A space to heal, nourish, and celebrate your spirit.



988NM.org

988 NM Suicide & Crisis Lifeline

call or text

988

ANYONE.

any struggle.

anytime.

New Mexico's 988 is the 24/7 free and confidential lifeline for **emotional, mental, or alcohol and substance use support**, made available to all New Mexicans through the Behavioral Health Services Division of the New Mexico Health Care Authority.

If you are overwhelmed by life or emotions and you don't know where to turn, 988 is here to listen and get you private one-on-one support from a caring, understanding and non-judgmental person.

Please remember that **YOU MATTER!** Your presence in this world is needed. There is no shame in asking for help.

Release what is weighing heavy on your heart and spirit:

- Family or relationship struggles
- Pressure from work or school
- Concerns about money or housing
- Grief, loss, or feeling alone
- Alcohol or substance use
- When your spirit feels heavy or unsafe

988 is here for you! Visit 988NM.org for more information.

HEALTH CARE AUTHORITY

988 CRISIS LIFELINE

988 NM Crisis Support

@988NMCrisisSupport