

General Online Resources

ULifeline:

www.ulifeline.org

A free, anonymous resource geared towards college students where you can learn more about emotional health and ways to help yourself or a friend if you are struggling with your thoughts and feelings.

Half of Us:

www.halfofus.com

College students are especially at risk of depression, with half reporting that they have been so stressed that they couldn't function during the past year. See free videos and stories from celebrities and other students sharing how they have coped with mental health issues.

Helpguide:

www.helpguide.org

Provides free articles to help you understand, prevent, and resolve many of life's challenges, and to empower you with the knowledge and support you need to take charge of your life and make healthy choices.

Psychology Help Center:

www.apa.org/helpcenter

A free consumer resource featuring articles and information related to psychological issues affecting your daily physical and emotional well-being.

VIA LINK:

www.vialink.org

A local resource serving the Greater New Orleans area. Provides crisis counseling and suicide intervention through their 24/7 confidential hotline at 211, and a comprehensive community resource directory online or through the hotline. VIA LINK also works in conjunction with city, parish, and state governments and other organizations to provide disaster-related information and available resources.

NOTE: LSUHSC is not responsible for the content of external websites.

LSUHSC Online Resources

LSUHSC:

www.lsuhs.edu

PAL (Peer Advocate Liaison):

www.lsuhs.edu/orgs/campushealth/pal.aspx

Campus Assistance Program:

www.lsuhs.edu/orgs/campushealth/cap.aspx

Campus Police:

<http://www.lsuhs.edu/administration/vcaca/>

LSUHSC Policies and Procedures:

www.lsuhs.edu/administration/cm



CAMPUS ASSISTANCE PROGRAM
Human Development Center
411 S. Prieur St., Suite 233
New Orleans, LA 70112
Phone: 504.568.8888
Fax: 504.568.3892
Email: cap@lsuhsc.edu



LSUHSC Peer Advocate Liaison



**Prepared by the LSUHSC
Student Peer Advocate
Liaison Team
& LSUHSC
Campus Assistance Program
(504) 568-8888**

Peer Advocate Liaison



Students know their classmates better than anyone else. Being aware of some common signs and symptoms of distress will prevent a situation or crisis from occurring.

The Peer Advocate Liaison (PAL) program was created to help students access resources when they are experiencing personal difficulties. Students know their classmates better than anyone else at LSU Health Sciences Center. Student PALs are members of your class who have been educated about available on and off campus resources, and can assist peers when needing to get connected with these resources. PALs also know directors of on campus resources to ask questions if needed.

If you are having academic problems or problems with depression, alcohol, drugs, or relationships and want to learn more about available resources, contact your student PAL representative.

If you are experiencing a problem and want to learn more about available resources, you may contact services directly or learn more about them through your PAL.

Reasons To Use Your P.A.L.

LSUHSC recognizes that everyone, at sometime, needs a “helping hand” or assistance. The PALs can assist you with finding information for problems in the following areas:

- Family, marital & relationship problems
- Adjustment to a new environment
- Alcohol or drug concerns
- Mental health issues
- Academic problems
- Excessive stress
- Health concerns

Your student PAL representatives have been selected by their fellow classmates. Their responsibilities include serving as a resource guide to fellow students for available resources on and off campus and developing and promoting primary prevention for the LSUHSC student community.

**For a current list of PAL
representatives in your
school/class, visit the PAL website
(on the back of brochure) or call
Campus Assistance at
(504) 568-8888.**

PAL REPRESENTATIVES:

Important Phone Numbers

ON CAMPUS

LSUHSC Police (504) 568-8999

Campus Assistance Program (504) 568-8888

Administration

Interim Chancellor
Steve Nelson, MD (504) 568-4800

Vice Chancellor of Academic Affairs
Janet Southerland, DDS, MPH, PhD (504) 568-4804

Student Affairs

LSUHSC School of Dentistry
Heather Allen, RDH, BSDH, MSHCM (504) 941-8124

LSUHSC School of Allied Health Professions
Yudi Cazanias (504) 568-4253

LSUHSC School of Nursing
Todd Tartavouille, PhD (504) 568-4013

LSUHSC School of Medicine
Cathy Lazarus, MD (504) 568-4874

LSUHSC School of Graduate Studies
Angela Amedee, PhD (504) 568-5608

LSUHSC School of Public Health
Isabel Billiot, MEd (504) 568-5773

OFF CAMPUS

Local Police 911

VIA LINK Crisis Line
& Community Resource Directory 211

Suicide Prevention Lifeline 988

Metropolitan Crisis Response Team (Orleans,
St. Bernard & Plaquemines Parishes) (504) 826-2675

Mobile Crisis Services (Jefferson Parish) (504) 832-5123

River Oaks Hospital (504) 734-1740

Domestic Violence/Sexual Assault Hotlines
Orleans Parish (504) 866-9554
Jefferson Parish (504) 837-5400
National Domestic Violence Hotline 800-799-7233
National Sexual Assault Hotline 800-656-4673

Poison Control 800-222-1222

Child Abuse Hotline 800-422-4453

Substance Abuse & Mental Health Helpline 800-662-4357