You Got This provides mental health & self-care resources to foster hope and social connection for New Orleans' creative community.
RECOMMENDED CRISIS RESOURCES

It's OK to speak up if you are suffering and to ask if you are worried about someone.

LOCAL NEW ORLEANS
Metropolitan Human Services District (24/7)
CALL 504.826.2675

Via Link (24/7)
CALL 2-1-1 OR 504.269.COPE (2673)
CHAT ONLINE AT VIALINK.ORG

NATIONAL RESOURCES

National Suicide Prevention Lifeline
CALL 1.800.273.8255 | 24/7
CHAT ONLINE AT SUICIDEPREVENTIONLIFELINE.ORG/CHAT

Crisis Text Line
TEXT HOME TO 741741 | 24/7

SAMHSA National Helpline
CALL 1-800-662-HELP | 24/7

Trevor Project (for LGBTQ Youth)
CALL 1.866.488.7386 | 24/7

Trans Lifeline (for Transgender Community)
CALL 1.877.565.8860 | 9 AM-3AM CST

Veterans Crisis Line
CALL 1.800.273.8255 (press 1) | TEXT 838255 | 24/7

RAINN National Sexual Assault Hotline
CALL 1.800.656.HOPE(4673) | 24/7

National Gambling Helpline
CALL 1.800.522.4700 | 24/7