



## Mental Health Monday Path to Wellness Message

**Every Monday we will share a new NMConnect message to provide information and offer hope.**

Welcome to Mental Health Monday's! State of New Mexico agency departments and the New Mexico Crisis and Access Line (NMCAL) will be sharing messages every Monday to offer inspiration and keep people in the loop about best practices, information, and resources. We hope these messages help start your week out with some positivity!

We know that many people are experiencing stress during these times. In order to ensure that there is no wrong door to accessing this information, the Mental Health Monday Path to Wellness information will be shared on the [nmcrisisline.com](http://nmcrisisline.com) website, as a "push" communication through the NMConnect app, and as posts through several State of New Mexico state agency department social media platforms.

The goal of these communications is to offer hope, while ensuring that the messages are available for you to refer back to when you might need them. We encourage you to pass the messages on to people you care about as well. Connections are important to build understanding and hope. Let us connect with you and those you know! We are here to hear you and offer real help, 24 hours a day, 7 days a week, 365 days a year. #pathtowellness

**Check out the New Mexico Crisis and Access Line website for previous Mental Health Monday messages.**

**If you would like to receive NMConnect push notifications,  
download the NMConnect app onto your smartphone**



<https://nmcrisisline.com/>

**#Mental Health Monday**

**#PathToWellness**