

reasons to call

**NEW MEXICO
HEALTHCARE WORKER
AND FIRST RESPONDER**

**SUPPORT
LINE**



855-507-5509

- Feeling stressed, irritable, anxious, overwhelmed
- Experiencing sadness or depression
- Difficulty sleeping or sleeping too much
- Concerned about alcohol or drug use
- Having trouble expressing your emotions
- Just need someone to talk to about what you're going through
- Concerned for a friend, colleague, or family member
- Feel like you have no one else to talk to about the mental and emotional distress you're feeling

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**Professional counselors are here to hear you
24/7/365 - always free and confidential**