

Emotional Wellness

Emotional well-being encourages autonomy and decision-making skills. It is an important part of overall wellness. Emotional wellness allows you to accept how you are feeling. Once you accept your feelings, you can begin to understand why you are feeling that way and decide how you would like to act in response to those feelings. Being emotionally well grants you the power to express feelings without any constraints. In turn, you will be able to enjoy emotional expression and be capable of forming supportive and interdependent relationships with others.

Here are some resources to help support your emotional wellbeing. Resources will be updated twice a semester. Before visiting an agency for services, view their website or call them about additional guidelines or requirements.

Counseling Services

Counseling can help you develop emotional wellness. Counseling is a process in which the client and counselor work as a team to develop trust, define problem situations, and work towards future goals for an improved life.

Teletherapy is an increasingly common option for counseling, which may take place through a live video connection over the internet, through a phone call or text/chat. Some of the organizations below offer teletherapy services.

Below are some organizations that offer counseling for the uninsured, those with Medicaid or Medicare, and/or for little or no cost based on a person's household income. If you have private health insurance or a Medicaid/Healthy Louisiana Plan, contact the company for a list of in-network professionals.

Click on the organization's title to learn more about the services offered.

- [UNO Counseling Services](#) - UNOCS serves UNO students residing in Louisiana and provides free counseling services in person and virtually. Check the website for supportive groups and events throughout the year.

Monday – Friday: 8:00 AM - 4:30 PM

UNO's University Center, 226

Appointments: (504) 280-6683

Summer Schedule: May 23-August 3

In person: Monday-Thursday 8:00 am- 4:30 pm

Virtual: Friday 8:00 am- 12:00 pm

- [Metropolitan Human Services District \(MHSD\)](#)

MHSD serves residents of Orleans, Plaquemines and St. Bernard Parishes who are uninsured or Medicaid eligible individuals at five clinic locations. MHSD clinics are Medicaid Application Centers. If you or a member of your family is uninsured, you can walk into any MHSD clinic to apply for Medicaid.

Updated Spring 2022

Monday – Friday: 8:00 AM – 4:30 PM

3100 General De Gaulle Drive

New Orleans, LA 70114

Appointments: (504) 568-3130

Metro Crisis Response Team's 24-HOUR CRISIS LINE: (504) 826-2675

- **[Jefferson Parish Human Services Authority \(JPHSA\)](#)**

JPHSA serves residents of Jefferson Parish; uninsured, Medicaid, Medicare, some private insurances and sliding scale; primary care & behavioral health care for adults.

Monday – Friday: 8:00 AM – 4:30 PM

[JeffCare East Jefferson](#)

3616 S. I-10 Service Road

Metairie, LA 70001

(504) 838-5257

[JeffCare West Jefferson](#)

5001 West Bank Expressway

Marrero, LA 70072

(504) 349-8833

JPHSA After-Hours Crisis Services: (504) 832-5123

- **[Jewish Family Service of Greater New Orleans](#)** - JFS provides in person and teletherapy and accepts most major insurers (Aetna, United Healthcare, Blue Cross and Blue Shield, Blue Connect, Gilsbar, and Tricare), Medicare, Medicaid, and income-based payment. Income-based payment is offered on a sliding-scale based on household income. These counseling services, with our master's-level interns, range from \$18-\$120 per session. For eligibility, clients will need to provide pay stubs, tax returns, or other proof of income to be assessed on the sliding scale.

Monday – Thursday: 9:00 AM – 5:00 PM, Friday: 9:00 AM – 4:00 PM

3300 W. Esplanade Ave., Ste. 603

Metairie, LA 70002

(504) 831-8475 / jfs@jfsneworleans.org

- **[Loyola Center for Counseling and Education \(LCCE\)](#)** - LCCE does not accept insurance, they use a sliding scale fee structure. However, no client will be denied services for financial reasons.

Monday - Thursday from 11:00 AM - 8:00 PM

Loyola University, Mercy Hall, Second Floor

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2020 Calhoun St., New Orleans, LA 70118

(504) 864-7858 / LCCE@loyno.edu

- [NAMI New Orleans \(Uptown/Westbank\)](#) - NAMI provides counseling services for adults and accepts Medicare, Medicaid, and Blue Cross Blue Shield PPO.

Monday-Friday from 8:30 AM - 4:30 PM.

NAMI New Orleans – Uptown

1538 Louisiana Avenue

New Orleans, LA 70115

Phone: (504) 896-2345

namino@namineworleans.org

NAMI New Orleans – Westbank

2051 8th Street

Harvey, LA 70058

Phone: (504) 368-1944

westbank@namineworleans.org

- [The Thomas E. Chambers Counseling and Training Center](#) - The center offers a variety of counseling services to anyone in the community through teletherapy. The fee for a 50-minute session is \$20.00. Special consideration is given to those who are unable to pay this fee.

Monday-Thursday 11 am - 8 pm.

University of Holy Cross

4123 Woodland Drive, New Orleans, LA 70131.

(504) 398-2168

- [Broadmoor Improvement Association](#) – They offer individual and couples counseling on a sliding scale fee based on income and the level of the counselor's training ranging from \$10-\$120.

3900 General Taylor St., New Orleans, LA 70125.

(504) 233-2296 / wellness@broadmoorimprovement.com

- [Psychology Today](#) - Psychology Today is a directory of therapists that accept insurance, fees for services, or a sliding scale fee. If you would like help navigating this process, please contact The HUB at hub@uno.edu.

Helplines

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Helplines are free, confidential, and available 24/7. These helplines can be accessed through phone, text, and chatlines.

If you or someone you know is in danger or needs immediate medical attention, please call 9-1-1

- [VIA LINK / Louisiana 2-1-1](#) - Call the 2-1-1 helpline for information, referrals, and crisis support OR call 1-800-273-TALK (8255) for crisis counseling. They offer phone, text, and chatlines that are a safe space for anyone who is going through a hard time, having thoughts about suicide, or just needs to talk.
- [SAMHSA's Disaster Distress Helpline](#) - Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.
- [Family Justice Center Crisis Hotline](#) - Call (504) 866-9554 for anyone experiencing domestic violence, sexual assault, stalking, human trafficking, and child abuse in the Greater New Orleans area.
- [The Trevor Project](#) - Call 1-866-488-7386 OR text the word "Trevor" to 1-202-304-1200. They provide LGBTQ-sensitive trained counselors you can contact through a call, text, or chat during a mental health crisis and/or suicidal thoughts.
- [Metropolitan Human Service District](#) - If you feel as though you're experiencing a mental health or addiction crisis, contact MHS's 24-hour support line at (504) 826-2675.
- [The Steve Fund](#) - Text STEVE to 741741 to access a culturally trained Crisis Text Line counselor. Instagram: @thestevefund.

Meditations

Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

- [UNO Counseling Services](#) - Online relaxation resources
- [NOLA Mindfulness](#) - Sign up for a free online session every week
- [New Orleans Insight](#) - Sign up for free online sessions scheduled on Saturdays 3:00-4:30 PM (donations accepted but not required)
- [Meditate New Orleans](#) - Sign up for Guided Group Meditation located at 1333 S. Carrollton Ave. on Thursdays: 6:00 PM and Saturdays: 10:00 AM, \$10
- [Uplift NOLA](#) – sign up for meditation, yoga, and other wellness activities, some are free, and others are low cost
- [Calm](#) - free version of the app has resources
- [Headspace](#) - free trial of the app available
- [Liberate Meditation](#) - free trial of app designed for the BIPOC community

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