New Mexico Crisis and Access Line

Professional counselors are available 24/7 for any New Mexican

Free and confidential

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

Reasons to call NMCAL...

- 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

www.nmcrisisline.com

1 (855) NMCRISIS
662-7474

1 (855) 227-5485
TTY