



Behavioral Health Resources in Response to Public Health Emergencies

Office of Behavioral Health “Keep Calm through COVID” Line: 1-866-310-7977

Available 24 hours a day / 7 days a week | All calls confidential

With the recent outbreak of Coronavirus Disease 2019 (COVID-19) you may be feeling overwhelmed with fear and anxiety about the uncertainty surrounding this new public health emergency. We’re here to help you with learning how to cope with these strong emotions and associated stress. The Office of Behavioral Health “Keep Calm through COVID” Phone Line provides trained, compassionate counselors to support you during this difficult time. Counselors provide information and service coordination with linkage to mental health and substance abuse counseling services.

VIA Link 211 or 1-800-749-2673

Call 24/7 for information and resources on health services

Local contacts for crisis support

- **Jefferson Parish Mobile Crisis Team:** (504) 832-5123
Serving Jefferson Parish; for youth and adults
- **Metropolitan Crisis Response Team:** (504) 568-3130
Serving Orleans, Plaquemines and St. Bernard parishes; for youth and adults
- **When in doubt, call 911!**
Tell them there is a “mental health emergency” and officers will be sent to assist you and your loved one. Ask for a Crisis Intervention Team (CIT) officer. If your loved one is in crisis in New Orleans, ask for Unit 6512, which is the NOPD Crisis Transportation Unit.

Hotlines for you or your loved one who is in crisis or just having a hard time

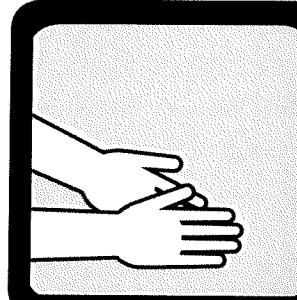
- **24/7 VIA Link Cope Line:** (504) 269-COPE (2763) or 1-800-749-2673
Call 24/7 or chat with a crisis counselor between 3 p.m. and 10 p.m. Monday to Friday by going to www.vialink.org and opening the chat box.
- **24/7 National Suicide Prevention Lifeline**
Call 1-800-273-8255 (veterans press 1)
En Español: 1-888-628-9454
Deaf/hard of hearing: 1-800-799-4889 for TTY
www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx: Chat with a crisis counselor 1 p.m. to 1 a.m. Monday to Friday
- **24/7 Crisis Text Line:** Text NAMI to 741741

STOP the SPREAD

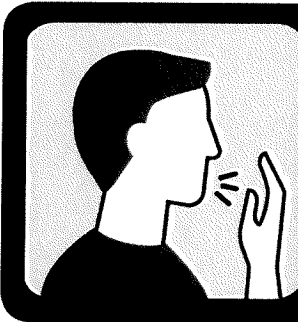
Take these simple actions every day to help prevent the spread of respiratory viruses.



Wash your hands often with soap and water for at least 20 seconds – especially after using the bathroom or blowing your nose, and before eating.



In addition to soap and water, or if soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.



Cover your cough or sneeze into your elbow or a tissue.



Don't touch your eyes, nose or mouth with unwashed hands.



Stay away from people who are sick.



Stay home when you are sick.



Clean and disinfect objects and surfaces regularly.



If you think you are sick, call your doctor and ask what you should do.