

You are not alone. If you are feeling stress or are in crisis please know that there are confidential resources that are willing to help. Please call.

All numbers operate 24/7/365 except where otherwise noted.

National Suicide Prevention Lifeline 1-800-273-8255

Veterans Crisis Line 1-800-273-8255 Press 1

Agora Crisis Line 505-277-3013 / 855-505-4505

New Mexico Crisis and Access Line (NMCAL) 1-855-662-7474

NMCAL Peer to Peer Warmline 1-855-466-7100 Call 15:30 to 23:00, text 18:00 to 23:00

Safe Call Now 1-206-459-3020