

Caregiver Resources

Rio Rancho Area

- ***ALSA NM Chapter (Amyotrophic Lateral Sclerosis Association); Lou Gehrig's Disease***
The ALS Association is the only national not-for-profit health organization dedicated solely to the fight against ALS. The ALS Association covers all the bases — research, patient and community services, public education, and advocacy — in providing help and hope to those facing the disease.
Phone: 505.323.6348
Address: 2309 Renard Place SE, Suite 105; Albuquerque, 87106
http://webnm.alsa.org/site/PageServer?pagename=NM_homepage
- ***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>
- ***NM Aging and Long-Term Services Department, Adult Protective Services***
Phone: 505.432.2080
<http://www.nmaging.state.nm.us>
<http://ww.nmaging.state.nm.us/adultprotectiveservices.aspx>
 - ***Resource Manual***
http://www.nmaging.state.nm.us/uploads/files/Caregiver%20Handbook%202019_V8_20_19.pdf
- ***New Mexico Veterans Association (VA) Caregivers Support***
The VA offers a number of services that can provide you with the support that is 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 are 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>

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>
- **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=EAiaIQobChMIs_fWq9P86AIVkIbACH2w4AVpEAAYASAAEgIbyvD_BwE
- **National Parkinson Foundation** supports research, education/training, patient care, and outreach. Support and resources: <https://www.parkinson.org/Living-with-Parkinsons/For-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
- **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 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>
- **CAPS (Children of Aging Parents)** 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

- ***Mental Health America***
 Programs and initiatives to fulfill its mission of promoting mental health and preventing mental illness through advocacy, education, research, and services. These efforts help protect the rights and dignity of individuals with lived experience and ensure that peers and their voices are integrated in all areas of the organization.
 Toll Free Phone: 800.969.6642
 Local Phone: 703.684.7722
 Fax: 703.684.5968
<https://mhanational.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/>

Crisis Lines and Reporting

- ***Adult Abuse Reporting***
 Phone: 866.333.7233
- ***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/>
- ***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.
<https://www.cyfd.org>

- ***Crisis Text Line***
Text: 741741
<https://www.crisistextline.org>
- ***National Suicide Prevention Lifeline***
Phone: 800.273.8255
- ***New Mexico Crisis and Access Line***
Phone: 855.662.7474
<https://nmcrisisline.com>

Domestic Violence Shelter

- Haven House, Inc.
Phone: 505.896.4869
24 Hour Crisis Hotline: 800.526.7157
<https://www.havenhouseinc.org/>

Food Resources

- ***Sandoval County, Sprouting Sandoval***
A series of initiatives designed to improve health for individuals, families, and the community. Education and outreach programs intend to plant seeds toward a health-filled sustainable future for Sandoval County. A mobile food pantry, local farm development, and a canning center are among the opportunities available.
<https://www.sandovalcountynm.gov/sprouting-sandoval/>
- ***St. Felix Food Pantry***
Phone: 505.891.8075
Address: 505.4020 Barbara Loop, SE; Rio Rancho, 87124
Email: info@stfelixpantry.org
<https://stfelixpantry.org/>
- ***Storehouse West***
Phone: 505.892.2077
Fax: 505.892.2191
Address: 1030-F Veranda Dr, SE; Rio Rancho, 87124
<http://www.storehousewest.org/>

Mental Health & Wellness

- ***A Child's Voice***
Phone: 505.916.2007
www.acvnm.org
500 Unser Blvd, SE, Suite 103; Rio Rancho 87124
Medicaid Accepted
- ***A New Awakening, Rio Rancho***
Phone: 505.994.4100
Fax: 505.994.1229
Address: 1207 Golf Course Rd, Suite C; Rio Rancho, 87124
<https://rioawakening.com/>
- ***Aspen Counseling***
Phone: 505-554-9099
- ***Corrales Therapy, LLC***
Phone: 505.985.5382
- ***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.
- ***Eating Disorder Institute of New Mexico***
<https://edinstitute.org/>
- ***Engage & Ignite***
Phone: 505.903.4413
Email: liz@engage-nm.com
Address: 2103 Golf Course Rd, Suite A, Rio Rancho, 87124
<http://www.engage-nm.com>
Help with depression, anxiety, grief, and mental health issues by providing counseling to individuals for holistic wellness.
- ***Family Workshop Counseling Center***
Full service mental health and behavioral health for "all ages, all issues, all the time". Individual, group, and family sessions available. Main Principals are client centered, accessibility, and engagement.
Phone: 505.994.0161
Address: 2218 Southern Blvd, SE #4; Rio Rancho, 87124
<http://www.familyworkshopcounseling.com/home.html>

- ***Five Sandoval Indian Pueblos, Inc.***
 Serving members of Cochiti, Jemez, Sandia, Santa Ana, and Zia and the surrounding communities with programs for employment, education, human and health services. All are provided maintaining and respecting and preserving the values of tribal sovereignty, traditional culture, and community integrity.
 Phone: 505.867.3351
 Address: Central Office, 4321 Fulcrum Way, Rio Rancho, 87144
<https://www.fsipinc.org/>
- ***GD Psych Services, LLC***
 Address: 2200 Grande Blvd. SE, Ste B, Rio Rancho 87124
 Phone: 505-218-6383
<https://gdpsychservices.com/>
- ***Guadalupe Psychiatric and Mental Health Services***
 Based on the belief that our patient's needs are of foremost importance. Services include psychiatric evaluation for adult and geriatric patients, medication management, dementia screening, and psychotherapy.
 Phone: 505.515.3982
 Fax: 505.792.6060
 Address: Corrales Overlook Bldg, 1350 Jackie Rd, SE, Suite 104; Rio Rancho, 87124
<https://www.guadalupepsychiatry.org/>
- ***Health, Wellness and Spiritual Well-Being Daily Checklist***
 There are many lists and ideas and websites circulating around since we have 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
- ***Mental Health America***
 Programs and initiatives to fulfill its mission of promoting mental health and preventing mental illness through advocacy, education, research, and services. These efforts help protect the rights and dignity of individuals with lived experience and ensure that peers and their voices are integrated in all areas of the organization.
 Toll Free Phone: 800.969.6642
 Local Phone: 703.684.7722
 Fax: 703.684.5968
<https://mhanational.org/>
- ***NAMI (National Alliance on Mental Illness)***
 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

- **National Board for Certified Counselors**
<https://www.nbcc.org/search/counselorfind>
- **New Mexico Solutions**
Phone: 505.833.2300
Fax: 505.833.2339
Address: 2551 Coors Blvd NW, Albuquerque, 87102
<http://www.newmexicosolutions.com/>
- **People Works New Mexico**
Phone: 505.990.4186
Address: 1005 21st Street, SE, B; Rio Rancho, 87124
Services provided regardless of economic status; Call for sliding scale
- **Presbyterian Medical Services**
The successor to the United Presbyterian Church's Medical Mission work in the southwest, PMS continues to provide health care services to the underserved communities throughout the southwest. Services include behavioral health, developmental disability care, residential treatment, and several other community needs.
Toll Free Phone: 505.800.477.7833
Local Phone: 505.982.5565
Fax: 505.986.8299
Main Office Address: 1422 Paseo de Peralta, Santa Fe, 87501
<http://www.pmsnm.org/>
- **Psychology Today, Find a Therapist**
<https://www.psychologytoday.com/us>
- **Rio Rancho Veteran Services**
Phone: 505.896.7200
Address: 1760 Grand Blvd, SE; Rio Rancho, 87124
<https://www.rnm.gov/1758/Veterans-Services>
- **Sandoval County Community Health**
Provides invaluable services guided by the mission of improving quality of life for all they serve with access to health care and social services.
Phone: 505.867.7500
Physical Address: 1500 Idalia Rd, Bldg D; Bernalillo, 87004
Mailing Address: P.O. Box 40, Bernalillo, 87004
<https://www.sandovalcountynm.gov/departments/community-services/community-health/>
- **Trauma Treatment Center**
Phone: 505.289.1042
Address: 1316 Jackie Rd, SE #900; Rio Rancho, 87124
www.traumatreatmentcenternm.com

- ***UNM Health Science Center, Rio Rancho Campus***
Behavioral Health Care Clinic provides care in opioid addiction and anxiety, and a broad spectrum of innovative outpatient services.
Phone: 505.994.5050
Address: 2600 College Blvd, NE; Rio Rancho, 87144
<https://hsc.unm.edu/about/locations/rio-rancho.html>
- ***UNM Sandoval Regional Medical Center***
Phone: 505.994.7000
Address: 3001 Broadmoor Blvd, NE; Rio Rancho, 87144
<https://hsc.unm.edu/health/locations/sandoval-regional-medical-center.html>

Specialized Services

- ***Rape Crisis Center of Central New Mexico***
Phone: 505.266.7712
www.rapecrisiscnm.org
- ***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