

HOTLINES/HELPLINES/ CRISIS LINES/ONLINE CHATS

In times of crisis and adversity, we recognize that the need for a listening ear or a helping hand can be a lifeline. This guide provides a comprehensive list of hotlines, helplines, crisis lines, and online chats to support victims and survivors across many challenges. Whether you're seeking a compassionate voice to talk you through a mental health crisis, a culturally sensitive understanding of your unique experiences, or assistance tailored to the needs of disabled individuals, disaster aid, health concerns, and more, these resources are here.

The resources included in this guide aim to provide immediate support and empathy to those in need, regardless of their circumstances. The idea is to give people a hand when they need it the most by offering them various types of support to address their needs. This way, we can help them overcome tough times with greater ease and show them that someone cares.

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 & CRISIS LIFELINE

[Click here for website](#)

Helpline (call or text): 988 TTY: dial 711 then 988

The 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention 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.

BLACKLINE

Phone: 1-800-604-5841

BlackLine provides a space for peer support, counseling, witnessing and affirming the lived experiences of folks who are most impacted by systematic oppression with an LGBTQ+ Black femme lens. *This resource is divested from the police

CRISIS TEXT LINE

[Click here for Online Chat](#)

Text HOME to 741741 from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform.

Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support via mediums people already use and trust.

THE DEAF HOTLINE

[Click here for Online Chat](#)

Hotline: 855-812-1001 (Voice/VP)

Email: hotline@adwas.org

The Deaf Hotline is a 24/7 hotline that is ASL accessible for people experiencing abuse. With the Deaf Hotline, you can consult with a culturally-adept and trained advocate in ASL. Whether you're in need of safety planning, crisis intervention, emotional support or have some questions, we are here for you.

DISABILITY INFORMATION & ACCESS LINE (DIAL)

Email: DIAL@usaginganddisability.org

Phone: 888-677-1199

Available Monday-Friday, 9 AM - 8 PM ET

DOD SAFE HELPLINE

[Click here for Online Chat](#)

Hotline: 877-995-5247

DoD Safe Helpline is the sole secure, confidential, and anonymous crisis support service specially designed for members of the Department of Defense community affected by sexual assault. Available 24/7.

ADULT PROTECTIVE SERVICES HOTLINE - LOUISIANA

Toll-Free: 1-800-898-4910

24/7 availability

Adult Protective Services is here to help. APS investigates to assess the adult's risk of harm. If APS concludes that the adult is at risk, it works to arrange for services to protect the adult from further harm. APS strives to help individuals live free from abuse in a manner that supports choice and independence.

CHILHELP NATIONAL CHILD ABUSE HOTLINE

[Click here for Online Chat](#)

Call or Text*: 800-4-A-CHILD (800-422-4453)

Our counselors are available 24/7 to answer questions, provide resources & support, and talk through difficult situations.

CYBER CIVIL RIGHTS INITIATIVE INTIMATE IMAGE ABUSE HELPLINE

[CCRI Safety Center](#)

Call: 844-878-2274

If you are a victim or survivor of Image-Based Sexual Abuse (IBSA), please visit the CCRI Safety Center or call the CCRI Image Abuse Helpline, which is available free of charge, 24/7.

DEPARTMENT OF CHILDREN AND FAMILY SERVICES (DCFS)

Call: 1-855-4LA-KIDS (1-855-452-5437)

Help us protect Louisiana's children. Report Child Abuse & Neglect toll-free, 24 hours a day, seven days a week

DISASTER DISTRESS HELPLINE

Call or Text*: 1-800-985-5990

Text "TalkWithUs" to 66746

A disaster or tragedy often brings out strong emotions, such as anxiety, worry and anger, and people may want help in dealing with their feelings. The Disaster Distress Helpline provides confidential counseling, referrals, and other support, 24 hours a day, seven days a week.

LAKELINE DIRECT

Toll free: 1-877-765-5253

Sick? Looking for a doctor? Need health advice? Call LakeLine Direct* for free information. When health questions arise, you deserve answers. And there's no faster or more convenient way to get them than through LakeLine Direct. Call any time and we'll help you make the most of our comprehensive medical resources. Available 24/7.

LESBIAN, GAY, BISEXUAL, TRANS NATIONAL HOTLINE

LGBT Hotline: 1-888-843-4564

Youth Talk line: 800-246-7743

Senior Hotline: 888-234-7243

Coming Out Support Hotline: 888-688-5428

[1-on-1 online peer-support chat](#)

[Moderated Youth chatrooms](#)

HOURS: Monday thru Friday from 1pm to 9pm, Pacific time; Saturday from 9am to 2pm, Pacific time

LOUISIANA COMPULSIVE GAMBLING HELPLINE

[Click here for Online Chat](#)

Gambler's Helpline: 1-877-770-7867

Text "nobet" to 66746.

All Helpline Specialists provide a live personal empathic service 24/7, directing callers/chats to relevant resources and referrals.

MOTHERS AGAINST DRUNK DRIVING

Call: 877-MADD-HELP (877-623-3435)

Impacted by drunk or drugged driving? Get the help you need. Call our 24-Hour Victim Help Line.

NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN

Hotline: 1-800-THE-LOST (1-800-843-5678)

To report information about a missing or exploited child call our 24-Hour Call Center

NATIONAL DRUG HELPLINE

Call: 844-289-0879

Drug Helpline is a free, confidential, 24/7 drug and alcohol hotline that can help you start your journey towards a better future. We provide accessible resources and contact information to anyone who may be in need of help with substance abuse or mental disorder. We strive to help as many people as we possibly can to reduce both the stigma and impact of addiction.

NATIONAL HUMAN TRAFFICKING HOTLINE

Call: 888-373-7888

TTY: 711 Text*: 233733

You can reach the Hotline 24 hours a day, 7 days a week in more than 200 languages. All calls are confidential and answered live by highly trained Anti-Trafficking Hotline Advocates.

LOUISIANA ALCOHOL/DRUG HELPLINE

Substance Abuse Helpline: 1-877 664-2248

24/7 availability

LOVE IS RESPECT

Call: 1-866-331-9474

Text*: LOVEIS to 22522

24/7 information, support, and advocacy to young people between the ages of 13 and 26 who have questions or concerns about their romantic relationships.

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) HELPLINE

Call: 1-800-950-6264

The NAMI Helpline can be reached Monday through Friday, 10am - 10pm ET. The NAMI Helpline is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public. Helpline staff and volunteers are experienced, well-trained and able to provide guidance.

NATIONAL DOMESTIC VIOLENCE HOTLINE

Call: 800-799-7233

Text*: START to 88788 TTY: 800-787-3224

24 hours a day, seven days a week, 365 days a year, the National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse.

NATIONAL ELDER FRAUD HOTLINE

Call: 833-FRAUD-11 (833-372-8311)

The hotline is open Monday through Friday from 10:00 a.m. to 6:00 p.m. eastern time. Services are available for speakers of English, Spanish, and other languages.

NATIONAL INSTITUTE OF MENTAL HEALTH HELPLINE

Toll-Free: 1-866-615-6464

Email: nimhinfo@nih.gov

For all mental health-related questions, requests for copies of publications, and inquiries concerning NIMH research, policies, and priorities, please reach out to the NIMH Information Resource Center. Please note: NIMH is a research funding agency. We cannot provide medical advice or practitioner referrals. If you need medical advice or a second opinion, please consult your healthcare provider. Available in English and Spanish, Monday-Friday, 8:30 AM – 5 PM ET

NATIONAL ORGANIZATION OF PARENTS OF MURDERED CHILDREN

Call: 888-818-POMC (888-818-7662)

Confidential 24/7 Support

NATIONAL SEXUAL ASSAULT HOTLINE

[Click here for Online Chat](#)

[Haga clic aquí para ver el chat en línea en Español](#)

Call: 800-656-HOPE (800-656-4673)

Free, confidential, 24/7 support

SAMHSA NATIONAL DRUG INFORMATION TREATMENT AND REFERRAL HOTLINE

Phone: 1-800-662-4357

TTY: 1-800-487-4889

Confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders.

This service provides referrals to local treatment facilities, support groups, and community-based organizations.

TEEN LINE

Hotline: 800-852-8336

Text TEEN to 839863

Email: <https://www.teenline.org/email-us>

Teen Line provides personal teen-to-teen education and support before problems become a crisis, using a national hotline, current technologies and community outreach. Our work extends to caregivers, schools, and organizations serving teens. (6 PM - 10 PM PST)

TREVOR PROJECT CRISIS HOTLINE

[Click for Online Chat](#)

Phone: 1-866-488-7386

Text START to 678-678

If you are thinking about harming yourself — get immediate support. Connect to a crisis counselor 24/7, 365 days a year, from anywhere in the U.S. It is 100% confidential, and 100% free.

VICTIMCONNECT HELPLINE

[Click here for Online Chat](#)

Helpline: 1-855-484-2846 (call and text)

VictimConnect is a referral helpline where ALL crime victims can learn about their rights and options confidentially and compassionately. VictimConnect can be reached via phone and text at 855-4-victim or via online chat Monday-Friday from 9am to 5pm EST. Both English and Spanish-speaking Victim Assistance Specialists are available. Additionally, any specialist can access an interpreter by phone for more than 200 languages.

NATIONAL RUNAWAY SAFELINE

[Click here for Online Chat](#)

Call: 800-RUNAWAY (800-786-2929)

Your situation is difficult and you may be feeling a wide range of emotions. We're here to help you sort them out and make a plan. We're here 24/7. There is always someone available to listen and offer confidential, non-directive and non-judgmental support. We're trained to help. Each team member is prepared to listen to your story, help you handle a crisis and guide you to solutions that will improve your situation.

NATIONAL STREET HARASSMENT HOTLINE

[Click here for Online Chat](#)

Hotline: 855-897-5910

The Online National Street Harassment Hotline is a free, confidential, secure service that provides live help through the Stop Street Harassment website and is available every day from 12pm-11:59pm ET.

STRONGHEARTS NATIVE HELPLINE

[Click here for Online Chat](#)

Helpline: 1-844-7NATIVE (844-762-8483)

Safe, anonymous, and confidential domestic and sexual violence helpline for Native Americans and Alaska Natives, offering culturally-appropriate support and advocacy. Available 24/7/365.

TRANS LIFELINE

Phone: 1-877-565-8860

Trans Lifeline's Hotline is a peer support phone service run by trans people for our trans and questioning peers. Call us if you need someone trans to talk to, even if you're not in a crisis or if you're not sure you're trans. The Hotline is operating 24/7.

When call volumes are high, it may take longer to get connected—please try calling again.

VETERANS CRISIS LINE

[Click here for Online Chat](#)

Dial 988 then press 1 Text 838-255

From Europe: 00800 1273 8255 or DSN 118

From Korea: 080-855-5118 or DSN 118

From Afghanistan: 00 1 800 273 8255 or DSN 11

From the Philippines: #MYVA or 02-8550-3888 & press 7 24/7, confidential crisis support for Veterans and their loved ones. You don't have to be enrolled in VA benefits or health care to connect.

YOUTHLINE

Youthline: 877-968-8491 Text teen2teen to 839863

Email: teen2teen@linesforlife.org

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.