

Counseling Resources:

- Louisiana Department of Health Free Counseling Services -Call the Keep Calm Through COVID hotline at **1-866-310-7977** at any time, 24 hours a day, seven days a week. All calls are confidential. –**This line is for counseling only**, and people calling for general information should call 211

- Catholic Counseling Services – Sliding Scale and Pro-Bono Services - 504-861-6245

Lifeline Chat - Lifeline Chat is a service of the National Suicide Prevention Lifeline, connecting individuals with counselors for emotional support and other services via web chat. All chat centers in the Lifeline network are accredited by CONTACT USA. Lifeline Chat is available 24/7 across the U.S.

<https://suicidepreventionlifeline.org/chat/>

National Suicide Prevention Lifeline – 1.800.273.8255 (TALK)

Articles

Parenting During COVID-19

<https://www.psychologytoday.com/us/blog/little-house-calls/202003/parenting-during-covid-19?fbclid=IwAR0zvJgfYsgQxhRJKf7VkXECuh6q1MIP3ZT6fYBOU6TriEb5GQJUe8iIyeQ>

Help Teens Manage Anxiety About the Coronavirus

<https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html>

Tips for Managing Stress and Anxiety

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html