

**Helpers in Your Community:** Is the helper able, available and acceptable?

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| CRISIS (DISTRESS) CENTER: 988 or text to 741741 |
| SUICIDE PREVENTION CENTER: 800-273-8255 or www.crisischat.org |
| TEEN LINE: 504-777-3273 crisis teen text line |
| RAPE/SEXUAL ASSAULT CENTER: 800-656-4673 |
| DOMESTIC VIOLENCE HOTLINE: 800-799-7233 |
| SEXUAL ABUSE HOTLINE: 800-656-4673 |
| CHILD ABUSE HOTLINE: 855-452-5437 |
| POLICE: 318-992-2151 LaSalle Sheriff Office |
| PARAMEDIC EMERGENCY MEDICAL SERVICES UNIT: 911 |
| MENTAL HEALTH CRISIS / RESPONSE: 318-992-2166 **LaSalle Parish Coroner will help with mental health crisis to get patient admitted into a mental health hospital** |
| HOSPITAL EMERGENCY SERVICES: LaSalle General Hospital (318)992-9200 |
| HOMELESS SHELTERS**:** Jena Housing Authority 318-992-6413 |
| YOUTH SHELTER: The Wellspring: 318-348-3005 |
| MENTAL HEALTH OUTREACH CLINIC: 318-339-8553 Caring Choices  |
| CHILDREN/YOUTH PSYCHIATRIC CLINIC: 318-992-4181 Family Support Office  |
| PRIVATE PRACTITIONERS: Jane Singh MD 318-992-6311  |
| MEDICAL CLINIC / GENERAL PRACTITIONER: LaSalle Family Medicine 318-992-9268  |
| STD INFORMATION AND TESTING SITES: 800-311-3435 CDC- STD Hotline |
| CHILDREN’S SERVICES OFFICES: 318-336-8611 Dept of Children & Family Services  |
| STUDENT SERVICES: 318-992-2161 LaSalle Parish School Board |
| CHILD CARE REFERRALS: 800-486-1712  |
| PARENT TRAINING: 318-992-4842 LaSalle Parish Health Unit  |
| FAMILY SUPPORT SERVICES: 318-992-4708 Council on Aging  |
| SELF HELP GROUPS: Community Action Assoc. 318-443-0500  |
| SUBSTANCE ABUSE COUNSELING: New Vision Rehabilitation Center 318-992-9210  |
| ALCOHOLICS ANONYMOUS: LaSalle Alcohol and Drug Abuse 318-992-2268  |
| MENTAL HEALTH SERVICES: 318-487-5191 Central Louisiana Human Services District |
| RELIGIOUS/SPIRITUAL SUPPORT: Any local church - the religious leader is there to support you. |
| LEGAL ASSISTANCE/VICTIM-WITNESS ASSISTANCE: 318-992-8282 LaSalle District Attorney's Office |
| COMMUNITY CORRECTIONS OFFICERS: LaSalle Correctional Center 318-495-6200  |
| Other: SaveCenla.com | Other: 318-487-9806 Volunteers of America |
| Other: Dept of Veterans Affairs 318-757-4952 | Other: 211 (Resource center) |
| Other: 318-448-4006 CASA Trauma Therapy (EMDR): 318-794-2543 | Other: https://www.depression-anxiety-stress-test.org/ |

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