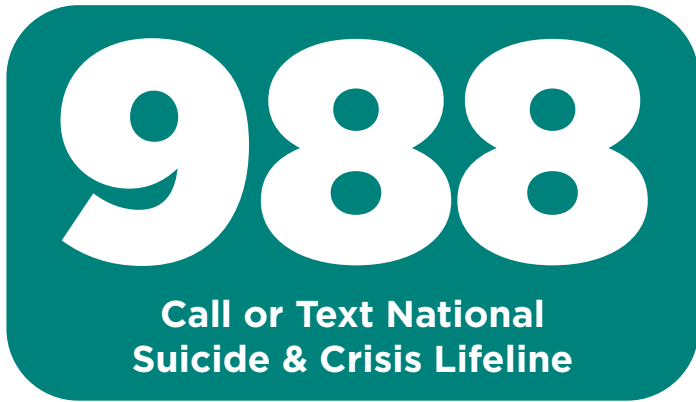


NEED TO TALK TO SOMEONE?

YOU HAVE ACCESS TO SUPPORT 24/7/365.



CRISIS HOTLINES

National Suicide Prevention Hotline 988

For TTY Users: Use preferred relay service or dial 711 then 988

Online Crisis Counseling Chat Services
Visit CrisisChat.org, 988lifeline.org/chat/ or Text 988 or 741741

Steve Fund
TEXT STEVE to 741741 to access a culturally trained Crisis Text Line counselor for young people of color.

Compulsive Gambling Helpline (LACG)
1-877-770-7867

The Trevor Project LGBTQ+ Crisis Line
1-866-488-7386 or text START to 678678

Substance Abuse Hotline
1-800-662-HELP (4357) TTY: 800-487-4889

Rape, Abuse, Incest National Network (RAINN) Sexual Assault Helpline
1-800-656-HOPE (4673)

Anti-hazing Hotline
1-888-NOT-HAZE (668-4293)

Veterans Hotline
988 (Press 1) or Text 838255

Disaster Distress Help Line
Call or Text 1800-985-5990



TimelyCare is a convenient way for students to receive free telehealth services. Every student has access to this service by signing up at Centenary.edu/timelycare or by scanning the above QR code. Use your school email address to avoid incurring fees.

Mental Health Services Include:

TalkNow—a 24 hour hotline that you can call anytime and speak to a licensed mental health professional about anything!

Scheduled Counseling—45 minute visits by appointment to speak with a licensed counselor of your choice. Sessions are limited to 6 per semester or 12 per academic year.

The Counseling Services and Health Information office houses a telehealth suite that all students can access for telehealth counseling or medical appointments. If you need a private, confidential location to hold your visits, come by the lower level of Rotary Hall during normal business hours.

National Domestic/Dating Violence Hotline
1-800-799-safe (7233) or 1-800-787-3224 (TTY)

S.A.F.E. (Self-Abuse Finally Ends)
1-800-DONT-CUT or text CONNECT to 741741

Trans Lifeline Peer Support 1-877-565-8860 or Translifeline.org

Project Celebration: Domestic Violence, Sexual Assault 318-226-5015 or Projectcelebration.com

National Alliance on Mental Health (Namd)
1-800-950-6264

Alcoholics Anonymous—Shreveport Office
318-865-2172 or AA-shreveport.org

Narcotics Anonymous • na.org

SCAN QR CODE TO BOOKMARK
NUMBERS AND FOR MORE INFO!



Counseling Services

Request an appt at centenary.edu/therapyiscool
318.869.5466