

Governor's Office of Homeland Security
and Emergency Preparedness
State of Louisiana

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Crisis Counseling Text Line now Available to Louisiana Residents

BATON ROUGE (May 22, 2020) – A new, counseling text line is now available to provide free, confidential, 24/7 support for people in crisis. All someone has to do is **text REACHOUT (all caps together) to 741741** to connect to a trained crisis counselor who will help individuals de-escalate, identify coping strategies and who will use active listening techniques.

“We know this crisis has created challenges outside of those we face with a normal emergency,” said GOHSEP Director Jim Waskom. “The issues impacting many people may linger as we transition through the different phases of recovery. If you or anyone you know may be struggling with the COVID-19 crisis, please urge them to take advantage of this unique program offered by the state.”

This resource is available to provide additional options to connect and cope with stress, anxiety and other difficult situations as a result of COVID-19 in addition to the existing resources. Anyone in emotional distress or crisis who feels a chat via text would help should immediately connect in order to resolve emotions of the moment.

“This pandemic has brought much uncertainty and it is a difficult time for each of us. This texting resource is an addition to the other resources and materials we have been providing that address anxiety, mental health and substance use challenges during this crisis. If additional help is needed a referral can be made to the appropriate behavioral

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health provider,” said Karen Stubbs, Assistant Secretary of Office of Behavioral Health, Louisiana Department of Health.

Text REACHOUT to 741741 or call 1-866-310-7977. These services are free, confidential and available 24/7.

This support is being provided by the State of Louisiana’s Crisis Counseling Program for COVID-19.

Find more tips on weather and preparedness on GOHSEP’s Facebook and Twitter accounts. Listen to conversations on all aspects of emergency management by downloading GOHSEP’s The Get A Game Plan Podcast. You can receive emergency alerts on most smartphones and tablets by downloading the new Alert FM App. It is free for basic service. The Get A Game Plan App is another resource available to help you and your family prepare for any type of emergency. You can download the Louisiana Emergency Preparedness Guide and find other information at www.getagameplan.org.

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