



HELP

2.1.1

LIVE OPERATORS
24/7/365

DIAL 211

TEXT 898-211
text your zip code

WEB UNITEDWAYSWLA.ORG/211

THE MOST COMPREHENSIVE LIST OF HUMAN SERVICES RESOURCES IN SWLA, 211 CAN HELP FIND ANYTHING IN YOUR ZIP CODE.

- *Mental Health*
- *Education*
- *Addiction*
- *Clothing*
- *Veterans*
- *Shelter*
- *Transportation*
- *Food*
- *Disaster Help*
- *Crisis*
- *Job Training*
- *Legal*
- *Healthcare*
- *Utilities*
- *Childcare*

UNITEDWAYSWLA.ORG/211

UNITED WAY OF SOUTHWEST LOUISIANA
IS ALWAYS HERE TO HELP

FREE | LIVE | CONFIDENTIAL

ALWAYS PROFESSIONAL HELP
24/7/365

Crisis Online Chat

UnitedWaySWLA.org/CrisisChat



CRISIS CHAT ONLINE



An online chat for anyone who is going through a difficult time, having thoughts about suicide or just needs to talk. It is confidential and operated by professionally-licensed crisis intervention specialists



TEEN TEXTING HOTLINE



This texting platform for teens serves anyone ages 13-22, in any type of crisis. It provides confidential access to 24/7 support from professionally-licensed counselors



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