



New
Mexico

Crisis and
Access
Line

Reasons to call NMCRISIS...

*Professional
counselors
are available
24/7 for any
New Mexican*

*Free and
confidential*

- ♦ Having thoughts of hurting yourself or someone else
- ♦ Struggling with drugs and/or alcohol
- ♦ Feeling like you can't get out of bed in the morning
- ♦ Experiencing violence or abuse where you live
- ♦ Looking for a counselor in your area
- ♦ Behaving in ways you know aren't safe, but you continue anyway
- ♦ Having a hard time keeping your anger under control
- ♦ Seeking support for someone struggling with their mental health

*Because we know this
call may be the most
important one
you've ever made.*

www.nmcrisisline.com

1 (855) NMCRISIS
662-7474

1 (855) 227-5485
TTY