

MENTAL HEALTH RESOURCES

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These resources have been compiled for the congregation of St. John's United Methodist Church with the support and guidance of the mental health professionals in our community.

SUPPORT FOR CHILDREN AND TEENS

Redstick C.A.R.E.S./ Heal Your Life Counseling

<https://www.redstickcares.org/youthprograms>

<https://www.healyourlifelouisiana.com/>

(225)351-CARE (2273) (Redstick CARES)

(225)226-5947 (Heal Your Life)

5475 Essen Lane, Baton Rouge, LA 70810

Housed in the same building, these two facilities offer support for children and teens through group and individual counseling options.

Baton Rouge Children's Advocacy Center

<https://batonrougecac.org/what-we-do/therapy/>

(225)343-1984

626 East Boulevard, Baton Rouge, LA 70802

Provides support services, psycho-education, and trauma-focused CBT to children and adolescents who have survived trauma or who are at-risk. These services are a part of BRCAC's multidisciplinary team which also includes a forensic team, members of law enforcement, a legal team, and a victim advocacy team.

Baton Rouge Youth Coalition

<https://thebryc.org/programs/>

(225)456-5752

4600 N 11th Street, Baton Rouge, LA 70802

Provides services to under-served students to be able to succeed in high school college, and post-graduation. Offers after-school programs tailored to the student's grade levels and goals paired with meaningful outside-the-classroom support.

Family and Youth Service Center - Truancy

<https://www.fysc-ebr.org/about-us.html>

(225)239-7800

Helps students who have exhibited truant behaviors to identify causal reasons for such behaviors and to provide access to services to eliminate these causal problems.

Psychology Today

<https://www.psychologytoday.com/us/therapists/la/baton-rouge>

A list of therapists in the area who see children and adolescents. Press "Filter" button to choose to filter through therapists who can see children (6-10), preteens, and adolescents. There is also an option to search by insurance, therapy type, and gender of the therapist.

FREE GROUP COUNSELING

Grief Recovery Center

<https://www.grcbr.org/supportgroups>

(225)924-6621

4939 Jamestown Ave., Ste 10, Baton Rouge, LA 70808

Support groups that offer a safe environment for griever to take effective and lasting action, no matter the type of loss experienced, through shared giving and receiving of support and validation.

LSU Student Health Center – for Students of LSU Only

(225)578-6271

<https://www.lsu.edu/shc/mental-health/grouptherapy.php>

Free support, psychoeducational, and process groups for LSU students. Groups include anxiety management, neurodivergent, undergrad process group, graduate process group, women of color, and a men's group.

Redstick C.A.R.E.S.

(225)351-CARE (2273)

<https://www.redstickcares.org/programs>

Offers a variety of community programs led by mental health clinicians. Some programs include process-oriented groups, integrated arts groups, support groups, and psychoeducational groups. The groups are open to people of all ages and abilities, with some adult groups having a companion kid group that runs at the same time to eliminate concerns for childcare.

NAMI Baton Rouge - Family Support Group

(225)273-6061 or (225)769-0361

<https://namibr.org/>

Support group for families with members who have mental illness. Please call the numbers listed for times and locations, as they are not correct on the website.

HOW DO I ASK MY DOCTOR ABOUT MEDICATION FOR DEPRESSION? (Articles)

Talkspace

<https://www.talkspace.com/mental-health/conditions/articles/how-to-get-depression-medication/>

This article provides information on who can prescribe depression medication, information on antidepressants, and ways to get them in-person, online, and in conjunction with another treatment modality, like therapy.

Verywell Mind

<https://www.verywellmind.com/how-do-i-tell-a-doctor-im-depressed-1067387>

This article walks the reader through information about depression and how to go about bringing it up to your doctor.

ADDICTION SERVICES

SUBSTANCE ABUSE

Help.org

<https://www.help.org/drug-and-alcohol-rehab-facilities-in-baton-rouge-la/>

A list of substance use rehabilitation facilities in Baton Rouge.

SAMHSA Treatment locator

<https://findtreatment.gov/locator>

Websites to locate substance abuse rehab treatment.

Information about Addiction

<https://www.addictiongroup.org/>

Alcoholics Anonymous

<http://aabatanrouge.org>

10319 Old Hammond Hwy. C2

Baton Rouge, LA 70816

225-930-0026

Meetings, sponsors

Al-Anon Information Services

<http://al-anon.org>

9417 Brookline Dr

Baton Rouge, LA 70809

225-924-0029

The Grove Recovery Center

<http://www.thegroverecoverycenter.com/>

Baton Rouge and Ascension locations available

General phone line: 225-300-4850

Opioid Treatment Program Directory

<https://dpt2.samhsa.gov/treatment/>

Find treatment programs in your state that treat addiction and dependence on opioids.

AFRICAN AMERICAN MENTAL HEALTH RESOURCES

*There are a variety of mental health resources available for people of color.
We have provided a few examples below.*

Black Men Heal

<https://blackmenheal.org/become-a-client-2/>

Limited and selective free mental health service opportunities for Black men.

Black Mental Health Alliance

<https://blackmentalhealth.com/>

(410) 338-2642

Provides information and resources and a “Find a Therapist” locator to connect with a culturally competent mental health professional.

Black Mental Wellness

<https://www.blackmentalwellness.com/>

Email: info@blackmentalwellness.com

Provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, as well as training opportunities for students and professionals.

Brother You're on My Mind

<https://www.nimhd.nih.gov/programs/edu-training/byomm/>

Program Contact: Shelly Pollard; Email: pollards@mail.nih.gov

An initiative launched by Omega Psi Phi Fraternity, Inc. and NIMHD to raise awareness of the mental health challenges associated with depression and stress that affect African American men and families. Website offers an [online toolkit](#) that provides Omega Psi Phi Fraternity chapters with the materials needed to educate fellow fraternity brothers and community members on depression and stress in African American men.

Ebony's Mental Health Resources by State

<https://www.ebony.com/black-mental-health-resources/>

List of Black-owned and focused mental health resources by state as compiled by Ebony magazine.

Melanin and Mental Health

<https://www.melaninandmentalhealth.com/>

Connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities. Promotes the growth and healing of diverse communities through its website, online directory, and events.

Ourselves Black

<https://ourselvesblack.com/>

Provides information on promoting mental health and developing positive coping mechanisms through a podcast, online magazine, and online discussion groups. Also has a provider directory for affiliated clinicians in each state.

Sista Afya

<https://www.sistaafya.com/>

(773)234-7994

Organization that provides mental wellness education, resource connection and community support for Black women.

Therapy for Black Girls

<https://therapyforblackgirls.com/>

Email: info@therapyforblackgirls.com

Online space dedicated to encouraging the mental wellness of Black women and girls. Offers listing of mental health professionals across the country who provide high quality, culturally competent services to Black women and girls, an informational podcast and an online support community.

ALZHEIMER'S AND ALZHEIMER'S CAREGIVERS

Alzheimer's Services of the Capital Area

alzbr.org

3772 North Blvd.

Baton Rouge, LA. 70806

225-334-7494

Alzheimer's Services of the Capital Area is a non-profit organization serving East Baton Rouge parish and surrounding parishes whose mission is to teach, care for, and connect with those affected by Alzheimer's Disease and other memory-related impairments.

EBR Council on Aging

<https://ebrcoa.org>

965 North 18th Street

Baton Rouge, LA 70802

225-923-800

Federally mandated program to respond to the needs of Americans age 60 and older. The goal is to keep seniors living independently in their own homes. The sixteen Senior Centers in EBRP provide socialization, recreation, and exercise in a safe and enriching environment. Four centers provide lunch for those in attendance Monday-Friday.

DISABILITY SERVICES

Families Helping Families of Greater Baton Rouge

<https://www.fhfgbr.org>

2356 Drusilla Lane

Baton Rouge, LA. 70809

225-216-7474

Families Helping Families is a non-profit, family directed resource center for individuals with disabilities and their families. They provide resources, seminars and help for families especially with autism spectrum disorders, special education needs and understanding the waiver program.

EMERGENCY SERVICES

If someone you know is actively suicidal or homicidal, these services can help.

988 Suicide & Crisis Lifeline

<https://988lifeline.org>

Call 988 from any phone

The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States. Texting is also available at this number.

American Foundation for suicide prevention

<https://afsp.org/chapter/louisiana>

Crisis Text Line

[Crisistextline.org](https://crisistextline.org)

Text: 741741

Text HOME to 741741 from anywhere in the United States, anytime.

Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

The Trevor Project

<https://www.thetrevorproject.org>

Text or Call

Text: 678678

Call: 866-488-7386

Trevor Lifeline offers 24/7, free and confidential support by phone, text message (SMS) and online chat. We support LGBTQ+ young people in the U.S. and Mexico who may be experiencing emotional distress related to gender & sexual identity, loneliness, relationships, suicide, supporting a friend or family member.

As part of our commitment to preventing suicide, we are available to help you if you are considering suicide or harming yourself, or if you are noticing warning signs in a friend or family member. When you reach out to us you will talk with one of our friendly and supportive volunteers who are experienced in how to help people in your situation. They will listen to you, unpack your story and feelings, and work with you to help you through your challenges. We are open 24 hours a day, every day of the week. We are always available to talk with you.

Louisiana 211

<https://www.louisiana211.org>

Call 211 from cell phone

Free, 24/7 referral and information line that connects people to a wide range of health and human services.

OLOL ER

COPE Team: (225) 765-8900 or (800) 864-9003

Mental and Behavioral Health General Information: (225) 765-6005

Baton Rouge General

Behavioral Health ER

4040 North Blvd

Baton Rouge LA 70806

(225) 623-4529

admissions@batonrougebehavioral.com

The Bridge Center for Hope (crisis receiving center)

<https://brbridge.org>

3455 Florida Street

Baton Rouge, LA 70806

(225) 256-6604

MENTAL HEALTH RESOURCES

Ascension Counseling Center

1112 E Ascension Complex Blvd.

Gonzales, LA. 70737

225-450-1016

Ascension Counseling Center is a parish agency funded by property taxes that provides outpatient mental health and substance abuse treatment to residents of Ascension Parish.

IRIS Domestic Violence Center

<http://www.stopdv.org>

P.O. Box 52809

Baton Rouge, LA 70892

225-389-3001

1-800-541-9706

Shelter services, legal services, children's services

Capital Area Human Services (state supported/ indigent behavioral health services)

<https://cahsd.org>

7389 Florida Blvd.,

Suite 100A

Baton Rouge, Louisiana 70806

Mailing: P.O. Box 66558

Baton Rouge, LA 70896-5817

Phone: (225) 922-2700

Clinic Services

For information about clinic services near you, call 225-925-1906.

Three behavioral health clinics and outreach locations serving communities in Ascension, East & West Baton Rouge, East & West Feliciana, Iberville, and Pointe Coupee.

Psychology Today

<https://www.psychologytoday.com/>

General website to identify local therapists.

National Alliance on Mental Illness (NAMI)

NAMI Homefront Mental Health Resources

<https://homefrontresources.nami.org>

This is a self-guided program that can be done at any time. The information is not for just veterans. All can benefit from the information.

NAMI Louisiana

<https://namilouisiana.org>

307 France Street, Suite A

Baton Rouge, LA

(225) 291-6262

OTHER CRISES

EBR Child Protection Hotline

225-925-4571

225-342-0510

225-925-4571

<http://www.dcf.louisiana.gov/index.cfm?md=pagebuilder&tmp=home&pid=108>

STAR Sexual Trauma Awareness and Response

<https://star.ngo/>

24/7 HOTLINE: (855) 435-STAR

SAMHSA (Substance Abuse and Mental Health Services Administration)

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

Disaster Distress Helpline

Call or text 1-800-985-5990

24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

VETERAN SUPPORT

Veteran Affairs PTSD

www.ptsd.va.gov

1-802-296-6300

VA's center of excellence for research and education on the prevention, understanding and treatment of PTSD.

Veterans Crisis Line

www.veteranscrisisline.net

Dial 988 then press 1

Reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves. Connects Veterans in crisis and their families and friends with qualified, caring VA responders. Veterans and their loved ones can call 1-800-273-8255 and Press 1.

VA Homeless Programs

www.va.gov/homeless

(1-877-424-3838), a toll-free hotline available 24 hours, 7 days a week.

Each VA medical center has a homeless coordinator and programs that help Veterans establish or maintain safe, stable housing. Call VA's National Call Center for Homeless Veterans

Moving Forward

<https://www.veterantraining.va.gov/movingforward/>

The Moving Forward online course is a self-paced, free web training course. It was designed to assist veterans and service members who are struggling with life's challenges. The course is geared toward users who may be experiencing mild to moderate depression, anxiety or stress.

Veterans Employment Toolkit

<https://www.va.gov/vetsinworkplace/workplaceproject.asp>

A toolkit that supports Veterans seeking work and also helps employers support their employees who are Veterans and members of the Reserve and National Guard.

VA College Toolkit

<https://www.mentalhealth.va.gov/student-veteran/index.asp>

A toolkit that provides faculty, staff, and administrators resources to support student Veterans by understanding their unique experiences, adjustments, and needs.