



Scan this code with your smartphone to be directed to Chaves County's resource manual!

Parent and Family Resources in Chaves County

New Mexico Crisis and Access Line: 1-855-662-7474

If you or a loved one is experiencing any kind of emotional crisis, mental health or substance use concern, you can find help 24 hours a day, seven days a week, by calling the New Mexico Crisis and Access Line or Peer-to-Peer Warmline.

REACHNM Text Reporting Line: 505-591-9444

The New Mexico Children, Youth, and Families Department (CYFD) has launched a new service providing text-based reporting and engagement. Text for help, resources, or to report potential abuse or neglect 24 hours a day, seven days a week.

NM Human Services Department: www.hsd.state.nm.us

New Mexico has many programs designed to help people in need. Refer to the HSD website for guidance on receiving assistance through programs administered by HSD.

Call, Text, or Message 988 for Mental Wellness

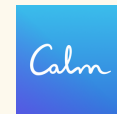
Call or text 988 to receive crisis support when you are feeling sad, confused, or angry. You can also call or text when you are worried for your own safety or the safety of someone you know, as well as alcohol or drug concerns.

PullTogether: 1-800-691-9067 / pulltogether.org

PullTogether is about enlisting parents, families, community members, and young people in the fight to make sure our children are safe, cared for, and ready to succeed.



Try an app for self-care!



Calm



Headspace



Calm Harm

Adolescent / Young Adult Resources in Chaves County

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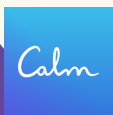
Try an app for self-care!

Calm: practice meditation and rest

Finch: tend to a virtual self-care pet

#SelfCare: practice simple mindfulness games

Calm Harm: track and resist self-harm urges



Calm



Finch



#SelfCare



Calm Harm

