**Websites:**

1. <https://mhanational.org/covid19>
   1. Mental Health America
2. <https://cv.nmhealth.org>
   1. NM Department of Health
3. <https://www.cdc.gov>
   1. Centers for Disease Control and Prevention

**Resources For Immediate Response**

Agora Crisis Center *Call 505-277-3013, 855-505-4505, or visit their website* [*http://www.agoracares.org*](http://www.agoracares.org) *to chat online. For those experiencing a crisis such as suicidal thoughts, grief, domestic violence, depression and many other serious issues. However, you do not have to be in crisis to call. They help to cope with stress and navigate the difficult times we all experience from day to day. People of all ages can use services and are welcome to call any time.*

**If you think you have COVID-19 call 1-855-600-3453 (Corona Virus Health Hotline)**

**If you need help with childcare or loss of income call 1-833-551-0518**

**If you’re a senior or disabled adult in need of groceries call 1-800-432-2080 or 1-855-600-3453**

[Disaster Distress Helpline](https://www.samhsa.gov/find-help/disaster-distress-helpline)  
*Call 1-800-985-5990 or text TalkWithUs to 66746.The Disaster Distress Helpline (DDH) provides crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health concerns related to any natural or human-caused disaster, including public health emergencies.*

[Crisis Text Line](https://www.crisistextline.org/)  
*Text MHA to 741741 and you’ll be connected to a trained Crisis Counselor. Crisis Text Line provides free, text-based support 24/7.*

[The Trevor Project](https://www.thetrevorproject.org/)  
*Call*[*1-866-488-7386*](tel:+1-866-488-7386)*or text START to 678678. A national 24-hour, toll free confidential suicide hotline for LGBTQ youth.*

[Dial 2-1-1](http://211.org/services/covid19)  
*If you need assistance finding food, paying for housing bills, accessing free childcare, or other essential services, visit 211.org or dial 211 to speak to someone who can help. Run by the United Way.*

[National Domestic Violence Hotline](https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/)  
*For any victims and survivors who need support, call 1-800-799-7233 or 1-800-799-7233 for TTY, or if you’re unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522. The National Domestic Violence Hotline (The Hotline) is available for anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.*

StrongHearts Native Helpline *Hotline: 1 (844) 762 – 8483. Available Monday through Friday, 9:00am to 5:30pm CST via phone. The StrongHearts Native Helpline is a safe, anonymous, and confidential service for Native Americans experiencing domestic violence and dating violence.*

National Suicide Prevention *Hotline: 1-800-273-8255Available 24 hours a day, 7 days a week via phone and online chat. The National Suicide Prevention Lifeline provides free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.*

[National Alliance on Mental Illness (NAMI) Helpline](https://www.nami.org/Find-Support/NAMI-HelpLine) *Hotline: 1 (800) 950 – 6264.Email:*[*info@nami.org*](mailto:info@nami.org)*. Available Monday through Friday, 10:00am to 6:00pm Eastern Standard Time. The NAMI Helpline assists individuals and families who have questions about mental health disorders, treatment, and support services.*

[ChildHelp National Child Abuse Hotline](https://www.childhelp.org/) *Hotline: 1 (800) 422 – 4453. Available 24 hours a day, 7 days a week via phone and text. The ChildHelp National Child Abuse Hotline is dedicated to the prevention of child abuse. Serving the U.S. and Canada, the hotline is staffed 24 hours a day, 7 days a week with professional crisis counselors who—through interpreters—provide assistance in over 170 languages. The hotline offers crisis intervention, information, and referrals to thousands of emergency, social service, and support resources. All calls are confidential.*

[Rape, Abuse, and Incest National Network (RAINN) – National Sexual Assault Hotline](https://www.rainn.org/) *Hotline: 1 (800) 656-4673. Available 24 hours a day, 7 days a week via phone and online chat.RAINN (Rape, Abuse & Incest National Network) is the nation’s largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline (800.656.HOPE, online.rainn.org y rainn.org/es) in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.*