

LIFE CHALLENGES + MENTAL HEALTH RESOURCES

National Suicide Prevention Lifeline	Free counseling and support for anyone in the United States	800-273-8255 (Veterans press 1) Text 838255 Chat at veteranscrisisline.net
Crisis Text Line	24/7 text support for any crisis including depression, anxiety, self-harm, COVID, etc.	Text HOME to 741741
State of Louisiana Human Services Districts	Mental health treatment and support for all uninsured and Medicaid/Medicare patients (parish-specific)	Orleans/Plaquemines/St. Bernard 504-568-3130 Jefferson 504-838-5215 Florida Parishes 985-543-4333
SAMHSA National Helpline + Treatment Locator	Free support and treatment locator/referral services for mental and/or substance use	800-662-HELP (4357) Text ZIP code to 435748 https://findtreatment.samhsa.gov
Postvention Resources	Support for survivors of suicide loss	visioncoalition.net/resources/postvention
VA REACH	Customized resources for a wide range of needs for veterans and families	www.va.gov/REACH/
Vet Center (Readjustment Counseling)	Confidential support for combat veterans and families facing issues with readjustment to civilian life	877-WAR-VETS 877-927-8387
Give an Hour Counseling	Free counseling and education for military, veterans, and loved ones	www.giveanhour.org
Vets4Warriors	Help with challenges before they escalate into a crisis for veterans, military, and families	855-838-8255 Or chat/email at www.vets4warriors.com
Military OneSource	Confidential support for military members and families during times of stress (non-crisis)	800-342-9647 www.militaryonesource.mil
Combined Arms	Wide range of support for military members, veterans, and families	www.combinedarms.us
New Orleans VA Medical Center 800-935-8387	Alexandria VA Medical Center 800-375-8387	Shreveport VA Medical Center 318-221-8411



For safe, temporary firearm storage, The Armory Project has partners in Covington, Ponchatoula, Walker, St. Francisville, and Lafayette. Learn more at <https://www.visioncoalition.net/projects/tap>.