



TIGER LEGACY CARE

We believe it is **ESSENTIAL** for all of our LSU STUDENT-ATHLETES TO **PRIORITIZE MENTAL HEALTH CARE** as a fundamental aspect of overall wellness, and Tiger Legacy Care ensures our alumni have access to mental health resources for life.

Tiger Legacy Care is a mental health support program offered by the L Club to any former LSU student-athlete and their immediate family. We provide a dedicated concierge call line specifically for former LSU student-athletes to receive personalized and confidential guidance to help navigate various mental health resources, including talk/telehealth therapy, substance use treatment, or psychiatric care.



Our program utilizes a network of thousands of vetted mental health providers nationwide, and we assist in finding the best clinical, financial, and geographic match for each individual we serve. We ensure those seeking assistance are directed to the most appropriate resources in a timely manner.

The L Club is proud to offer Tiger Legacy Care thanks to generous support from Our Lady of the Lake Health.



Our Lady
of the Lake
Health



Call the **Tiger Legacy Care** concierge line (866-LSU-9989)
or email LSU@HopeDesk.co



TIGER LEGACY CARE



TIGER LEGACY CARE FAQs

Who can utilize the Tiger Legacy Care program?

Any former LSU student-athlete and their immediate family.

What type of mental health services are available?

Talk or telehealth therapy/counseling. Substance use treatment. Psychiatric care. Intervention. Life coaching.

Does Tiger Legacy Care cost money?

No, the program is funded by our partnership with Our Lady of the Lake Health. It is free to call. Tiger Legacy Care does NOT pay for mental health services, but it does work with individuals to find care within a budget or with providers that accept your insurance.

Can I call if I don't know what kind of help I need?

Yes. Our team utilizes certified peer recovery specialists to answer all of your mental health questions. Our network of providers offers a wide range of mental health services, located nationally, and we can place you with the best fit clinically, financially, and geographically.

How do I access help?

Call the Tiger Legacy Care concierge line (866-LSU-9989), or email LSU@HopeDesk.co.

Is it OK to be anxious about asking for help?

Yes! Almost all of us are hesitant to talk about our mental health. It is natural to have some anxiety. Our team handles these calls every day, and our specialists are there to walk you through each step of the process. Every call is confidential.



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