louisiana is to provide holistic and client-centered services in a safe environment that address the full continuum of special care needs for the state of Louisiana. OHL's encompassing system of care includes detox, treatment, behavioral and medical healthcare, life-skills, counseling, and case management. Through our services, OHL empowers individuals to become active participants in their treatment and recovery to reclaim functional, productive lives.

PLAQUEMINES COMMUNITY C.A.R.E. CENTERS FOUNDATION

[Click here for website](#) Phone: 504-393-5750

The Plaquemines C.A.R.E. Center is the human services agency of Plaquemines parish. The C.A.R.E. Center provides parenting skills classes, mental and behavioral health counseling, advocacy, care management and resource referrals to individuals, couples, families, and groups by counselors, social workers, advocates, and community health workers. We serve clients of all ages and for any reason, and all of our clinicians are trained in trauma informed practices.

PROJECT FLEUR DE LIS – MERCY FAMILY CENTER

[Click here for website](#) Phone: 504-838-8283

Project Fleur-de-lis™ (PFDL), a program of Mercy Family Center, began as an intermediate and long-term school-based mental health service program for youth and families who have been and/or continue to be impacted by trauma. Over the past 12 years, PFDL has evolved to provide evidence-based treatment to youth, military families, and communities who have been impacted by community violence and interpersonal conflict. Project Fleur-de-lis provides school-based trauma-focused intervention services, military family interventions, school-based suicide risk assessment support, and restorative approaches training and implementation support.

RIVER OAKS HOSPITAL

[Click here for website](#) Phone: 800-366-1740

River Oaks Hospital, located minutes outside of New Orleans, Louisiana, is a 126-bed psychiatric facility that has provided quality treatment to individuals suffering from mental illness and/or addictive disorders since 1970. Situated on a 14-acre campus, inpatient services are available for adults and adolescents. We also offer a partial hospitalization program (PHP) and intensive outpatient programs (IOP) for adults. The New Orleans Institute provides specialized services for the treatment of trauma and compulsive behaviors. The Eating Disorders Treatment Center offers a comprehensive program for male and female adults with anorexia, bulimia, and related eating disorders.

SOUTH CENTRAL LOUISIANA HUMAN SERVICES AUTHORITY

[Click here for website](#)

Lafourche Behavioral Health Center: 985-537-6823

River Parishes Assessment Center: 985-651-7064

River Parishes Behavioral Health Center: 985-652-8444

St. Mary Behavioral Health Center: 985-380-2460

Terrebonne Behavioral Health Center: 985-857-3615

The South Central Louisiana Human Services Authority (SCLHSA) helps individuals and their families deal with problems related to illness, treatment and recovery. The relationship between psychosocial factors and illness is addressed with clients and their families and its application serves as the basis for our person centered therapeutic technique. By assisting our clients in utilizing the health care system, community agencies and his/her own resources; we hope to provide them with the continuity of care while pursuing the goal of wellness.

VIA LINK

[Click here for website](#)

Information and Referrals, call: 2-1-1

Crisis Counseling Line: 1-800-273-TALK (8255)

Teen Crisis Text Line: 833-898- 8336

Information and Resource Referrals:

Text your zip code to 898-211

VIA LINK is a nonprofit organization that provides a range of services to the people of Louisiana. We provide counseling to those in crisis, help people connect with critical services, give suicide intervention, offer opioid counseling and more. These services are provided over phone, text, and online chat services 24/7, 365 days a year, in over 150 different languages.

ZENCARE

[Click here for website](#)

[Therapist Directory](#)

Zencare is the simplest way to find your ideal therapist. Browse therapist videos and book a free phone call to find a great fit! We're on a mission to improve the therapist search process.

Zencare removes the guesswork to ensure you have a personalized, smooth, and comforting experience. Clinicians are vetted by our team so you receive the highest quality care.

TRAUMA RECOVERY CLINIC NEW ORLEANS

[Click here for website](#) Phone: 504-702-4500

The Trauma Recovery Clinic (TRC) at University Medical Center New Orleans provides behavioral health services to patients and their families who have experienced a traumatic physical injury. Our mission is to support our patients' psychological and physical recovery needs through an evidence-based and multidisciplinary treatment approach. We aim to provide the highest level of care for our patients, including short- and long-term psychotherapy for individuals and families and medication management.

VERYWELL MIND

[Click here for website](#)

Welcome to Verywell Mind, an award-winning resource for reliable, compassionate, and up-to-date information on the mental health topics that matter most to you. We are dedicated to empowering you with the trustworthy evidence-based information you need for your mental and emotional well-being. Our mission is to help you prioritize your mental health and find balance amid the chaos of daily life. We are committed to helping you explore mental health and psychology topics in a way that's approachable, personal, and stigma-free. For more than 20 years, we've worked hard to create and refine our 5,500+ article library of curated, comprehensive information you can depend on.

YOUTHLINE

YouthLine: 877-968-8491 Text teen2teen to 839863

[Click here for website](#)

YouthLine is a teen-to-teen youth crisis and support service provided by Lines for Life—a non-profit dedicated to preventing substance abuse and suicide. YouthLine operates a national helpline that provides crisis support and referrals via call, text, and chat. The YouthLine is answered by teen volunteers daily from 4pm-10pm PST (and by adults at all other times!). Translation services are available upon request. YouthLine also operates a peer-supported outreach program to destigmatize mental health challenges, increase awareness for mental health and wellness, and encourage youth to reach out for help.