**24/7 Crisis Hotlines**

* National Suicide Prevention Lifeline| 9-8-8| 800-273-8255
	+ En Espanol: 1-888-628-9454 |Deaf/HoH: TTY 1-800-799-4889
	+ Crisis Intervention Specialist provide emotional support and safety plan if necessary
* Crisis Text Line – Text SHARE to 741741
	+ Trained Crisis Counselor provides crisis support and access to free support and information
* Maternal Mental Health Hotline – 833-943-5746 | 833-9-HELP4MOMS
	+ 24/7 Free Confidential Hotline for Pregnant and New Moms in Spanish or English
* Louisiana Office of Behavioral Health 24-hour Crisis Counselor| 866-310-7977
	+ Emotional support, counseling, information, and referrals.
* Louisiana Statewide Hotline for Domestic Violence | 888-411-1333
	+ Referrals for domestic violence service provided, including crisis interventions, referrals and limited placement in emergency shelters
	+ Will refer you to resources in your area
* National Drug Helpline: 1-844-289-0879
	+ Operators provide SUD (substance use disorder) treatment and resource information.
* National Alliance on Mental Illness (NAMI) Crisis Number 1-800-273-8255
	+ National Crisis Number for anyone having a mental health crisis
* National Teen Dating Abuse Helpline | 866-331-9474 | 24/7 | loveisrespect.org |Ages 13-18
	+ Crisis intervention, information, and referrals to victims of domestic violence and family and friends.
* Office of Behavioral Health: Keep Calm| 1-866-310-7977
	+ Counseling information and service coordination
* RAINN National Sexual Assault Hotline|800-656-4673
	+ Trained RAINN (Rape, Abuse, and Incest National Network) support specialist provides access to services, referrals, and resources
* Sexual Trauma Awareness & Response (STAR)|855-435-7827
* SAMHSA (Substance Abuse and Mental Health Admin) National Hotline|1-800-662-HELP (4357) |Text HELP4U (435748) for referrals
	+ Referrals to local treatment facilities, support groups, and community-based organizations in English and Spanish
* Eating Disorder Information and Referral Helpline – 800-931-2237
	+ Hours vary so check website @ https://www.nationaleatingdisorders.org/help-support/contact-helpline
* Compulsive Gambling – 877-770-STOP (7867)
	+ Confidential line that provides resource and referral information 24/7
* Veterans Crisis Line – Dial 988 then Press 1
	+ Text: 838255

**Care Giver Support Numbers**

* National Maternal Mental Health Hotline | 833-943-5746 (833-9-HELP4MOMS)
	+ Offered in Spanish and English
	+ 24/7 free confidential support for before, during, or after pregnancy
	+ This is not an emergency number but for support at anytime.
* Fussy Baby Warmline| 888-431-2229 (BABY)|Monday-Friday, 9 AM-5 PM| English and Spanish
	+ Infant Specialist offers free phone support services to families/caregivers struggling with a baby who is fussy, crying excessively, or has issues with sleeping or feeding
	+ This is not an emergency/crisis number but a support line
* Parent Stress Line – 800-632-8188| English and Spanish
	+ Offer empathy, encouragement, information, referrals, and crisis intervention
* PSI – Postpartum Support International – PSI Helpline 1-800-944-4773 (non-crisis)
	+ Provide support, encouragement, information and resources by phone, text, or email
	+ Over 20 specialty support groups
* Poison Control | Call 24/7 | 1-800-222-1222 | English and Spanish

**Local Governing Entities with Crisis Hotlines**

* Metropolitan Human Service District – 24-hour Crisis Line: 504-826-2675
* Jefferson Parish Human Service District – 24 Hour Crisis Line -504-832-5123
* Baton Rouge Crisis Line – 1-844-452-2133
* South Central Louisiana Human Service Authority Afterhours Line – 877-500-9997
* Imperial Calcasieu Human Services Authority – Crisis Hotline – 800-272-8367
* Central Louisiana Human Services District – Crisis Line – 800-654-1373
* Northeast Delta Human Service Authority – Crisis Hotline – 800-256-2522

**Culturally Responsive Hotlines**

* Trevor Project – 866-488-7386 or Text “START” to 678-678 | 24/7
	+ Suicide prevention and crisis intervention efforts among LGBTQ+ youth (under 25)
	+ Confidential; trained counselors; guidance and resources for parents and educators to foster a safe and inclusive environment.
	+ No nonconsensual active rescue (calling 911, emergency services, or law enforcement)
* Blackline | 1-800-604-5841 | check website for temporary hours [www.callblackline.com](http://www.callblackline.com)
	+ Anonymous and confidential; trained volunteers provide peer support, crisis counseling, and referrals.
* National Street Harassment Hotline
	+ The National Street Harassment Hotline provides resources for those affected by gender-based street harassment. Support is available in English and Spanish: or [**chat online**](https://hotline.rainn.org/ssh-en/terms-of-service.jsp).

**Disaster/Recovery Hotlines**

* Travel updates and Road Closures: Call 511
* Shelter information: Text LASHELTER to 89811 or 211
* Disaster Distress Hotline | 1-800-985-5990 or Text TALKWITHUS to 66746
	+ Disaster crisis counseling
* VIALINK Louisiana 211 – Dial 211 for Free 24/7 referrals and information line