



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 988lifeline.org .	
Human Trafficking: BCFS 888-884-7323/State Police 866-292-8320 https://humantrafficking.la.gov/resources/services-map/	
TEEN text LINE: 833-898-8336	
RAPE/SEXUAL ASSAULT CENTER: Wellspring Alliance for Families 800-716-7233	
DOMESTIC VIOLENCE HOTLINE: 318-574-1706 or 800-656-4673	
SEXUAL ABUSE HOTLINE: 888-411-1333	
CHILD ABUSE HOTLINE: 855-452-5437 / 318-766-3499 Sheriff's Office	
POLICE: 911; Terrebonne Parish Sheriff's Dept 318-766-3499	
PARAMEDIC EMERGENCY MEDICAL SERVICES UNIT: 911 - landline displays your exact location	
MENTAL HEALTH CRISIS / RESPONSE: Tensas Parish Coroner will help with a mental health crisis to get patient admitted into a mental health hospital who refuses help 318-766-3961	
HOSPITAL EMERGENCY SERVICES: Tensas Community Health Center 318-766-1976 Region 8 – Louisiana Emergency Response Network (la.gov)	
Homeless Shelters Resources: https://www.homelesshelterdirectory.org/ ; Google "211" or https://www.findhelp.org	
YOUTH SHELTER: Red Cross NE LA Chapter 318-323-5141	
MENTAL HEALTH OUTREACH CLINIC: Southwest MS Mental Health 601-437-8185 https://www.mentalhealthfacilities.net/	
CHILDREN/YOUTH PSYCHIATRIC CLINIC: Exodus Behavioral Health 318-467-2399	
PRIVATE PRACTITIONERS: Google - Refer to the bottom line	
MEDICAL CLINIC / GENERAL PRACTITIONER: Franklin Medical Center 318-435-9411	
STD INFORMATION AND TESTING SITES: Tensas Parish Health Unit 318-766-9090	
CHILDREN'S SERVICES OFFICES: NE Delta Human Svc 318-362-3153	
STUDENT SERVICES: Tensas Parish School Board 318-766-3269	
CHILD CARE REFERRALS: Childcarecenter.us	
PARENT TRAINING: Tensas Parish Head Start 318-389-4810	
FAMILY SUPPORT SERVICES: Dept of Children & Family Services/Tensas Child Welfare 318-435-2188	
SUBSTANCE ABUSE COUNSELING: Delta Recovery 318-467-5505 Find Therapists and Psychologists in 71282 - Psychology Today	
ALCOHOLICS ANONYMOUS: 844-915-3341 Meetings: Western Union Tallulah; 24 Hour Group Winnsboro Alcoholics Anonymous Meetings Near Me - AA Meetings Directory	
MENTAL HEALTH SERVICES: North East Delta Human Services 318-362-3153	
RELIGIOUS/SPIRITUAL SUPPORT: Any local church, the religious leader is there to support you. Churches (lagenweb.org)	
LEGAL ASSISTANCE/VICTIM-WITNESS ASSISTANCE: Legal Services of North LA 318-699-0889	
COMMUNITY CORRECTIONS OFFICERS: 318-749-5810	
Other: SaveCenla.com	Other: 211 or (Resource center)
Other: Tensas Parish Police Jury 318-766-3542 Tensas Parish Louisiana Reentry Guide (lareentryguide.com)	Other: https://www.depression-anxiety-stress-test.org/ survivorsof suicide.com Food Bank of NE LA 318-322-3567
Other: Betterhelp.com	Other: North East Delta Human Services 318-362-3153