

Health and Wellness Community Resources Albuquerque/Bernalillo County Area

Mental Health and Wellness

Emergency Resources:

- ***New Mexico Crisis and Access Line***

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. Call toll free 24/7/365: 1-855-NMCRISIS (662-7474)
<https://www.nmcrisisline.com/>

- ***Agora Crisis Center***

Agora is part of the National Lifeline Crisis Chat Network. Agora Crisis Center is affiliated with the University of New Mexico, we are accredited by CONTACT USA and we are members of the National Suicide Prevention Lifeline network. Call: 505-277-3013 or/ 866-HELP-1-NM or/ 800-273-TALK (National Suicide Prevention Lifeline)
<http://www.agoracares.org/>

- ***National Suicide Prevention Lifeline: 1-800-273-8255***

- ***Crisis Text Line Text: 741741 <https://www.crisistextline.org>***

- ***Children, Youth & Families Department (CYFD) Phone: 855-333-7233***

- ***Adult Abuse Reporting Phone: 866-333-7233***

- ***Behavioral Health Services at UNM Hospital***

Behavioral Health Phone: 505-272-1221

Physical Health Phone: 505-277-0111

For Financial Assistance - - Care Program 505-272-2521

<https://hsc.unm.edu/health/patients-visitors/financial-assistance/unm-care.html>

NEED TO BRING to get assistance:

- Proof of residency, such as a utility bill, rental agreement or mortgage statement in your name.
- Proof of income, such as a check stub or income tax returns.
- A list of the names, birthdates and Social Security numbers of your household members.
- Most recent bank statement, if you have a bank account.

- ***Kaseman Hospital (Part of Presbyterian)***

Phone: 505-291-2000 Address: 8300 Constitution Ave. NW

- ***UNM Psychiatric Services--Psychiatric Emergency Services – Adult Psychiatric Center***

Phone: 505-272-2800 or 505-272-2920 or 505-272-9083 Address: 2600 Marble Ave. NE

Open 24 hours a day, 7 days a week

General Information:

- ***Health, Wellness and Spiritual Well-Being Daily Checklist***

There are many lists and ideas and websites circulating around since we've begun this time of distancing and that too can be a bit overwhelming; but, for today, consider this list of ways to stay spiritually and emotionally healthy:

https://mcusercontent.com/696cb3f00a401cca67c2ccc1d/files/6281e5f2-e454-402f-9213-2a07d51674d0/WISE_Daily_Checklist.pdf

- ***National Alliance For Mental Illness (NAMI)***

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI New Mexico advocates for New Mexicans facing mental health challenges and their families so they might have lives of quality and respect, without discrimination or stigma.

National: <https://www.nami.org/Home>

- Local New Mexico resource: NAMI New Mexico <http://www.naminewmexico.org>

- 3900 Osuna Road NE, Albuquerque, NM 87109 -- Phone:(505) 260-0154, info@naminewmexico.org

- ***SAMHSA (Substance Abuse and Mental Health Services Administration)***

SAMHSA's National Helpline (1-800-662-HELP (4357) is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

<https://www.samhsa.gov/find-help/national-helpline>

- ***Network of Care for Behavioral Health / Behavioral Health Collaborative***

A web-based resource for individuals, families, and agencies in New Mexico concerned with behavioral health. It provides information about behavioral health services, laws, and related news, as well as communication tools and other features. The website contains a search engine to assist in finding mental health providers.

<https://newmexico.networkofcare.org/mh/index.aspx>

- ***"Find a therapist":***

<https://www.psychologytoday.com/us> , <https://www.nbcc.org/search/counselorfind>

Counseling Resources:

- ***The Manzanita Counseling Center***

Manzanita Counseling Center is a community outreach program provided by the University of New Mexico Counselor Education Program. The Manzanita Counseling Center has been in existence for over 25 years and is the only free counseling clinic in Albuquerque. (505)-277-7311

<https://coe.unm.edu/departments-programs/ifce/counselor-education/manzanita-counseling-center.html>

Brochure: <https://coe.unm.edu/uploads/docs/ifce/counselored/couns-ed-manzanita-brochure.pdf>

- **First Nations Community HealthSource (FNCH)**
 FNCH is comprised of Traditional Native Counseling involving culturally competent screening and intake services by a traditional counselor. The goal of the program is to enhance the quality and cultural appropriateness of BHS services to more American Indians.
<https://www.fnch.org/>
 Two main locations: Zuni Clinic at 5608 Zuni Road SE, Albuquerque, NM 87108 505-262-2481
 Truman Clinic at 625 Truman Street NE, Albuquerque, NM 87110 505-248-2990
- **First Choice Community Healthcare**
 Provides primary medical care, dental care and behavioral health care in locations in the metro Albuquerque area. Also provides financial aid and WIC services. First Choice provides behavioral health services at all of their sites. <https://www.fcch.com/> (Several Locations)
- **Awake & Aware**
 Awake and Aware, LLC specializes in Dialectical Behavior Therapy (DBT) as well as integrative trauma treatment, that combines evidence based treatments with alternative approaches. This includes acupuncture, movement and somatic based therapies as well creative therapies including art. Our therapeutic programs decrease the pain and suffering of individuals, couples and families through attention to behavioral patterns, mindfulness practices and change based strategies.
<https://www.awakeawareabq.com/>
 10555 Montgomery Blvd. NE Bldg 2, Albuquerque, New Mexico 87111 (505) 503-7946
info@awakeawareabq.com
- **Southwest Neuropsychology & Behavioral Health, LLC**
 Programs offered: psychotherapy, psychiatry, Assistive Technology, Occupational Therapy, and Clinical & Forensic Assessment Phone: 505-247-4900 Disability assessment – psychological
<https://www.swneuropsych.com/>
- **Rio Grande Counseling and Guidance Services**
 Rio Grande Counseling and Guidance Services mission is to empower their clients in finding the most creative and effective ways of achieving and maintaining good health and happiness.
 Located at: 1010 Las Lomas NE Suite 4, Albuquerque, NM 87102 Phone: (505) 246-8700
<http://www.riograndecgs.com/>
- **Domestic Violence Resource Center**
 A trauma informed agency whose focus is to help Victims of Domestic Violence break the cycle of abuse in their lives. DVRC Counselors provide short-term (6-9 months) of individual counseling, free of charge, to any client with a history of experiencing or witnessing domestic violence in their relationships and/or in their childhood. Also offering case management and advocacy.
 HOTLINE (24/7): 505-248-3165, Main Phone: 1-505-843-9123, Website: <https://dvrcnm.org/>
- **Sage Neuroscience**
 Sage Neuroscience Center is a multidisciplinary team of dedicated healthcare professionals providing behavioral and primary health care services with a goal of restoring balance to mind and body.
 Phone: 505-390-1414; Website: <https://sageclinic.org/>

- **New Mexico Solutions**
Comprehensive behavioral health services in New Mexico offering a variety of services for children, adolescents, adults and their family members/life partners. Crisis Line: 1-800-433-7291
<http://www.newmexicosolutions.com/>
- **Transgender Resource Center**
The Transgender Resource Center of New Mexico provides support, community, and connection to transgender, gender nonconforming, nonbinary, and gender variant people and their families through advocacy, education, and direct services such as support groups, drop-in center, food access, and education. <https://tgrcnm.org/>
- **Centro Sávila**
Provision of culturally and linguistically relevant care that enhances the natural resiliency of our clients. Our services are offered in English and Spanish and accessible to community members regardless of their ability to pay. Our comprehensive model of care works to decrease health disparities in Bernalillo County by providing: outpatient mental health services, systems navigation, no-cost health insurance enrollment assistance for Medicaid, Medicare and the New Mexico Health Insurance Exchange, school-based counseling, therapeutic gardening, food assistance, drug and alcohol counseling and recovery support, and supervision, training and research opportunities for students and health professionals. Spanish Speaking counselors available Medicaid accepted – Case management provided Individual, group, substance abuse Free services possible, depends on income Ph: 505-312-7296 Address: 1317 Isleta Blvd SW, ABQ, 87105
<https://www.centrosavila.org/>
- **Elevation Counseling**
Elevation Counseling in Albuquerque, New Mexico has provided counseling to individuals, couples, families, children, and teens since 2014. Our experienced therapists help you elevate your own life and the lives of those in relationships with you. Elevation Counseling contracts with mental health counselors, social workers, psychologists and psychotherapists and therapists in Albuquerque with broad expertise, including individual psychotherapy, marriage and family therapy, mindfulness therapy, EMDR, trauma-informed therapy, yoga therapy and much more.
Address: 6612 Gulton Ct., ABQ, 87109; Phone: 505-888-1686; <https://www.elevationcounseling.com/>
- **CPI (Counseling and Psychotherapy Institute)**
Counseling and Psychotherapy Institute's mission since 1979 is to provide personalized, high-quality mental health care on an as-needed or preventative basis.
Phone: 505-243-2223 Address: 803 Tijeras Ave. NW Medicaid Accepted
- **Mindful Counseling**
Mindful Counseling provides ongoing individual and relationship counseling for adults, adolescents (case-by-case). Two locations: 4004 Carlisle Blvd. NE and 4619 Greene St. NW, Suite C
Phone: 505-899-9329 <http://www.mindfulcounseling.org/index.html>
- **Open Skies Healthcare**
Open Skies Healthcare is a 501(c)(3) nonprofit charitable organization dedicated to helping New Mexicans overcome obstacles so they can live fulfilling lives and reach their highest potential by providing behavioral health services to adults and children. Phone: 505-342-5454
<http://www.openskieshealthcare.org/>

- **The Evolution Group, Inc**
 A private counseling firm that has built its practice around the core values of integrity, authenticity, safety and honoring individuality. We work with individuals, couples and families to empower the wholeness that already lies within them. Location: 218 Broadway Blvd SE, Albuquerque, NM 87102
 Phone: 505-242-6988; Website: <http://www.theevolutiongroup.com/>
- **One Hope Centro de Vida Health Center**
 Mission of this health center which is a part of East Central Ministries, is to improve the total health of our community by partnering with our neighbors to provide affordable healthcare, follow-up, education and spiritual guidance in a friendly and welcoming environment.
 Address: 133 Virginia NE, ABQ, 87108; Phone: 505-256-1100
https://www.eastcentralministries.org/One_Hope_Clinic.aspx
- **The Community Lighthouse**
 Adolescent, child, and adolescent therapy as well as behavioral management services.
 Phone: 505-273-6300 Address: 3301 Candelaria NE Suite B, Albuquerque, NM 87107
<http://www.thecommunitylighthouse.com/>
- **Family Workshop Counseling Center**
 The Family Workshop Counseling Center is a full service mental health and behavioral health counseling group with offices in Albuquerque and Rio Rancho. We work with all ages and all issues and are available for individual, group and family sessions.
 Location in ABQ: 7027 Montgomery Blvd NE # F, Albuquerque, NM 87109 Phone: (505) 880-0100
<http://www.familyworkshopcounseling.com/home.html>
- **Southwest Family Guidance**
 Southwest Family Guidance Center is a trauma-informed agency that is committed to providing personalized behavioral health services. Several locations in New Mexico and two in ABQ with the main office located at: 2221 Rio Grande Blvd NW, Albuquerque, NM 87104 Phone: (505) 830-1871
 Website: <https://swfamily.com/>
- **All Faiths Children's Advocacy Center**
 A behavioral health agency specializing in the treatment of families, children and their caregivers who are struggling due to issues of divorce, homelessness, child abuse/neglect, family violence or other crises. They specialize in trauma-informed treatment methods that create a safe and comfortable environment in which clients can heal. All Faiths serves children, youth and their families struggling with mental and behavioral health issues that impact their success at home, school and in their community. <https://www.allfaiths.org/> 505-271-0329
- **Children's Grief Center of New Mexico, Inc.**
 CGC provides a safe place to share experiences and feelings while grieving a death. Children ages 5 and up, teens, young adults, and adult caregivers attend CGC. Groups are designed to give the children the opportunity to talk, draw, write, play or act out their grief journey and to process these experiences with others who are going through the same thing. Activities are appropriate to each age group.
 Location: 4125 Carlisle NE, Albuquerque, NM 87107 Phone: 505-323-0478
www.childrensgrief.org

- **Attachment Healing Center**
Our mental health center assists children who have suffered attachment disruptions or traumas, children who for whatever reason are emotionally distressed, and children who may need a little help connecting in a healthy way with their families and the larger world. (505) 237-0061
<https://www.attachmenthealingcenter.com/>
- **Age to Age Counseling, PC**
Outpatient mental health counseling services. Ph: 505-291-6314 Address: 5916 Anaheim NE, ABQ.
<https://agetoage.net/>
- **Christian Counseling**
 - **Christian Counseling Professionals** -- offers professional counseling services based in Christian principles. <https://www.christiancounselingprofessionalsnm.com/>
 - **Formation Counseling Services** -- FCS provides counseling services to address a wide range of life challenges faced by individuals, couples, and families across the life span.
<https://formationcounseling.org/>

Albuquerque Journal Support Groups Page

- **From Winter 2019 (support groups/recovery/grief etc); this page was last updated in 2019.**
Email: abrumbaugh@abqjournal.com | Phone: 505-823-3332
https://www.abqjournal.com/webadproof/specialsections/SupportGroup_Winter2019.pdf

Grief and Bereavement Resources

Passages Grief Groups

A five-week structured group for those experiencing grief, loss or life transitions; periodic offerings at First Congregational UCC. Please stay tuned for information on upcoming groups or contact Mac Morrison at mcmorrison2009@gmail.com

The Grief Resource Center

The Grief Resource Center offers understanding, hope, and encouragement to adults in New Mexico who are experiencing grief. Located at French Funeral Home on University, we offer services for all including: short-term individual counseling and education for adults 18 and over, diverse support groups, small group workshops and educational programs, and community enrichment program opportunities. Please utilize this site to choose from our services, discover online resources about dealing with grief, and connect with other organizations that may offer assistance.

<https://griefnm.org/> (<https://griefnm.org/support-group/>)

OMI (Office of the Medical Investigator) Grief Services

The Grief Services Program is an integral part of the New Mexico Office of the Medical Investigator. The program is staffed by licensed, Master's Level mental health professionals with extensive experience and expertise in dealing with the effects of traumatic grief. All services provided by the Grief Services Program are offered at no cost to participants.

<https://omi.unm.edu/services/index.html>

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Location: 4125 Carlisle NE, Albuquerque, NM 87107 Phone: 505-323-0478

www.childrengrief.org

Grief Group Listings / Website:

<https://www.verywellhealth.com/grief-loss-bereavement-support-groups-1132533>

The Fisher Center for Alzheimer's Research Foundation

199 Water Street, 23rd Floor

New York, NY 10038

(800) 259-4636

<https://www.alzinfo.org/articles/bereavement-and-grief/>

Center for Loss and Life Transition

3735 Broken Bow Road

Fort Collins, CO 80526

(970) 226-6050

<http://www.centerforloss.com/>

National Hospice and Palliative Care Organization

1731 King Street Suite 100

Alexandria, VA 22314

(800) 646 – 6460

<https://www.nhpco.org/patients-and-caregivers/>

Hospice Foundation of America

1710 Rhode Island Ave, NW

Suite 400

Washington, DC 20036

(800) 854-3402

[https://hospicefoundation.org/Grief-\(1\)](https://hospicefoundation.org/Grief-(1))

Body, Mind, Spirit – Self Care Resources

• *Spas and Body Work*

○ *Betty's Bath and Day Spa*

Betty's Bath & Day Spa was founded in 2000, in Albuquerque's tree-lined and peaceful North Valley neighborhood. Betty's remains true to its original concept: to provide Albuquerque residents and visitors with a relaxation and wellness retreat in a professional, welcoming, and friendly spa setting. We are known for our outdoor salt water hot tubs, massage and facials - housed in a minimalist and inviting setting. We invite you to walk in our doors, browse our boutique featuring natural body care and accessories, sip on a cup of tea, and relax & renew.

<https://www.bettysbath.com/>

○ *Albuquerque Baths*

Albuquerque Baths spa is designed for rest and relaxation in a welcoming and communal setting. Stop in and enjoy a long soak in our solar-heated hot tub and a cleansing sweat in an authentic Finnish cedar sauna. Cool off with a dip in our cold plunge and rest in our beautiful garden courtyard.

<https://www.abqbaths.com/>

- ***New Mexico School of Natural Therapeutics***
Are you in pain? Experiencing low energy? Feeling blue? Having a headache? Backache? Our graduates/students may offer relief. Receive an inexpensive graduate or student massage in Nob Hill, Albuquerque, at the New Mexico School of Natural Therapeutics. We offer treatments in Swedish massage, Core Synchronism, reflexology, polarity, deep tissue, sports, trigger point, shiatsu, cranial/sacral, and other bodywork methods. Training programs and Natural Remedy Store also available. <https://nmsnt.org/>
- ***Individual and Private Massage and Body Work Providers***
Contact First Congregational for a listing of practitioners who are members of our community.
- ***Yoga***
 - ***High Desert Yoga***
The mission of High Desert Yoga is to create a nurturing environment that supports our community of students and teachers as they deepen their experience of body, mind, and spirit.
<https://www.blissfulspirits.com/about-blissful>
 - ***Bhava Yoga Studio***
Bhava Yoga Studio provides a mindful daily retreat where our community learns and explores the body-mind connection, aligning us for a balanced life in the modern world. Bhava's studio is beautiful, giving students of all ages and levels of experience a space to practice and learn the discipline of yoga.
<https://bhavayogastudio.com/>
 - ***Blissful Spirits Hot Yoga***
Blissful Spirits welcomes people of all ages, fitness levels, and health statuses. Whether you are an experienced practitioner or just beginning your yoga journey, we welcome you and aim to provide an enjoyable experience.
<https://www.blissfulspirits.com/about-blissful>
- ***Self-Care Series from Attachment Healing Center***
A ten step series of discussions on the importance of self care and exercises to improve your own self care habits. Each step should be practiced throughout, but only advanced weekly to the next step as you become accustomed to the practice.
<https://www.attachmenthealingcenter.com/self-care>
- ***Albuquerque (New Mexico and World) Labyrinth Locator***
What is a Labyrinth? A labyrinth is a meandering path, often unicursal, with a singular path leading to a center. Labyrinths are an ancient archetype dating back 4,000 years or more, used symbolically, as a walking meditation, choreographed dance, or site of rituals and ceremony, among other things. Labyrinths are tools for personal, psychological and spiritual transformation, also thought to enhance right-brain activity. Labyrinths evoke metaphor, sacred geometry, spiritual pilgrimage, religious practice, mindfulness, environmental art, and community building. The World-Wide Labyrinth Locator has been designed to be an easy-to-use database of labyrinths around the world.
<https://labyrinthlocator.com/home>
https://labyrinthlocator.com/locate-a-labyrinth?state=NM&simple_results=no&action=locate&offset=0

Shelter and Housing

- ***Women's Housing Coalition***

The mission of the Women's Housing Coalition is to assist low-income women with children who are motivated to become self-sufficient by providing affordable housing, training, and a variety of support needs in an environment that fosters and nurtures their independence and personal growth.

Email: whcabg@yahoo.com, Phone: 505.884.8856 <https://www.womenshousingcoalition.com/>

- ***Family Promise of Albuquerque***

Family Promise of Albuquerque is a local affiliate of a national organization. Family Promise of Albuquerque has been operating for 15 years and has provided shelter for over 400 families. Family Promise of Albuquerque has an 82 percent success rate of helping families find housing within an average of 90 days of entering our shelter program — Interfaith Hospitality Network.

Location: 808 Edith Blvd. NE 87102; 505-268-0331

<https://www.familypromiseabq.org/>

- ***Albuquerque Heading Home***

Albuquerque Heading Home, a program of the New Mexico based non-profit Heading Home, is a Housing First collaboration of public, private and non-profit organizations who united in 2011 to end homelessness for individuals who have been chronically homeless and are medically vulnerable.

<https://headinghome.org/programs-overview/albuquerque-heading-home/> 505.344.2323

- Albuquerque Opportunity Center
- Families Heading Home
- Westside Emergency Housing Center
- ABQ StreetConnect

- ***Hope Works NM***

Comprehensive services for people experiencing homelessness. Programs: Hope Found, Housing, Day Shelter, Behavioral Health Programs, Employment Services, Hope Village. Formerly St. Martins Hospitality

<https://www.hopeworksnm.org/>

- ***New Day Youth and Family Services***

New Day programming goal is to authentically connect young people to safety, community and themselves. They have services designed to meet these needs via Safe Home for immediate refuge, Life Skills Academy to develop the tools needed to walk the path, Counseling & Case Management, a detention diversion program to keep youth out of the juvenile justice system, and a transitional living program for youth ages 17-21 who need support practicing tenancy in a supportive environment.

<https://www.ndnm.org/>

- ***CasaQ***

Safe living options and services for lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ) youth, and allies who are at risk of or experiencing homelessness. Referrals for LGBTQ+ youth ages 14-17 who are at risk of or experiencing homelessness. <https://www.casaq.org/>

Administrative office: (505) 565-5810 Casa Q house (for referrals): (505) 872-2099

- **Amistad Youth Shelter**

Amistad Crisis Shelter is a short-term (14-30 days) program that provides residential services to youth, ages 12-17. YDI Amistad Crisis Shelter operates 24 hours a day, 7 days a week, 365 days a year, and also offers a 24-hour hotline. It offers the following free services: crisis intervention, assessment, counseling/therapy, recreational activities, life and social skills training, case management, educational/vocational assistance, job training skills and referral assistance.

Address: 1706 Centro Familiar SW, Albuquerque NM, 87105 Call: 505.877.0371

<https://www.ydinm.org/program/amistad-crisis-shelter/>

Advocacy, Assistance, and Education

- **Albuquerque Family Advocacy Center**

The Albuquerque Family Advocacy Center is a safe, secure and caring environment that focuses on the needs of victims of interpersonal crime. On site partners include: Albuquerque SANE (Sexual Assault Nurse Examiners), Sexual Assault Information Line (SAIL), Advocacy for Domestic Violence Survivors, New Mexico Children, Youth and Families Department (CYFD), New Mexico Legal Aid, Para los Niños, Rape Crisis Center of Central New Mexico, and United Way of Central New Mexico. Off-site partners include: Coalition to Stop Violence Against Native Women, Enlace Comunitario, New Mexican Asian Family Center, Transgender Resource Center of New Mexico, UNM Women's Resource Center, and Catholic Charities/Immigration Project.

Address: 625 Silver SW, Suite 200 Albuquerque, NM 87105 Phone: (505) 243-2333

<https://www.cabq.gov/albuquerque-family-advocacy-center>

- **NM Human Services Department**

<https://www.hsd.state.nm.us/>

New Mexico has many programs designed to help people in need. See the menu on the left for guidance on receiving assistance through programs administered by HSD. If you need further assistance with programs, confidential behavioral health assistance, etc visit this web site for links to services: https://www.hsd.state.nm.us/Contact_Us.aspx

- **Albuquerque Health Care for the Homeless**

Our mission is to provide caring and comprehensive health and integrated supportive services, linking people experiencing homelessness to individual and collective solutions.

1217 First Street NW, Albuquerque, NM 87102 General - (505) 766-5197 Clinic - (505) 242-4644

<https://www.abqhch.org/>

- **City of Albuquerque resource page: Domestic and Interpersonal Violence:**

<https://www.cabq.gov/police/crime-prevention-safety/personal-safety/domestic-violence>

- **CYFD (Children Youth and Families)**

Every person who knows or has reasonable suspicion that a child is being abused or neglected in New Mexico must report the matter immediately to CYFD's Statewide Central Intake child abuse hotline (**1-855-333-SAFE [7233] or #SAFE from a cell phone**), or to law enforcement or the appropriate tribal identity.

- **PB&J Family Services**

Helping at-risk children to grow and develop to their full potential in nurturing families within a supportive community. <https://pbifamilyservices.org/>

- **East Central Ministries**
See description below in Food Resources; also One Hope Clinic and many other programs.
<https://www.eastcentralministries.org/>
- **Immigration Services**
 - **New Mexico Immigrant Law Center**
 - Phone: 505-247-1023 Fax: 505-633-8056 Email: info@nmilc.org Physical: 625 Silver Ave. SE, 87102 Mailing: PO Box 7040, ABQ, NM 87194
 - **Catholic Charities**
 - The Center for Immigration and Citizenship Legal Assistance (CICLA) offers immigration representation in family-based immigration matters, consular processing, Deferred Action for Early Childhood Arrivals (DACA) renewals, permanent residence, and naturalization. 2010 Bridge SW, ABQ, NM 87105 Ph: (505) 724-4662 or (505) 724-4631
 - <https://www.ccasnm.org/immigration.html>
 - **The New Mexico Faith Coalition for Immigrant Justice**
 - Focus on direct service, education & advocacy, and outreach. We welcome all who seek immigrant justice. <https://www.nmimmigrantjustice.org/>
 - **Santa Fe Dreamers Project**
 - Albuquerque Phone: 505-699-6043 (Santa Fe Phone: 505-490-2789) Free legal representation to immigrant youth and family members.

Food Resources

- **City of Albuquerque Food and Commodity Assistance**
Based on partnerships within the community. Contact your local Health & Social Services Center for more information on how to receive a food box.
<https://www.cabq.gov/family/services/food-and-commodity-assistance>
Alamosa Health & Social Service Center - (505) 836-8800
Los Griegos Health & Social Service Center - (505) 761-4050
John Marshall Health & Social Service Center - (505) 848-1345
East Central Health & Social Service Center (505) 767-5700
- **East Central Ministries**
We work, live in the neighborhood, help people, live, love, try to keep sane, collaborate with everyone, follow Jesus, be faithful, make the neighborhood a better place. We redistribute fresh produce and healthy food from local grocery stores to our neighbors via our Community Food Co-op.
https://www.eastcentralministries.org/Community_Food_Co_op_Albuquerque.aspx
<https://www.eastcentralministries.org/>
- **Albuquerque Indian Center**
AIC serves breakfast Monday – Friday, 9:00 am -10:00 am and Lunch 12:00 pm–1:00 pm. Meals are available to anyone who is hungry, those experiencing poverty, and the homeless. No documentation is required to eat at the AIC. It is, however, recommended that clients register and have a file in place. Meals are prepared daily at the AIC’s commercial kitchen and are healthy and nutritious.
<https://abqindiancenter.org/>

- **The Storehouse**

Storehouse New Mexico is a community resource fighting hunger. We offer FREE food to people who need it regardless of their income. Physical Address: 106 Broadway Blvd SE, Albuquerque NM 87102
Contact: info@storehousenm.org (505) 842-6491
<https://storehousenm.org/>

- **FreeFood Resources in Albuquerque**

<https://www.freefood.org/c/nm-albuquerque>

ie. New Mexico Aids Services, Roadrunner Food Bank

Caregiver Resources

- **Albuquerque Area -- Local Caregiver Support**

NM Aging and Long-Term Services Department

- **Website:** <https://www.nmaging.state.nm.us/>

- **Resource Manual (last update 2017)**

http://www.nmaging.state.nm.us/uploads/files/Caregiver%20Handbook%202019_V8_20_19.pdf:

New Mexico VA Caregivers Support

The VA offers a number of services that can provide you with the support that's right for you.

Whether you and the Veteran you care for could use some help at home or you just need

someone to listen, we're here to support you. The toll-free phone number is 1-855-260-3274.

New Mexico Veterans or their family members can use the support line Monday through Friday from 8 a.m. to 11 p.m. (ET)., and on Saturdays from 10:30 a.m. to 6 p.m.

<https://www.albuquerque.va.gov/services/caregiver/index.asp>

City of Albuquerque Area Agency on Aging

The City of Albuquerque/Bernalillo County Area Agency on Aging (AAA) is the state-sanctioned and federally mandated entity tasked with developing comprehensive needs assessments, planning Older Americans Act programs, and implementing and monitoring services for people over the age of 60 and their caregivers in our Planning and Service Area.

<https://www.cabq.gov/family/services/senior-services>

Cancer Support Now (free New Mexico Resources)

We are a volunteer community of individuals affected by cancer dedicated to assisting people diagnosed with cancer and their caregivers, so that no one goes through cancer alone. Our services include our helpline, a variety of support groups, one-on-one support, referrals, education, information and training.

<https://www.cancersupportnow.org/free-support>

- **National Caregiver Support Resources**

AARP (American Association of Retired Persons) has free online seminars for caregivers, such as "Managing Caregiving Details: The Basics" and "Planning for the Care of Aging Parents." For help with conversations with an elder who is too sick or frail to live independently, check out "Providing the Care." <https://www.aarp.org/caregiving/?intcmp=GLBNAV-PL-CAR>

Children of Aging Parents (CAPS) 800-227-7294 toll free, offers caregiver support programs in 13 states for adult children caring for elderly parents.

<http://www.caps4caregivers.org/>

Family Caregiver Alliance 800-445-8106 toll free, is a national network that addresses the needs of families and friends providing long-term care at home. The Web site includes information, free publications, and an online caregiver support discussion group.

**** VERY HELPFUL Website: <https://www.caregiver.org/> E-mail: info@caregiver.org

National Family Caregiver Support Program

The National Family Caregiver Support Program (NFCSP) provides grants to states and territories to fund various supports that help family and informal caregivers care for older adults in their homes for as long as possible. This page contains a link to additional resources:

<https://acl.gov/programs/support-caregivers/national-family-caregiver-support-program>

Rosalynn Carter Institute for Caregiving

The Rosalynn Carter Institute for Caregiving works to establish local, state, and national partnerships committed to building quality long-term care systems and providing greater recognition and support for caregivers. Visit the Web site for publications, workshops, and conferences. <http://www.rosalynncarter.org/>

Well Spouse Association

A nonprofit organization providing support and other resources to husbands, wives, and partners of chronically ill or disabled individuals.

<https://wellspouse.org/>

National Caregiver Support Resources-- Disease Specific

- **Alzheimer's Association** has extensive information about Alzheimer's disease, updates on research and treatments, training for caregivers and for people with dementia, and short-term counseling. Contact its 24/7 Helpline at 800-272-3900 for information, referral, and support. <https://www.alz.org/>
- **American Cancer Society** (ACS) provides health information, support groups, and other resources for caregivers, including a caregiver discussion board. <https://www.cancer.org/>
- **American Diabetes Association** provides diabetes research, information, and advocacy. For information about caregiver support groups and other resources in your area, visit the Web site: <https://www.diabetes.org/>
- **American Heart Association** provides information and resources for patients, as well as information specifically designed for caregivers. <https://www.heart.org/en/health-topics/caregiver-support>
- **American Stroke Association**, provides outreach to stroke survivors and their caregivers. <https://www.stroke.org/en/help-and-support/for-family-caregivers>
- **The Arthritis Foundation** (<https://www.arthritis.org>) offers resources in English and Spanish, including detailed information about arthritis, drug treatments, and pain management, as well as help lines and message boards. Articles for caregivers: <https://www.arthritis.org/health->

[wellness/detail?content=healthyliving&_ga=2.123781198.594834252.1587579369-705304460.1587579369](https://www.wellness.com/detail?content=healthyliving&_ga=2.123781198.594834252.1587579369-705304460.1587579369)

- **Compassionate Care ALS** provides educational and legal resources, respite opportunities, instruction and guidance, subsidies for assistance, and conversations with ALS patients and their caregivers, families, and friends. <https://ccals.org/>
- **COPD Foundation** provides information on organizations, support groups, and online meeting places for patients with emphysema, chronic bronchitis, and chronic asthma, and their caregivers. https://www.copdfoundation.org/Learn-More/I-am-a-Caregiver/The-COPD-Caregiver.aspx?gclid=EAlaIQobChMIs_fWq9P86AIVkIbACh2w4AVpEAAYASAAEglbyvD_BwE
- **The Leukemia and Lymphoma Society** provides information on the diseases and both online and in-person group support for caregivers: <https://www.lls.org/support/caregiver-support>
- **The National Multiple Sclerosis Society** web site includes resources for caregivers. <https://www.nationalmssociety.org/Resources-Support>
- **National Parkinson Foundation** supports research, education/training, patient care, and outreach. Support and resources: <https://www.parkinson.org/Living-with-Parkinsons/For-Caregivers>

UNM Services for Students & Employees

- ***Student Health and Counseling (SHAC)***
Phone: 505-277-3136 Address: MSC06 3870 - Bldg. 73, Albuquerque NM 87131
Medical on call #: 505-277-3136, option 2 Counseling on call #: 505-277-3136; option 3
<http://shac.unm.edu/>
- ***UNM Women's Resource Center***
Phone: 505-277-3716 Email: women@unm.edu Address: MSC 06 3910, Mesa Vista Hall 1160, 1 University of New Mexico, Albuquerque, NM 87131 Counseling for individuals, couples, men, women Website: <http://women.unm.edu/>
- ***ENLACE New Mexico***
Phone: (505) 277-5481 enlacenm@unm.edu MSC06 3765 - 1 University of New Mexico, Albuquerque, NM 87131-0001 Physical Location: Mesa Vista Hall Suite 1060 Website: www.enlacenm.unm.edu
- ***Office of Career Services***
Phone: 505.277.2531 Email: career4u@unm.edu Physical: UAEC Building 85, Room 220 Albuquerque, NM, 87106 Mailing: MSC06 3710 UAEC, Room 220 - 1 University of New Mexico, Albuquerque, NM 87131-0001 Website: <http://career.unm.edu>
- ***Veteran's Resource Center***
Phone: 505-277.3181/3184 Email: vrc@unm.edu SUB Suite 2002 - MSC03 2215 1 University of New Mexico Website: <http://vrc.unm.edu>

- ***El Centro de la Raza***
The premier institution devoted to the empowerment, transformation and development of underrepresented and Latino students at the University of New Mexico (UNM). Email: elcentro@unm.edu
Phone: (505) 277-5020 Physical Location: UNM Main Campus Mesa Vista Hall (Bldg 56), Room 1148
Mailing Address: MSC 063830 1 University of New Mexico Albuquerque, NM 87131
Website: <https://elcentro.unm.edu/>
- ***African American Student Services***
Email: afro@unm.edu Phone: 505-277-5645 Physical Location: 1130 Mesa Vista Hall Mailing Address: MSC06 3820 1130 Mesa Vista Hall - 1 University of New Mexico, Albuquerque, NM 87131
Website: <http://afro.unm.edu>
- ***American Indian Student Services***
Email: aiss@unm.edu Phone: 505-277-6343 Address: 1119 Mesa Vista Hall 1-University of New Mexico Albuquerque, NM 87131-0001
Website: <http://aiss.unm.edu>
- ***LoboRESPECT***
Phone: 505-277-2911 Email: loborespect@unm.edu Address: University Advisement and Enrichment Center, Room #262 MSC 06 3600 – 1 University of New Mexico, Albuquerque, NM 87131
Website: <http://loborespect.unm.edu>
- ***Counseling, Assistance & Referral Services (CARS)***
Phone: 505-272-6868 Email: cars@unm.edu Address: 1800 Mesa Vista Road NE, Albuquerque, New Mexico, 87106 MSC02 1770
Website: <http://cars.unm.edu>

United Church of Christ (UCC) Resources

- ***UCC Mental Health Network***
The UCC Mental Health Network works to reduce stigma and promote the inclusion of people with mental illnesses/brain disorders and their families in the life, leadership and work of congregations.
<https://www.mhn-ucc.org/>
- ***UCC WISE Congregation***
A part of the UCC MHN, WISE congregation has joined the mission to being Welcoming, Inclusive, Supportive, and Engaged in the Mental Health of the community and the wider world.
<https://www.mhn-ucc.org/wise-congregations/>
- ***UCC Disabilities Ministries***
United Church of Christ Disabilities Ministries is a mission to make the UCC Accessible to All (A2A)
<http://uccdm.org/>
- ***UCC Homepage***
<https://www.ucc.org/>

MORE? Please add here or contact Deborah Hill at chaplainrevdeborah@gmail.com to add your ideas and resources here.
Or seek out a WISE Mental Health Ministry team member at First Congregational UCC.