

FOR IMMEDIATE HELP CALL 911 or...

- National Suicide Prevention Lifeline:
 - CALL: 988 [suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org)
 - CALL: 1-800-273-TALK (8255) for English
 - CALL: 1-888-628-9454 for Spanish
 - ONLINE: [Lifeline Crisis Chat](#)
- [Crisis Text Line](#):
 - TEXT: "home" to 741-741
 - Text4Hope
 - Text TWLOHA 741741 confidential 24/7 text line specifically for people in crisis
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- Disaster Distress Helpline:
 - CALL: 1-800-985-5990
 - TEXT: "TalkWithUs" for English (or "Hablanos" for Spanish) to 66746
- National Domestic Violence Hotline:
- Family Justice Center
 - CALL: 1-800-799-7233
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- National Dating Abuse Helpline
 - CALL: 1-866-331-9474
 - TEXT: "loveis" to 22522
- National Child Abuse Hotline:
 - CALL: 1-800-4AChild (1-800-422-4453)
 - TEXT: 1-800-422-4453
- National Sexual Assault Hotline:
 - CALL: 1-800-656-HOPE (4673)
 - ONLINE: [Online Chat](#)

Rape, Abuse and Incest National Network (RAINN) 800-656-4673

STAR Sexual Trauma 24/7 hotline (318)625-7590

STAR offer free counseling and legal services for sexual trauma

- National Substance Abuse Helpline
 - CALL: 1-800-662-HELP (4357)
- National Eating Disorders Helpline
 - CALL: 1-800-931-2237
- LGBT National Help Center:
 - CALL: 1-888-843-4564
- Trevor Project (LGBTQ Youth)
 - CALL: 1-866-488-7386
- The Eldercare Locator:
 - CALL: 1-800-677-1116 [TTY Instructions](#)
- Veterans Crisis Line:
 - CALL: 1-800-273-TALK (8255)
 - ONLINE: [Crisis Chat](#)
 - TEXT: 8388255

Counseling Information

- [Counseling center at LSUA call 318-767-2604](#)
- twloha.com/find-help to locate free or reduced cost counseling and other mental health resources in the community
- therapistaid.com

- [Mental Health Reading List](#)
- [Wellbeing and Mindfulness Reading List](#)
- [Ted Talks](#)
- [Podcasts](#)
- [Original Content from Counseling Services](#)
- [Counseling Services Presentation Topics](#)
- [mentalhealthamerica.net/faqs \(800\)969-6642](#)