Help is Available



**Call toll free anytime 24/7** [**1-855-NMCRISIS (662-7474)**](tel:18556627474)

The **New Mexico Crisis and Access Line (NMCAL)** is a statewide mental health crisis line for anyone who resides in the State of New Mexico and is concerned with suicidal thoughts, substance use, grief, and other behavioral health issues. NMCAL is a centralized, single telephone number to get immediate assistance and resources for mental health and substance use issues. The line is free and is answered 24 hours a day, 7 days a week, 365 days a year.

* Talking about feeling hopeless, helpless, or worthless
* Displaying rage, uncontrolled anger, or seeking revenge
* Saying he or she feels trapped like there’s no way out
* Withdrawing from friends, family, and society
* Demonstrating anxiety, agitation, and insomnia (or sleeping all the time)

**New Mexico Peer to Peer Warmline**

Call 3:30pm – 11:30pm or text 6pm – 11pm every day

**1-855-4NM-7100 (466-7100)**

711 for relay (hearing & speech impaired)

Language services available 24/7

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| **The NMConnect App is available on both iOS and Android**NMCAL)   * **Directly connect to a counselor or peer support worker** * **Directly text a peer support worker** |

