



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

CRISIS (DISTRESS) CENTER: Call or text 988/ 211	
SUICIDE PREVENTION CENTER: Call or text 988 <a href="https://988lifeline.org">988lifeline.org</a> .	
Human Trafficking: BCFS 888-884-7323/State Police 800-434-8007 <a href="https://humantrafficking.la.gov/resources/services-map/">https://humantrafficking.la.gov/resources/services-map/</a>	
TEEN text LINE: 833-898-8336	
RAPE/SEXUAL ASSAULT CENTER: Haven’s Sexual Assault Hotline 800-777-8868	
DOMESTIC VIOLENCE HOTLINE: Haven’s 888-411-1333 or 800-915-0045	
SEXUAL ABUSE HOTLINE: 800-915-0045	
CHILD ABUSE HOTLINE: 855-452-5437/ 985-876-2500 Sheriff’s Office	
POLICE: 911; Terrebonne Parish Sheriff’s Dept 985-876-2500	
PARAMEDIC EMERGENCY MEDICAL SERVICES UNIT: 911 - landline displays your exact location	
<b>MENTAL HEALTH CRISIS / RESPONSE: Terrebonne Parish Coroner will help with a mental health crisis to get patient admitted into a mental health hospital who refuses help 985-873-6440</b>	
HOSPITAL EMERGENCY SERVICES: Terrebonne General Medical Center 985-873-4141 <a href="#">Region 3 – Louisiana Emergency Response Network (la.gov)</a>	
<b>Homeless Shelters Resources:</b> <a href="https://www.homelesshelterdirectory.org/">https://www.homelesshelterdirectory.org/</a> ; Google "211" or <a href="https://www.findhelp.org">https://www.findhelp.org</a>	
YOUTH SHELTER: TLP Program 985-851-4488	
MENTAL HEALTH OUTREACH CLINIC: Chabert Medical Center 985-873-5189 <a href="https://www.mentalhealthfacilities.net/">https://www.mentalhealthfacilities.net/</a>	
CHILDREN/YOUTH PSYCHIATRIC CLINIC: Terrebonne Behavioral Health Center 844-758-6238	
PRIVATE PRACTITIONERS: Google - Refer to the bottom line	
MEDICAL CLINIC / GENERAL PRACTITIONER: Terrebonne General Medical Center 985-873-4141	
STD INFORMATION AND TESTING SITES: Terrebonne Parish Health Unit 985-857-3601	
CHILDREN’S SERVICES OFFICES: Youth Service 985-447-0902/S Central LA Human Svc 985-858-2931	
STUDENT SERVICES: Terrebonne Parish School System 985-876-7400	
CHILD CARE REFERRALS: <a href="http://Childcarecenter.us">Childcarecenter.us</a>	
PARENT TRAINING: Terrebonne Parish Head Start 985-580-7273 <a href="#">Location and Application Process (tpcg.org)</a>	
FAMILY SUPPORT SERVICES: Dept of Children & Family Services/Terrebonne Child Welfare 985-857-3630	
SUBSTANCE ABUSE COUNSELING: Terrebonne Behavioral Health 985-857-3615 <a href="#">Find Substance Use Therapists and Psychologists in Terrebonne Parish - Psychology Today</a>	
ALCOHOLICS ANONYMOUS: 844-915-3341 Meetings: Morning Light; High Noon Group; Quitting Time <a href="#">Alcoholics Anonymous Meetings Near Me - AA Meetings Directory</a>	
MENTAL HEALTH SERVICES: South Central LA Human Services 985-858-2931	
RELIGIOUS/SPIRITUAL SUPPORT: Any local church, the religious leader is there to support you. <a href="#">Churches (lagenweb.org)</a>	
LEGAL ASSISTANCE/VICTIM-WITNESS ASSISTANCE: Southeast LA Legal Services 985-851-5687	
COMMUNITY CORRECTIONS OFFICERS: 985-876-2500	
Other: <a href="http://SaveCenla.com">SaveCenla.com</a>	Other: 211 or (Resource center)
Other: Terrebonne Veteran Service Office 985-857-3626 <a href="#">Terrebonne Parish   Louisiana Reentry Guide (lareentryguide.com)</a>	Other: <a href="https://www.depression-anxiety-stress-test.org/survivorsof suicide.com">https://www.depression-anxiety-stress-test.org/survivorsof suicide.com</a> Food Bank - Houma 985-851-5523
Other: <a href="http://Betterhelp.com">Betterhelp.com</a>	Other: South Central LA Human Svcs 985-858-2931