



About Louisiana Spirit

Louisiana Spirit is a federally funded Crisis Counseling Program for individuals, families and groups affected by disasters. Louisiana Spirit provides emotional support, counseling, information and referrals for survivors impacted by the recent disasters.

Funding

The Stafford Disaster Relief and Emergency Assistance Act of 1974 authorizes the Federal Emergency Management Agency (FEMA) to fund behavioral health assistance and training activities in areas which have been declared a disaster by the President.

Immediately following the presidential declaration, the Louisiana Department of Health Office of Behavioral Health (in collaboration with local human services agencies) applied for a crisis counseling grant in response to the disaster declared areas. As a result, Louisiana Spirit was established with funding through FEMA and is administered through the Substance Abuse and Mental Health Services Administration (SAMHSA).

LOUISIANA
Spirit
Crisis Counseling

(866) 310-7977
24-Hour Hotline

Questions? Contact us at:

LouisianaSpiritInfo@la.gov

or visit us at:

www.ldh.la.gov/LouisianaSpirit

This public document was published in-house at a total cost of \$80.00. Two hundred copies of this public document were published in this first printing at a cost of \$80.00. The total cost of all printings of this document, including reprints is \$80.00. This document was published by the Department of Health, Office of Behavioral Health, Louisiana Spirit Crisis Counseling, to provide Louisiana citizens information about Louisiana Spirit and the services Louisiana Spirit offers. The material was printed in accordance with the standards for printing by state agencies established pursuant to R.S. 43:31.

*Do you need
someone to
talk to?*

Crisis Counseling is Available
(866) 310-7977
24-Hour Hotline





Have you experienced a crisis? Emotional support is available just for you.

The impact and magnitude of disasters in Louisiana has resulted in catastrophic damage and has affected the well-being of its communities statewide. Events such as floods, hurricanes, oil spills and tornadoes have each had an impact on the emotional, physical and mental health of our residents.

Louisiana Spirit is designed to provide short-term face-to-face support to help survivors and communities return to pre-disaster levels of emotional well-being.



Common reactions to a crisis

Many survivors have experienced powerful reactions related to human recovery from trauma. Some who were previously impacted heavily have been re-traumatized by the most recent disaster. Common responses include:

- ▶ Sleeping problems
- ▶ Eating problems
- ▶ Drinking too much
- ▶ Avoiding people
- ▶ Feeling moody
- ▶ Anger
- ▶ Being short with others
- ▶ Trouble concentrating
- ▶ Trouble at work
- ▶ Feeling sad or depressed
- ▶ Feeling anxious

Support For You

Louisiana Spirit provides outreach crisis counseling and education to disaster survivors, their families, government responders, rescuers, disaster service workers, business owners, religious communities and other special populations.

Louisiana Spirit helps connect people in need to formal mental health services such as diagnostic services, therapy, psychiatric treatment, substance abuse treatment, medications or care management.



How We Can Help

The Louisiana Spirit Crisis Counseling employs outreach and specialty counselors who work in the impacted areas. Our team of counselors are from diverse backgrounds that reflect the people who need this assistance. This diversity ensures knowledge and understanding of the rich groups and cultures that make Louisiana unique. Call us 24/7 at 1-866-310-7977.

