

**The National Disaster Distress Helpline:** The National Disaster Distress Helpline is available with 24/7 emotional support and crisis counseling for anyone experiencing distress or other mental health concerns. Calls ([1-800-985- 5990](tel:1-800-985-5990)) and texts ([text TalkWithUs to 66746](sms:66746)) are answered by trained counselors who will listen to your concerns, explore coping and other available supports, and offer referrals to community resources for follow-up care and support. More information can be found at <https://www.samhsa.gov/find-help/disaster-distress-helpline>.

**New Mexico Crisis and Access Line:** The New Mexico Crisis and Access Line is a professional mental health line, that maintains a solution focused approach built on validation, normalization, and access to resources. You can access a counselor 24/7 through the Crisis and Access Line: [1-855-662-7474](tel:1-855-662-7474), or a peer at the Peer to Peer Warm Line: [1-855-466-7100](tel:1-855-466-7100). They have also launched the NMConnect App available on iOS and Android. You can utilize their website and access further information at: <https://www.nmcrisisline.com/>.

**National Suicide Prevention Lifeline:** The National Suicide Prevention Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis, as well as, prevention/ crisis resources, and best practices for professionals. They can be contacted at [1-800-273-8255](tel:1-800-273-8255). You can find further information on their website at <https://suicidepreventionlifeline.org/>

**Agora Crisis Center:** The Agora Crisis Center provides trained hotline specialists, who provide compassionate, non-judgmental help for anyone in need of emotional support. They can be contacted at [505-277-3013](tel:505-277-3013) or [866-HELP-1-NM](tel:866-HELP-1-NM). You can also contact them is their website at <http://www.agoracares.org/>.

The Sky Center- New Mexico Suicide Intervention Project: The Sky Centers mission is to reduce the risk of youth suicide in Santa Fe County and Northern New Mexico. More information can be found on their website at <http://nmsip.org/>.

#### **Native American Specific Resources:**

- The Substance Abuse and Mental Health Services Administration (SAMHSA) has a specific Tribal Affairs Program that can be accessed at <https://www.samhsa.gov/tribal-affairs>
- Eight Northern Indian Pueblos Council Inc Offers Behavioral Health services to the Northern Pueblos of New Mexico and their services can be accessed at <http://www.enipc.org/>
- Indian Health Services has a Suicide Prevention and Care Program that can be accessed at <https://www.ihs.gov/suicideprevention/>
- Indian Health Services (The Federal Health Program for American Indians and Alaska Natives) has provides technical assistance to support remote Health Care and can be accessed at <https://www.ihs.gov/telebehavioral/>
- Five Sandoval Indian Pueblos, Inc. provides Behavioral Health Services through the (BHS) Program and serves tribal members and surrounding communities more information can be accessed at <https://www.fsipinc.org/hs-behavioral-health>
- Mescalero System of Care assists members of the Mescalero Apache Tribe (Ages 5 to 21) to address their physical, cognitive, mental, emotional, social, and even educational needs <https://www.mescalerosystemofcare.org/>