

Reasons to call the New Mexico Crisis and Access Line or Peer to Peer Warmline...



If you or someone you care about is:

- Ⓜ Thinking about wanting to die, hurt or kill oneself
- Ⓜ Concerned about use of drugs or alcohol, substance use, gambling, or other addiction
- Ⓜ Behaving in ways you know aren't safe, but continue anyway
- Ⓜ Having a hard time keeping your anger under control
- Ⓜ Withdrawing or becoming isolated
- Ⓜ Talking about being a burden to others
- Ⓜ Sleeping too little or too much
- Ⓜ Seeking support for someone struggling with mental health
- Ⓜ Looking for a counselor in your area
- Ⓜ Just needing someone to talk to

We're here to hear you

Crisis Line

professional counselors
call toll free 24/7/365

1-855-662-7474

TTY 1-855-227-5485

Warmline

peer supports
call/text toll free 3:30pm-11:30pm

1-855-466-7100



www.nmcrisisline.com

free and confidential