

United Way of Southwest Louisiana  
is here for you **24/7/365**

We give hope every day.



A United Way of Southwest Louisiana Initiative

**Crisis Online Chat**  
[UnitedWaySWLA.org/CrisisChat](http://UnitedWaySWLA.org/CrisisChat)

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Don't want to talk?  
**TEXT 898-211**

Rather help yourself?  
[unitedwayswla.org/211](http://unitedwayswla.org/211)