

## **Crisis Resources**

Need help with the loneliness and isolation here are some places that can help you in the time.

Crisis line 855 - 622 - 7474, available 24 hours

Peer-to-peer warm line, available from 3:30 to 11:30 p.m. 855- 466 - 7100.

Website is [www. nmcrisisline.com](http://www.nmcrisisline.com).

## **The Disaster Distress Helpline**

[1-800-985-5990](tel:1-800-985-5990), is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call [1-800-985-5990](tel:1-800-985-5990) or text **TalkWithUs to 66746** to connect with a trained crisis counselor.