



LA MENTAL HEALTH COALITION

SCHOOL BASED MENTAL HEALTH WORKGROUP

Support During the School Winter Break

HOLIDAY STRESS

- Extended breaks in school can be a stressful time for both parents and children
- Schedules are disrupted and supports may be limited
- Keeping a schedule and incorporating in family traditions can benefit both children and adults

[Click here.](#)

PARENT SELF CARE

- Take time to celebrate the holidays in ways unique to your family
- Spending time to celebrate and engage in relaxing and fulfilling activities is restorative for our mental health and brain functioning
- Taking care of yourself is the first step to taking care of your family

[Click here.](#)

9-8-8

- National Suicide Prevention Lifeline (1-800-273-TALK) launches a new 3-digit dialing code: 9-8-8
- 9-8-8 will be answered by local non-profits VIA LINK and LACG
- Breaks from school can be a stressful time for students and parents, for 24/7 emotional support dial 9-8-8
- For additional support students can contact the Crisis Teen Textline: 833-TXT-TEEN

USE 2-1-1 FOR LOCAL RESOURCES

- LA 2-1-1 is a free service to be connected to local information & referral specialists who will help you navigate available health and human services
- Dial 2-1-1 or text 898-211
- 2-1-1 can also be a source of information for holiday give aways
- 2-1-1 can also connect you to local behavioral health services, including counseling/therapy

[Click here. to learn about 988 vs 211 vs 911](#)

WE are a collective of organizations and individuals across Louisiana who believe: People with mental health needs...



should have access to sufficient community-based services such that they can live an integrated and independent life



should have access to high quality mental health services and treatment



have the right to participate in treatment decisions and their care



Questions? Please email us at email: lamentalhealthcoalition@gmail.com



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Louisiana Mental Health Coalition

CRISIS TEEN TEXTLINE (AGES 12-22): FREE AND 24/7 TEXT 833-TXT-TEEN (833-898-8336)

VIA LINK LOUISIANA PARENT LINE: FREE AND 24/7 PHONE: 833-LA-CHILD (833-522-4453) TEXT: (225) 424-1533

LAMHA - TARGET Health Program - Peer facilitated support for students: <https://louisianamha.org/target-health-main/>