

Behavioral Health Referrals and Services

State Wide Resources

- NM Health Caseworker and First Responder Support Line
 - 855-507-5509
 - Help for professionals who may be facing issues related to COVID-19, like anxiety, depression, sadness, and feelings that come up regarding interactions with patients
- NM Crisis and Access Line
 - 855- NMCRISIS (855-662-7474)
 - <https://www.nmcrisisline.com/covid-19-resources/>
 - Statewide mental health crisis line for anyone concerned with suicidal thoughts, substance use, grief, and other issues
- Peer-to-peer Warmline
 - 855-466-7100
 - Assistance and an empathetic ear to those who just want to talk to someone about mental health, substance use, or recovery
- NMConnect app
 - Downloadable from the app store and Google Play
 - Connects you to a counselor or peer support worker as well as resources in the community
- NM Behavioral Health Telehealth Resources
 - <https://newmexico.networkofcare.org/mh/coronavirus/>
 - Provides a list of agencies providing Telehealth services throughout the state as well as other national resources, like the domestic violence hotline and suicide prevention hotline.
- Psychology Today
 - <https://www.psychologytoday.com/us/therapists>

- Find a therapist in your area with this directory, showing you the options located within your zip code
- Look into local Colleges or Universities to see if they have counseling students who do low cost counseling under supervision
- Many of the above resources are free or low cost

Things to keep in mind when trying to find a therapist

- Be aware, that sometimes the first therapist you try is not a “good fit.” Sometimes it is necessary to have an appointment with several therapists to find someone you feel comfortable with.
 - If you do not feel safe and connected with the therapist at the end of the first session this is a sign that the therapist may not be a good fit.
- To bill insurance, a diagnosis is needed. If you have concerns about this ask the therapist about how they handle this. You can also explore self-pay options if that makes you more comfortable.