Experiencing a Mental Health Crisis?

A mental health crisis is any situation in which a person's behavior puts them at risk of hurting themselves or others and/or prevents them from being able to care for themselves or function effectively in the community.

Warning Signs of a Mental Health Emergency

- Risk of harm to self or others
- Suicidal thoughts or plan
- Confused thinking
- Auditory or visual hallucinations
- Substance related behavioral symptoms
- Delusions
- Intense emotional dysregulation
- Trouble connecting to reality
- Severe depression or anxiety causing functional limitations

Option 1

988 HELP & HOPE ARE HERE

Call 988

The 988 helpline provides immediate emotional and mental health support to Louisiana residents. The helpline is free, confidential, and available 24/7.

Call, text or chat online
To chat online, visit
https://chat.988lifeline.org

Option 2



Go to your local Emergency Room

What to expect:

- Triage
- Evaluation
- Safety measures
- Mental health assessment
- Possible outcomes
  - Discharged with an aftercare plan
  - Crisis or observation stay
  - Hospital admission

Option 3

CALCASIEU PARISH CORONER LAKE CHARLES LOUISIANA FORENSIC CENTER

Order of Protective Custody (OPC)

Calcasieu Parish Forensic Center
722-A Dora Street
Lake Charles, LA 70601
or call for more information
337-477-7537

An order of protective custody allows a minor or adult to be taken into custody for immediate evaluation and treatment if they are deemed a danger to themselves or others due to mental illness or substance use.

***Improper or false commitment can result in fines up to $1,000, imprisonment up to one year, or both.**
***Cannot OPC out of incarceration.**

LOUISIANA CRISIS RESPONSE

Louisiana Crisis Response - 855-242-2735

The Louisiana Crisis Hub is free and available 24/7. We are here to help anyone in Louisiana who is having a crisis. You get to decide what a "crisis" means for you.

Crisis Online Chat
UnitedWaySWLA.org/CrisisChat

CART - Child & Adolescent Response Team - Ages 0-20

This mobile respose team is designed to provide crisis counseling and intervention to children, youth, and their immediate family. Available in Allen, Beauregard, Calcasieu, Cameron and Jefferson Davis parishes. **Call 337-475-8022** Monday - Friday 8:00am - 4:30pm or **1-833-900-0055** after hours and on weekends. Visit www.imcalhsa.org for more information.

Signs It May Be Time to Seek Mental Health Support:

- Persistent sadness, hopelessness, or anxiety
- Withdrawing from family, friends, or activities
- Changes in sleep or appetite
- Difficulty concentrating or making decisions
- Increased irritability, anger, or mood swings
- Loss of interest in activities once enjoyed
- Decline in work, school, or daily functioning
- Increased use of alcohol or drugs to cope
- Feelings of being overwhelmed or unable to cope
- Expressing feelings of worthlessness or excessive guilt
- Significant changes in personality or behavior
- Talking about feeling isolated or like a burden (without an immediate plan for self-harm)

2·1·1
Get Connected. Get Help.™

211 is a single access point for every day needs and in times of crisis
www.unitedwayswla.org/211

THE PARTNERSHIP

Brought to you by The Partnership for a Healthier Southwest Louisiana

Download the ImCal Resource App

Access local support services anytime. Find nearby mental health care, crisis support, addiction treatment, housing, food assistance, transportation, employment resources, veterans services, legal aid, family support, and more. Covering Allen, Beauregard, Calcasieu, Cameron, and Jefferson Davis parishes.

Resource App

Apple Google

www.imcalhsa.org