

# CRISIS TEXT LINE

**Sometimes it helps to talk to someone.**

**Text REACHOUT to 741741**

The State of Louisiana is proud to announce that a Crisis Text Line has been activated to provide free, confidential, 24/7 support for people in crisis via text.

All Louisiana can get connected by texting REACHOUT (all caps together) to 741741 to reach a trained crisis counselor who will help de-escalate, identify coping strategies and use active listening techniques to support you.

With COVID-19, citizens need options to connect and cope with stress, anxiety and hard situations that can result in a mental health crisis. Anyone in emotional distress feels a chat via text would be useful to immediately connect them to resolve emotions of the moment.

Text REACHOUT to 741741 and STAY WELL Louisiana.

This support is being provided by the State of Louisiana's Crisis Counseling Program for COVID19.