

MENTAL HEALTH RESOURCES



Emergency Situations

911

Southern University Counseling Center (M-F 8am-5pm)

225-771-2480

Southern University Police Department

225-771-2770

Holistic Behavioral Health 24/7 Crisis Hotline

225-368-9602

Crisis Text Line

Text "HOME" to 741741

National Suicide Prevention Lifeline

1-800-273-8255

Call or Text 988

Suicide Loss Helpline

1-800-646-7322

Substance Abuse Mental Health Services Administration

Disaster Distress Helpline

1-800-985-5990

Text "TalkWithUs" to 66746

Veterans Crisis Hotline

1-800-273-8255

National Sexual Assault Hotline

1-800-656-4673

Sexual Trauma Awareness & Response Center (STAR)

Crisis Hotline: (225) 383-7273

National Domestic Violence Hotline

1-800-799-7233

Love is Respect (Dating & Relationship Hotline)

1-866-331-9474

Text "Love" to 22522

Trans Lifeline

1-877-565-8860



Trevor Lifeline

1-866-488-7386



Text "START" to 678-678

National Child Abuse Hotline/Childhelp

1-800-422-4453

National Problem Gambling Helpline

1-800-522-4700

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BetterMynd



UNIVERSITY COUNSELING CENTER

PHONE: 225-771-2480

EMAIL: COUNSELINGCENTER@SUBR.EDU

WEBSITE: WWW.SUBR.EDU/COUNSELINGCENTER