

FREE Help for Families

2-1-1 Information

Dial: 2-1-1 **Text:** LACOVID to 898-211 **Visit:** www.LA211Help.org

To speak with 2-1-1 about available resources and services.

Parent/Caregiver Support

Dial: 1-800- CHILDREN (244--5373) **Text:** 225-424-1533

Kidline provides free emotional support, information, and referrals for parents/caregivers.

Counseling Hotlines

Dial: 1-866-310-7977 to speak with a trained, compassionate counselor 24/7 (LDH).

Text: REACHOUT to 741741 to speak with a crisis counselor for 24/7 support (CAUW).

Text: 504-777-EASE (3273) if you're a teenager needing support or counseling.

Free Wi-Fi & Phone Services

Discounted Internet Services: www.lsu.edu/it_services/remote/discounted-internet.php

Wi-Fi Connectivity: www.internetessentials.com/

Wireless/Landline Phone Service: bitly.com/LAfreewireless

Free Hot Spots: www.wiman.me/united-states/free-wifi-baton-rouge

Food

Dial: 225-308-2038 **Visit:** www.feedinglouisiana.org/covid-19

Feeding Louisiana provides information on food assistance.

Visit: cnp.doe.louisiana.gov/ServingSites/ for information on meal services for children.

Public Assistance

Dial: 1-888-342-6207 **Visit:** bitly.com/LAmedicaid for Medicaid assistance.

Dial: 1-866-783-5567 **Visit:** www.laworks.net for Unemployment assistance.

Dial: 1-888-LAHELP-U (1-888-524-3578) **Text:** GETSNAP to 898-211 for SNAP assistance.

Mental Health Services

For any age: **Dial:** VIA LINK 211 or 1-800-749-2673 **Visit:** http://ldh.la.gov/assets/oph/Coronavirus/resources/obh/COVID-19_BehavioralHealthResources_statewidewithLGEs.pdf

For ages 0-5: **Visit:** tingurl.com/TulaneTikes for free parenting support for emotional or behavioral issues in children.

Legal Aid Hotline

Dial: 1-844-244-7871 to contact Southeast Legal Services COVID-19 Hotline.