



## United Way of Southwest Louisiana

United Way of Southwest Louisiana has several ways to assist you and receive the support, resources or advice in times of need.

### RESOURCES:

Call: **211**

Trained I/R Specialists - 24/7/365, even during disasters

Text 211: **898-211**, enter zip-code and "type" of need

### ONLINE CHAT:

Crisis Online Chat: [unitedwayswla.org/crisischat](https://unitedwayswla.org/crisischat)

Confidential chat with a trained intervention specialist, 24/7/365

### TEEN TEXTING:

Text: **833-TXT-TEEN** ( 833-898-8336)

Confidential texting with a trained intervention specialist, 24/7

To learn more about the resources above, visit: [unitedwayswla.org/help](https://unitedwayswla.org/help)

### NATIONAL NUMBERS / LINKS:

- National Suicide Prevention Lifeline: **800-273-8255**
- National Suicide Prevention Website: [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)
- American Foundation for Suicide Prevention: [afsp.org](https://afsp.org)

337.433.1088  
Toll Free 800.433.1088

[liveunited@unitedwayswla.org](mailto:liveunited@unitedwayswla.org)

# UNITEDWAYSWLA.ORG

Need help: [unitedwayswla.org/help](https://unitedwayswla.org/help)  
To give: [unitedwayswla.org/donate](https://unitedwayswla.org/donate)



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of Southwest Louisiana



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