

# Services for Expecting & New Parents: Greater New Orleans Area



## Mental Health & Substance Use Treatment

Most clinical services below accept some private insurance and most Medicaid plans. EXCEPTIONS: Those with a \* accept uninsured patients or offer a sliding fee scale. Those with an <sup>M</sup> only accept Medicaid – no private insurance. (SUD = Substance Use Disorder.)

### Access Health-Behavioral Health Services\*

[accesshealthla.org](http://accesshealthla.org) | (504) 575-3700

Behavioral health and substance abuse services.

### Addiction Counseling and Education Resources (ACER)

[acercanhelp.com](http://acercanhelp.com) | (504) 941-7580

SUDs treatment including outpatient services, withdrawal management, and same day screening. Priority services for pregnant women.

### Addiction Recovery Resources

[arrno.com](http://arrno.com) | (504) 308-3292

SUDs treatment including ambulatory detox, intensive outpatient, residential, transitional living.

### Alcoholics Anonymous

[aaneworleans.org](http://aaneworleans.org)

Free recovery support group.

### Bridge House/Grace House\*

[bridgehouse.org](http://bridgehouse.org) | (504) 821-7120

Residential substance use treatment program, group and individual counseling.

### Federally Qualified Health Centers

Primary care and mental health care.

*Access Health* | [accesshealthla.org](http://accesshealthla.org)

*Crescent Care* | [crescentcarehealth.org](http://crescentcarehealth.org)

*Daughters of Charity (including Medication Assisted Treatment for SUD- 941 6041)* | [dcsno.org](http://dcsno.org)

*Excelth* | [excelth.com](http://excelth.com)

*Jefferson Community Health Care Centers* | [jchcc.org](http://jchcc.org)

*NOELA Community Health Center* | [noelachc.org](http://noelachc.org)

*St Thomas Community* | [stthomaschc.org](http://stthomaschc.org)

### Jefferson Parish Human Services Authority\*

<https://www.jphsa.org/> | (504) 846-6901

Mental health and SUD services.

### Joyful Thoughts

(504) 407-5240

Services to support the mental health of pregnant women, babies & children.

### LSU Harris Clinic\*

(504) 412-1580

Infant and early childhood mental health services.

### Mercy Family Center\*

[mercy.net](http://mercy.net) | (504) 838-8283

Mental health and SUD services.

### Metropolitan Human Services District <sup>M</sup>

[mhsdla.org](http://mhsdla.org) | (504) 568-3130

Outpatient mental health and SUD treatment for adults & kids starting at birth.

### Narcotics Anonymous

[noana.org](http://noana.org) | (504) 899-6262

Free recovery support group.

### National Suicide Prevention Lifeline

(800) 273-8255

24/7 hotline for suicidal crisis or emotional distress.

### Odyssey House Louisiana\*

[ohlinc.org](http://ohlinc.org) | (504) 821-9211

SUD treatment, housing services, and free outpatient services for people of color at risk of or affected by HIV.

### Postpartum Support International

[postpartum.net](http://postpartum.net)

Online support group (no cost).

### Responsibility House

[responsibilityhouse.org](http://responsibilityhouse.org) | (504) 367-4426

Outpatient and IOP SUD treatment.

### Tulane Behavioral Health & Specialty Clinics: Fourth Trimester NOLA

(504) 988-0301

Outpatient psychiatric services & perinatal mental health.

### VIA LINK Cope Line

(504) 269-2673

Free 24/7 hotline for crisis, suicidal thoughts, & basic needs.



## Child Development

### EarlySteps

[ldh.la.gov/index.cfm/directory/detail/609](http://ldh.la.gov/index.cfm/directory/detail/609) | (504) 620-2209

Free developmental services for children age 0-3.

### Louisiana LAUNCH

[louisianalaunch.org](http://louisianalaunch.org)

Resources to help children meet milestones.



## Childcare/Education

### Agenda for Children

[agendaforchildren.org](http://agendaforchildren.org) | (504) 586-8509

Information about childcare.

### Child Search

Jefferson: 504-349-8677 | Orleans: 504-304-3520 |

Plaquemines: 504-595-6355

Assessment and services for children over age 3.

### Childcare Assistance Program

(877) 453-2721

Financial assistance for parents in school or working.

### Head Start

Plaquemines: 504-595-6430

St Bernard: 504-301-2000

Promotes school readiness for children age 0-5.

### Jefferson Parish

[jeffersonchild.com](http://jeffersonchild.com) | 504-349-7696

Head Start, Early Head Start, Pre-K.

### Orleans Parish

[enrollnola.org](http://enrollnola.org) | 877-343-4773

Head Start, Early Head Start, Pre-K.



## Support for Families

### Families Helping Families

[fhfofgno.org](http://fhfofgno.org) | (504) 888-9111

Advocacy and care coordination support.

### Healthy Start

(504) 658-2600

Assistance to pregnant women & moms with kids <2.

### Partners for Healthy Babies

[1800251baby.org](http://1800251baby.org) | (800) 251-baby

Information and resources for moms and babies.

### The Parenting Center at Children's Hospital

(504) 896-9591

Parent support, classes, and referrals.

### Training Grounds We Play Center

[mytraininggrounds.org](http://mytraininggrounds.org) | (504) 408-0506

Free play room for child wellness & parent workshops.



## Breastfeeding Support

### Baby Café

[babycafeusa.org](http://babycafeusa.org) | (504) 517-6455

Free mom-to-mom support & lactation consults.

### Café Au Lait

[nolabreastfeedingcenter.org](http://nolabreastfeedingcenter.org) | (504) 515-1243

Free support groups for women of color.

### LA Breastfeeding Support

[labreastfeedingsupport.org](http://labreastfeedingsupport.org)

Search by zip code to find support groups and resources

### La Leche League of Louisiana

[llalmsla.org](http://llalmsla.org) | (877) 4LALECHE

### National Breastfeeding Helpline

(800) 994-9662

### NOLA Moms Club

[nolanesting.org](http://nolanesting.org) | (504) 655-1819

Doula services, lactation consults & support groups.



## Nutrition

### Crescent City Farmers Market: Market Mommas Club

(504) 861-4485

\$80/month for 6 months for food at the Crescent City Farmer's Market. Must be in WIC & breastfeeding.

### Second Harvest Food Bank

[no.hunger.org](http://no.hunger.org) | (504) 734-1322

### SNAP (Food Stamps)

[dcfs.la.gov/snap](http://dcfs.la.gov/snap) | (888) 524-3578

### TCA Emergency Food Pantry

[tca-nola.org/services-2](http://tca-nola.org/services-2) | (504) 897-9200

### WIC Nutritional Program

<https://louisianawic.org/> | (800) 251-BABY

Supplemental food and formula through up to age 5.



## Reproductive Health

### Planned Parenthood

[plannedparenthood.org](http://plannedparenthood.org) | (504) 897-9200 (sliding scale, most forms of insurance)

### LA Reproductive Health Program\*

[healthychoicesla.org](http://healthychoicesla.org) | (504) 568-3504

### Tulane Doctor's Adolescent Clinic (Midcity)

(504) 988-3002



## Diaper Banks

### Access Diaper Bank (Gretna and Metairie)

504-832-1503

Free supply of diapers and wipes once a month

### Community Center for Life (Gretna)

504-227-9090

### Junior League of New Orleans Partners

[jlno.org/community/diaper-bank/](http://jlno.org/community/diaper-bank/)

Free diapers from partners across the region. Available through Access Health LA, Covenant House, DCSNO, St Thomas, Ultimate Health, Unity, Agenda for Children.



## Legal Assistance

### Catholic Charities Immigration Services

[unitygno.org](http://unitygno.org) | (504) 457-3462

Legal services, mental health supports, refugee status supports.

### Louisiana Domestic Violence Hotline

[lcadv.org](http://lcadv.org) | (888) 411-1333

### New Orleans Family Justice Center

[nofjc.org](http://nofjc.org) | (504) 592-4005

Free emergency legal representation and services for survivors of domestic violence.

### Southeast Louisiana Legal Services

[slls.org](http://slls.org) | (504) 529-1000

Free legal aid (financial eligibility criteria).



## Housing, Utilities and Safety

### Armstrong Family Services

(504) 899-2995

Housing information and resources for families.

### Fire Departments

For smoke detectors.

New Orleans: 504-658-4714

Plaquemines 504-934-6135

St Bernard 504-278-4275

Jefferson 504-736-6200

### Housing Authority of New Orleans

[hano.org](http://hano.org) | (504) 670-3300

Section 8 or subsidized housing (has waitlist).

### Poison Control

(800) 222-1222

### Total Community Action

[tca-nola.org](http://tca-nola.org) | (504) 324-8609

Assistance with paying past due electric bill.

### Unity of Greater New Orleans

[unitygno.org](http://unitygno.org) | (504) 569-8949

Homeless prevention and rapid re-housing.



## Useful Apps

### Smiling Mind

[Smilingmind.au](http://Smilingmind.au)

Free relaxation and meditations (adults & kids)

### Lactmed

[toxnet.nlm.nih.gov/newtoxnet/lactmed.htm](http://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm)

NIH resource that compiles and summarizes research on medications during lactation.

### Mother To Baby

[mothertobaby.org](http://mothertobaby.org)

Quality factsheets and information about medications in pregnancy and breastfeeding.

### Postpartum Support International

[postpartum.net](http://postpartum.net)

Online support groups & chat sessions led by clinician (perinatal support and military moms).

### Vroom

[joinvroom.com](http://joinvroom.com)

Free, research-based app promoting interactions for optimal brain development.

Louisiana Mental Health Perinatal Partnership | [lamhpp.org](http://lamhpp.org) | (504) 988-9171 | [perinatalpsych@tulane.edu](mailto:perinatalpsych@tulane.edu)

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