

MORE RESOURCES AVAILABLE ONLINE

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

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

- www.mhsdla.org
- www.jphsa.org
- www.louisianarebuilds.info
- www.gnocommunity.org
- 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



This resource guide is a publication of

REACH-NOLA and the

Common Ground Health Clinic

www.commongroundclinic.org

www.reachnola.org

Please direct comments, updates and inquiries
to

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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 70119
504-822-0800 www.fsgno.org
Westbank: 1799 Stumpf, Suite 7, Bldg 2, Gretna,
70056 504-361-0926
Counseling services for adults and children;
Call for Appt.
M-F 8 AM-4:30 PM *Se habla espanol*

Algiers/Fischer Behavioral Health Center

4422 Gen. Meyers, Ste. 203, NO (Algiers),
70114 504-361-6500
Counseling and psychiatry; Walk-in or Appt.
M-F 8AM-4:30 PM

Central City Behavioral Health Clinic

2221 Philips St., NO (next to Edna Pillsbury),
504-568-6650 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

719 Elysian Fields, NO, 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

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, 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
Individual, marital, family & group counseling
by masters-level therapists. Medication
management by psychiatrists. Appt. only.

Trinity Counseling Center

2108 Coliseum St., NO, 70130
504-522-7557
Counseling services for individuals, couples,
families and children; Appt. only
M-F: 8 AM-4:30 PM

West Jefferson Behavioral Health Center

229 Bellemeade Blvd., Gretna
504-391-2440
Individual therapy and referrals, as well as
anger management classes, domestic
violence programs, women's support group,
treatment for addictive disorders, anxiety
sufferers support group, grief support group,
Alzheimers day program, PHP and IOP
programs, many others.
Clinic M-F 7:30-5; Support groups
in evenings. *Se habla espanol*

FEEL BETTER!

