

## MORE RESOURCES AVAILABLE ONLINE

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### 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](http://www.familydoctor.org)

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Information on services can change rapidly. We have listed several agencies that focus solely on mental health support; many primary care clinics also offer mental health services. For regular updates of mental health resources in the New Orleans area, check the following websites:

- [www.mhsdla.org](http://www.mhsdla.org)
- [www.jphsa.org](http://www.jphsa.org)
- [www.louisianarebuilds.info](http://www.louisianarebuilds.info)
- [www.gnocommunity.org](http://www.gnocommunity.org)
- [www.louisianaspirt.org](http://www.louisianaspirt.org)
- [www.namineworleans.org](http://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
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# Mental Health Resources

New Orleans, LA

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This resource guide is a publication of

REACH-NOLA and the  
Common Ground Health Clinic  
[www.commongroundclinic.org](http://www.commongroundclinic.org)

[www.reachnola.org](http://www.reachnola.org)

Please direct comments, updates and  
inquiries to

[CGHCguide@gmail.com](mailto: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  
504-822-0800 [www.fsgno.org](http://www.fsgno.org)  
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 Health Clinic**  
2221 Philips St., NO LA (next to Edna Pills-  
bury), 504-568-6650 [www.mhsdla.org](http://www.mhsdla.org)  
Counseling and psychiatry; Walk-in or Appt.  
M-F: 8 AM-4:30 PM
- **Chartres-Pontchartrain Behavioral Health  
Center** [www.mhsdla.org](http://www.mhsdla.org)  
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**  
4700 Wichers Ave, Ste. 300, Marrero, 70072  
504-349-8833, 504-832-5123 Call or see website  
for additional locations: [www.jpghsa.org](http://www.jpghsa.org)

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
- **Counseling Solutions (CCANO Program)**  
921 Aris Ave, Metairie 504-835-5007  
1-866-891-2210 Care line [www.ccano.org](http://www.ccano.org)  
Individual, marital, family & group counseling  
by masters-level therapists. Medication man-  
agement by psychiatrists. Appt. only.
- **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**

