Good Links and Resources

Emergency Numbers

New Mexico Crisis and Access Line

Crisis Line: 1-855-662-7474

Warm Line: 1-855-466-7100

www.nmcrisisline.com

Disaster Distress Helpline

1-800-985-5990

Agora

505-277-3013  AgoraCares.org

National Suicide Hotline

1-800-273-8255

Psychiatric Emergency Services

505-272-2920

Suggested Resources

1. <https://www.virusanxiety.com/> Care for Your Coronavirus Anxiety
2. [https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources](https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources%20%20)  Managing COVID-19 Anxiety
3. <https://www.theawakenetwork.com/free-online-meditation-resources-for-the-time-of-social-distancing/> Online Meditation Resources
4. <https://www.albuquerqueaa.org/> Online meetings for Alcoholics Anonymous

<https://sho.co/1CLF8> Frontline Support Video for Healthcare Workers

<https://sho.co/1CLFB> Building Resilience Video for Healthcare Workers

<https://sho.co/1CLFH> Recognizing Burnout Video for Healthcare Workers