

MORE RESOURCES AVAILABLE ONLINE

For regular updates of mental health resources in the New Orleans area, check the following websites:

- www.chghc.org
- www.reachnola.org
- www.louisianarebuilds.info
- www.nolafreehealthcare.com
- www.louisianaspirt.org
- www.namineworleans.org



When seeing a new provider for the first time, be sure to bring...

- Proof of income
- Proof of residency
- Identification
- All medications you are currently taking
- Book or magazine to pass the time in the waiting room

Some Symptoms of Depression

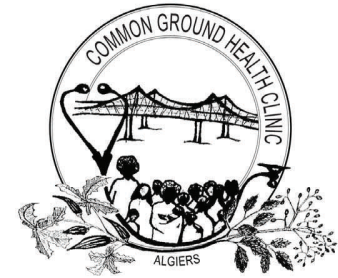
- No interest or pleasure in things you used to enjoy
- Feeling sad or empty
- Crying easily or crying for no reason
- Feeling slowed down or feeling restless and unable to sit still
- Feeling worthless or guilty
- Weight gain or loss
- Thoughts about death or suicide
- Trouble thinking, recalling things or focusing on what you're doing
- Trouble making everyday decisions
- Problems sleeping, especially in the early morning, or wanting to sleep all of the time
- Feeling tired all of the time
- Feeling emotionally numb, perhaps even to the point of not being able to cry



Symptoms compiled by the staff of
www.familydoctor.org

Mental Health Resources

New Orleans, LA



This resource guide is a publication of
REACH-NOLA and the
Common Ground Health Clinic.

www.chghc.org

www.reachnola.org

Please direct comments, updates and inquiries to CGHCguide@gmail.com

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HOTLINES

HELP IS AVAILABLE BY PHONE, 24 HOURS A DAY

- Suicide Prevention Lifeline
1-800-273-TALK (8255)
- COPE Line 211
- Youth Crisis Line
1-800-442-HOPE (4673)
- Addiction Helpline
1-800-622-HELP (4357)
- Domestic Violence/Sexual Abuse
1-888-411-1333
504-837-5400
- Rape Crisis Line 1-800-656-4673
- Alcoholics Anonymous
504-779-1178
Call for information on times and
places for daily, free meetings
- Post-Traumatic Stress Disorder
1-877-507-PTSD (7873)
- Emergency 911

COUNSELING AND PSYCHIATRY AVAILABLE: CENTERS WITH SLIDING SCALE OR NO COST OPTIONS

- **Family Services of Greater New Orleans**
Eastbank: 2515 Canal St., NO LA 70119
504-822-0831
Westbank: 1799 Stumpf, Suite 7, Bldg 2, Gretna,
LA 70056 504-361-0926
Counseling services for adults and children;
Call for Appt.
M-F: 8 AM-4:30 PM
- **Algiers/Fisher Behavioral Health Center**
4440 General Meyer, NO LA, 70114 (trailers
next to Joellen Smith Building) 504-361-6500
Counseling and psychiatry; Walk-in or Appt.
M-F: 8 AM-4:30 PM
- **Central City Behavioral Center**
221 Philips St., NO LA (next to Edna Pillsbury),
504-568-6650
Counseling and psychiatry; Walk-in or Appt.
M-F: 8 AM-4:30 PM
- **Chartres-Pontchartrain Behavioral Health
Center**
719 Elysian Fields, NO LA, 70117, 504-942-8101
Counseling and psychiatry; Walk-in or Appt.
M-F: 8 AM-4:30 PM *Se habla espanol*
- **Jefferson Parish Human Services Authority**
5001 West Bank Expy, Marrero, LA, 70072,
504-349-8833
Counseling and psychiatry for adults and

children; Walk-in or Appt.
M-F: 8 AM-4:30 PM *Se habla espanol*

- **LSU Psychiatry Access to Care**
3450 Chestnut St., NO LA, 504-412-1540
Counseling and psychiatry for adults and
children; Appt. only
M-F: 8 AM-5 PM
- **Trinity Counseling Center**
2108 Coliseum St., NO LA, 70130
504-522-7557
Counseling services for individuals,
couples, families and children; Appt. only
M-F: 8 AM-4:30 PM



FEEL BETTER!

Health & Resilience Program

H.A.R.P. is a new program in New Orleans offering FREE support in feeling better and dealing with the stress that impacts all of our lives. Therapeutic drum circles, meditation groups and healing circles for victims of violence are just a few of the creative activities available.

Call for information: 504-232-4496
