



Mental Health Resource Guide

Suicide Prevention and Crisis Services

If you or a loved one is experiencing any kind of emotional crisis, mental health, or substance use concern, you can find help 24/7 by calling, texting or visiting the sites below. These support hotlines are national networks of local crisis centers that provide free and confidential emotional support to people in suicidal crisis or emotional distress.

- <https://988lifeline.org>
- [Nmcrisisline.com](https://nmcrisisline.com)
- Call or text 988
- AGORA Crisis Center: 505-277-3013
- NM Crisis and Access Line: 1-855-NMCRISIS (1-855-662-7474)
- New Mexico Statewide Crisis Line: 1-866-HELP-1-NM (1-866-435-7166)

Treatment info:

www.treatmentconnection.com

www.psychologytoday.com

www.betterhelp.com

UNM Psychiatric Center: 505-272-2800

Formation Christian Counseling: 505-821-3628

Resources for youth:

<https://www.teenline.org>

<https://jedfoundation.org/mental-health-resource-center>

General:

<https://www.samhsa.gov/families>

<https://www.cdc.gov/howrightnow>

<https://www.rootsofloneliness.com>