

Need help?

Below are some organizations that are here to help you.

Remember, **NACA is here to help.** You can visit NACA Student Services for help, counseling, assistance & referrals to community resources.

What the NM Law Says About Youth & Mental Health Treatment

New Mexico law says that if a person is 14 years of age or older, they can choose to get outpatient mental health treatment without telling their parents or guardians. If that person is prescribed medication and is 14-18 years old, the parents or guardians must then be notified.

Quick List

Agora: 1.866.HELP.1.NM (435.7166) or (505) 277.3013
Child Sexual Abuse Hotline: 1.800.773.8368
Covenant House Neline: 1.800.999.9999
(Offers English and Spanish)
Domestic Violence State Hotline (S.A.F.E. House): 1.800.247.4219
Girls And Boys Town National Hotline: 1.800.448.3000
Lifeline: 1.800.273.TALK (8255)
Mental Health Crisis Hotline: (505) 247.1121
National Child Abuse Hotline: 1.800.4.A.CHILD (422.4453)
National Domestic Violence Hotline: 1.800.799.SAFE (7233)
National Eating Disorders Association: 1.800.931.2237
National Hopeline Network: 1.800.SUICIDE (748.2433)
National Hopeline en Español: 1.800.SUICIDA (748.2432)
Nurse Advice New Mexico Hotline: 1.877.725.2552
Poison Control: (505) 272.2222 or 1.800.222.1222
Police Non-Emergency: (505) 242.COPS (2677)
Rape, Abuse, Incest Network: 1.800.656.HOPE (4673)
Runaway Switchboard: 1.800.RUNAWAY
Speak Up: 1.866.SPEAK.UP (773.2587)
Trevor Project (for GLBTQ): 1.866.488.7386
Youth Crisis Hotline: 1.800.442.4673
Youthline: 1.877.YOUTHLINE (968.8454)

Pregnancy and Sexual Health

Advocates for Youth: www.advocatesforyouth.org
Campaign to Prevent Teen and Unplanned Pregnancy: www.stayteen.org
Care Net Pregnancy Center: (505) 880.0882
Emergency Contraception Hotline: 1.888.668.2528
HIV and STD Testing Resources: www.hivtest.org
I Wanna Know: www.iwannaknow.org

New Futures School: (505) 883.5680
www.newfutureshigh.org
New Mexico AIDS Services: (505) 938.7100 or 1.888.882.3497
www.nmas.net
New Mexico Teen Pregnancy Coalition: (505) 254.8737
www.nmtpc.org
Planned Parenthood Hotline: 1.800.230.7526
www.plannedparenthood.org
Planned Parenthood Surgical Center: (505) 265.9511
Planned Parenthood Medical Offices:
Nob Hill: (505) 265.3722
Northeast Heights: (505) 294.1577
Westside: (505) 899.7900
Sex, etc.: www.sexetc.org
Sexually Transmitted Disease Hotline: 1.800.227.8922
Teenwire: www.teenwire.com
Young Women United: (505) 831.8930
youngwomenunited.org

Suicide Prevention

Agora: 1.866.HELP.1.NM (435.7166) or (505) 277.3013
www.agoracares.org
Girls and Boys Town National Hotline: 1.800.448.3000
www.girlsandboystown.org
Lifeline: 1.800.273.TALK (8255)
www.suicidepreventionlifeline.org
Lifeline en Español: 1.888.628.9454
Lifekeeper Foundation: www.lifekeeper.org
National Hopeline Network: 1.800.SUICIDE (748.2433)
www.hopeline.org
www.livewithdepression.org
National Hopeline en Español: 1.800.SUICIDA (748.2432)
New Mexico Suicide Prevention Coalition: (505) 401.9382
Trevor Helpline for GLBTQ: 1.866.843.4564
www.thetrevorproject.org
Youthline: 1.877.YOUTHLINE (968.8454)

Mental Health and Substance Use

A New Day: (505) 260.9912
www.ndnm.org
Addiction and Substance Abuse Program: (505) 925.2400
hospitals.unm.edu/UNMPC/ASAP.shtml
ABQ Metropolitan Central Intake: (505) 766.5197
Al-Anon & Alteen: (505) 262.2177
Alcoholics Anonymous: (505) 266.1900
www.albuquerqueaa.org
All Faiths Receiving Home: (505) 271.0329
American Psychological Association (APA): www.helping.apa.org
Center for Mental Health Services Knowledge Exchange Network:
www.mentalhealth.org

Depression & Bipolar Support Alliance: (505) 889.3632
Drug Information & Referral Hotline: 1.800.662.4357
First Choice: (505) 768.5450
www.fcch.com
Freevibe: www.freevibe.com
Hogares: (505) 345.8471
www.hogaresinc.com
La Familia: (505) 766.9361
www.la-familia-inc.org
M-Power: mpoweryouth.org
Mental Health Crisis Hotline: (505) 247.1121
Narcotics Anonymous: (505) 260.9889
www.riograndena.org
National Alliance on Mental Illness: (505) 260.0154
www.nami.org
National Center for Post-Traumatic Stress Disorder: www.ncptsd.org
New Mexico Solutions: (505) 268.0701
www.rivervalleyandaffiliates.com/newmexico
Outcomes, Inc.: (505) 243.2551
www.outcomesnm.org
OptumHealth: (505) 798.5600
Poison Control: (505) 272.2222 or 1.800.222.1222
School Based Health Centers: (505) 272.0457
hsc.unm.edu/som/fcm/SBHC.shtml
UNM: Under 18: (505) 272.2930
Over 18: (505) 272. 2800
hospitals.unm.edu
UNM Health Sciences Center: (505) 925.2493
Alcohol & Substance Abuse Program: (505) 925.2400
UNM Psychiatric Center: (505) 272.2861
UNM Women's Resource Center: (505) 277.3716
unm.edu/~women
What A Difference A Friend Makes: www.whatadifference.samhsa.gov
Youth Development, Inc. (YDI): (505) 831.6083 or (505) 873.1604
www.ydinm.org

Violence, Rape, Incest, Abuse

Break the Cycle: www.breakthecycle.org
Child Abuse Hotline: 1.800.422.4453
www.childhelp.org
Child Sexual Abuse Hotline: 1.888.773.8368
Cyberbullying: www.stopcyberbullying.org
Domestic Violence Hotline: 1.800.799.7233
www.ndvh.org
Enlace Comunitario: (505) 246.8972
Haven House (Rio Rancho): (505) 896.4869
pscdv@aol.com
NM Domestic Violence Hotline: 1.800.733.3645
NM Coalition Against Domestic Violence: (505) 246.9240
www.nmcadv.org

Rape, Abuse and Incest National Network: 1.800.656.4673

www.rainn.org

Rape Crisis Center: (505) 266.7711 or 1.888.811.8282

S.A.F.E. House: 1.800.247.4219 or 1.800.773.3645

shelter@safehousenm.org

www.safehousenm.org

Speak Up: 1.866.SPEAK.UP (773.2587)

Teen Dating Abuse Helpline: 1.866.331.9474

www.loveisrespect.org

Youth Violence Prevention Resource Center: www.safeyouth.org

Additional Resources

Active Minds: activeminds.org

Albuquerque/Bernalillo County Public Library System: www.cabq.gov/library

Albuquerque Rescue Mission: (505) 364.4673

info@albqrescuemission.com

www.abqrescue.org

Find Youth Info: www.findyouthinfo.gov

International Foundation for Research and Education on Depression: www.ifred.org

Helpguide: www.helpguide.org

Mental Health America: www.nmha.org

National Alliance on Mental Illness: www.nami.org

New Mexico Department of Higher Education: (505) 476.8400

Financial Aid Hotline: 800.279.9777

hed.state.nm.us

People Living Through Cancer: (505) 242.3263

pltc@pltc.org

Teen Advice / Support Site: teenhelp.org

ULifeline: www.ulifeline.org

YMCA of Central New Mexico: www.ymcacnm.org

Find Treatment or Counseling

American Association for Marriage and Family Therapy (AAMFT):

www.therapistlocator.net

American Association of Christian Counselors (AACC): www.aacc.net

American Psychological Association: locator.apa.org

Befrienders Worldwide: www.befrienders.org

Substance Abuse and Mental Health Services Administration (SAMHSA):

findtreatment.samhsa.gov

mentalhealth.samhsa.gov

Gay, Lesbian, Bisexual, Transgender, Questioning

Common Bond: commonbond.org

GLBT Youth Talkline: 1.800.246.7743

GLBT National Hotline: 1.888.843.4564

www.glnh.org

Trevor Helpline for GLBTQ: 1.866.843.4564

www.thetrevorproject.org

Use Your Voice in Community...

Albuquerque Partnership: (505) 247.9222
www.abqpartnership.org
APS Health and Wellness: (505) 855.9850
www.apshealthandwellness.com
Bernalillo County Health Council: (505) 975.9667
www.berncohealthcouncil.org
Bernalillo County Local Collaborative: www.bernloco.org
Do Something: www.dosomething.org
NM Forum for Youth: (505) 821.3574
www.nmforumforyouth.org
NM Voices for Children YouthLink: (505) 244.9505 ext. 18
www.nmvoices.org/youthlink.htm
What Kids Can Do: www.whatkidscando.org
Youth Activism Project: 1.800.KID.POWER
www.youthactivism.com
Youth M.O.V.E.: www.youthmove.us
Youth Noise: www.youthnoise.com
YO! Youth Outlook: www.youthoutlook.org
Youth Rights Network: www.youthrights.net
Youth Service America: www.ysa.org
Youth Today: www.youthtoday.org
Youth Voice: www.youthvoice.org

Advocacy

Advocacy, Inc.: (505) 266.3166
Children's Grief Center of NM: (505) 323.0478
info@childrensgrief.org
www.childrensgrief.org
Disability Rights New Mexico: (505) 256.3100
Focus Adolescent Services: (410) 341.4216
www.focusas.com
New Mexico Family Network: (505) 265.0430
New Mexico Voices for Children: (505) 244.9505
Pegasus Legal Services: (505) 244-1101

Body Image, Eating Disorders, Self Harm
About Face: www.aboutface.org
National Eating Disorders Association: 1.800.931.2237
www.nationaleatingdisorders.org
Eating Disorder Referral: www.edreferral.com
Finding Balance: www.findingbalance.com
Mirror Mirror: www.mirror-mirror.org
Pale Reflections: www.pale-reflections.com
S.A.F.E.: www.selfinjury.com
Secret Shame: palace.net/~llama/psych/injury.html
Self Abuse Finally Ends: 1.800.366.8288
Self Mutilators Anonymous: selfmutilatorsanonymous.org
Something Fishy: 1.866.690.7239
www.somethingfishy.org
The Body Positive: www.thebodypositive.org

Use Your Voice in Local Government...

Albuquerque City Council: www.cabq.gov/council

Bernalillo County Commission: www.bernco.gov

Governor Bill Richardson: (505) 476.2200
governor.state.nm.us

New Mexico Children's Cabinet: 1.800.432.4406

New Mexico State Legislature: legis.state.nm.us

Use Your Voice in National Government:

Congressman Martin Heinrich: (505) 346.6781

heinrich.house.gov

President Barack Obama: (202) 456.1111

whitehouse.gov

Senator Jeff Bingaman: (505) 346.6601

bingaman.senate.gov

Senator Tom Udall: (505) 346.6791

Tomudall.senate.gov

Thank you to My Community NM for compiling these resources. For more resources, visit: www.mycommunitynm.org