UNM-Valencia Community Resources

Food Pantries & Food Assistance:

NM Human Services Department- Income Support Division
https://www.yes.state.nm.us/yesnm/home/index
800.283.4465

New Mexico Assistance Programs:

- Food Assistance (SNAP)
- Medical Assistance (Medicaid)
- Water Assistance (LIHWAP)
- Cash Assistance (TANF)
- Energy Assistance (LIHEAP)

-Will help many lower income families and households with buying the nutritious food as well as groceries they need to stay healthy and productive members of society.

-Application can be completed online.

  - If you live in the Belen Area:
    100 S. 5th Street, 2nd floor  Belen 87002
  
  - If you live in the Los Lunas Area:
    445 Camino Del Rey  Los Lunas 87031

Belen Area Food Pantry
https://www.facebook.com/belenfoodpantry/
116 S. 6th Street  Belen 87002 (in the old Fire Station)
9am-Noon Tuesdays and Thursdays (or until available food has been served)

St. Vincent de Paul
https://news-bulletin.com/events/st-vincent-de-paul-los-lunas-food-pantry/
Food Pantry, Financial Assistance, Clothing, Thrift Store w/ clothing, appliances, & housewares
916 W. Castillo Ave  Belen
505.564.0808
Mon-Fri 10am-3pm

Still Waters Ministries
https://www.homelessshelterdirectory.org/foodbank/nm_still-waters-ministries
Food Pantry
129 La Luna Place  Belen 87002
505.864.0991
UNM-Valencia Community Resources

**St. Vincent de Paul**
https://www.sanclementeparish.org/st--vincent-de-paul
Food Pantry, Financial Assistance, Clothing, Thrift Store w/ clothing, appliances, & housewares
960 Main St. NE  Los Lunas
505.565.1218
Mon-Thurs:  Food 12-1  Thrift 1-3
Financial by appointment

**St. Vincent de Paul**
505.865.7495
Food Pantry, Financial Assistance, Clothing, Thrift Store w/ clothing, appliances, and housewares
7 Church Loop  Tome
Food – Please Call

**St. Vincent de Paul**
Food Pantry, Financial Assistance, Clothing, Thrift Store w/ clothing, appliances, & housewares
3466 Main St. NE  Peralta
505.866.1984
Tues 10am-11:30am:  Food & Financial Walk-ins

**Peralta Memorial UMC**
https://www.peraltamethodist.org/
1 Food Box a Month
25 Wesley Rd.  Peralta  87042
505.865.9334
10am-12:30pm Mondays
Bring ID & Proof of Residence

**The Storehouse**
https://storehousenm.org/
505.842.6491
106 Broadway Blvd SE, Albuquerque 87102
(Downtown Albuquerque south of Central Ave.)

- The pantry is open to the public from 9am - Noon Wednesday, Friday and Saturday. Sometimes they are closed for the holidays, so please check the calendar on their website.
Christian Family Fellowship
505.463.3498
318 S. 6th St. Belen 87002
The pantry gives out food the first Wednesday of every month from 3:00pm to 5:30pm

Shelter & Housing Assistance:

Valencia Shelter Services
www.vssnm.org
- Crisis Line for Immediate Shelter & Resources 505.864.1383
- Counseling, Life Skills Education, Crisis Intervention, Emergency Shelter, Offenders Programs, Transitional Life Skills, & Housing
445 Camino Del Rey SW, Suite E
Los Lunas 87031
Mon-Fri 8am-5pm

Joy Junction Shelter
www.joyjunction.org
Food, Clothing, Shelter, Homeless Directory, Day Shelter
4500 2nd St. SW, Albuquerque 87105
Open 24/7/365
505.877.6967

The Rock at Noon Day
http://www.therockabq.com/
Meals, Clothing, Hygiene, School Supplies, Christian Legal Aid, Spiritual Guidance, Heading Home Housing Assistance, Healthcare, Bicycle Repair, ID Card Assistance, Veteran Support Programs
2400 2nd St. NW, Albuquerque 87102
Sun 11am-1pm
Tues-Fri 9am-1pm

Good Shepard Center
https://www.gscnm.org/
Iron SW, Albuquerque 87103
505.243.2527
Men’s Overnight Shelter:
UNM-Valencia Community Resources

505.243.2527 ext. 100
- Beds, shower, breakfast
- Check-in 6pm, check-out 7am

Housing Voucher Program:
- Assistance to homeless individuals who are in need of stable housing
- Programs available: PSH- Permanent Supportive Housing and RRH- Rapid Rehousing
- Applications are accepted on Mondays 9:30am-11:30am on a first come first served basis. No more than 5 applications will be accepted per day.
- You must apply in person at 614 2nd St. NW 87102

The Fresh Start Substance Abuse Recovery Program:
505.243.2527 ext. 200
- Course for substance abuse recovery
- Shelter, meals, counseling, treatment, regular meetings, participants have duties at the center
- Screenings for program every morning by appointment

Housing Reestablishment Program:
Call Nate at 505.243.2527 ext. 209
- Provides male guests w/ 3 months of onsite resident prep to reintegrate into the community

Respite Beds:
505.243.2527 ext. 200
- Beds available for 7 days upon referral from Healthcare for the Homeless or the UNM Hospital

Community Meals:
505.243.2527 ext. 100
- Meals are open to everyone Monday, Tuesday, Wednesday, and Friday at 2pm-3pm and Saturday from 11:30am-12pm
- Easter, Thanksgiving, and Christmas brunch is served at 8:30am

Mail Service:
505.243.2527 ext. 100
- Available to homeless, marginalized, and displaced persons who don’t have access to a post office or mailing address
- Valid ID required, no charge
- Mail pickup is Monday-Friday 2pm-3:30pm

The Clothing Room:
614 Second Street SE  Albuquerque  87103
505.243.2527
Monday, Tuesday, Wednesday, Friday 9am-11am & 12:30pm-1:30pm
- Toiletry items, shirts, pants, shoes, socks, underwear, jackets, blankets, towels, and sleeping bags
- Coat exchange available
UNM-Valencia Community Resources

**New Day New Mexico**
[https://www.ndnm.org/](https://www.ndnm.org/)
- For youth ages 11-25
- Housing Continuum, Community Resource Connections, Youth & Family Support

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<tr>
<th><strong>Admin Office:</strong></th>
<th><strong>Safe Home:</strong></th>
<th><strong>Drop-in Center:</strong></th>
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<tbody>
<tr>
<td>2305 Renard Pl. SE</td>
<td>2820 Ridgecrest SE</td>
<td>142 Truman NE</td>
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<tr>
<td>Suite 200</td>
<td>Albuquerque</td>
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<td>(505) 938-1060</td>
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<td>(505) 260-9912</td>
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**Heading Home**
[www.headinghome.org](http://www.headinghome.org)
Provides emergency housing, permanent supportive housing services and prioritized street outreach to people experiencing homelessness.

- **ONGOING Housing Support**
- **Move-In Support & Furniture Donations**
- **Peer-to-Peer Activities**
- **Case Management**
- **Expedited Access to Benefits Counseling**
- **Food Boxes**

**Family Shelter:**
Family Shelter Intake Line: 505.554.0901
- Family Shelter as a non-congregate emergency shelter for families with minor children. --For all guests who connect, Housing Case Managers will offer the development of an individualized service plan by conducting guest outreach multiple times throughout a family’s stay.

**SOS (Safe Outdoor Space):** The WECH and AOC SOS (Safe Outdoor Spaces) are now open for residents who prefer to stay in their vehicles. Spaces become available on a day-to-day basis. If a space is not available, we encourage you to call back 24 hours later.

**WEHC SOS**
- 40 Spaces Available
- Please the WEHC General Housing Supervisor to reserve your space at 505.839.9193

**AOC SOS**
- 12 Spaces Available (Male Guests Only)
- Please contact 505.344.4340 to reserve your space.
- Once guests are assigned a space, intake paperwork will be completed to include a guest agreement, weapons and pet policy agreement, HMIS demographics packet, and a VI-SPDAT to capture relevant demographics, and evaluate the housing vulnerability index for all guests.

* Vehicles parking at the SOS must be legal to operate in the State of NM. Vehicles with no current insurance and registration, or in non-working order will not be allowed. *

**Albuquerque Opportunity Center**
https://headinghome.org/programs-overview/albuquerque-opportunity-center-aoc/
505.344.2323 #1
Outdoor garden, computer lab, storage area, showers, laundry facilities, medical exam rooms, library & classroom area

**Men’s Overnight Emergency Shelter:**
- 71 beds w/ daytime storage for 30 days
- Check bed availability 505.344.4340 at 9am-3pm and 1am-3am all week

**Respite Care Program**
30 beds provide 24hr care to men recently released from the hospital who do not have a home
- Connects clients to supportive housing resources
- Housing 505.274.8037 #2
- Westside Emergency Housing Center 505.344.2323 #8

**Hope Works:**
https://www.hopeworksnm.org/

**Housing** 505.216.6568
1215 4th St NW, Albuquerque 87102
Open to the Public: Monday, Wednesday, Friday, 10 am-3pm,
By Appointment Only: Tuesday and Thursday
VI-SPDAT offered: Tuesday and Wednesday, 10:30 am-12:30 pm, Closed Sat & Sun

**Administration/ Hope Center** 505.242.4399
1120 2nd St NW, Albuquerque 87102
8AM to 4PM M-F
1120 2nd St NW, Albuquerque 87102

**Day Shelter** 505.843.9405
1201 3rd St NW, Albuquerque 87102 (1st Floor)
8AM-2PM M-F Closed on Saturday and Sunday
1201 3rd St NW, Albuquerque 87102

**Behavioral Health** 505.764.8231
UNM-Valencia Community Resources

1201 3rd St NW, Albuquerque 87102 (2nd Floor)
8:00 AM to 4:00 PM M-F
1201 3rd St NW, Albuquerque 87102

Healthcare:

New Mexico Department of Health
https://opa-fpclinicdb.hhs.gov/site/belen-public-health-office
505.864.7743
617 Becker Ave. Belen 87002
Scheduling Requirements: Call to make an appointment.
Hours of Operation: Monday-Friday 8am-5pm (Closed 12pm-1pm)

Services Offered:
- **Children's Medical Services** *(children and youth with special health care needs)*
- **ECECD Families FIRST**
- **Family Planning** Offered Mon - Fri 8am to 5pm (closed 12pm-1pm for lunch)
  Most effective methods (IUDs and implants), Moderately effective methods (oral birth control pills, injectables, contraceptive ring), Plan B, pregnancy testing, Quick Start, and supply pick-up.
- **Immunizations** *(available for children through age 18 and limited for adults)*
- **Sexually Transmitted Diseases** *(testing and treatment with partner services)*
- **Tuberculosis** *(treatment)*
- **Women, Infants and Children** *(special supplemental nutrition assistance program)*

NOTE: SNAP services are provided at 100 S. 5th Street, Belen

First Choice Community Healthcare- Los Lunas Health Center
https://www.fcch.com/care-services/
505.865.4618
145 Don Pasqual NW Los Lunas, New Mexico 87031

  **Medical Health Center Hours:** Mon - Thurs 7am to 6pm; Friday 7am to 5pm
  505.865.4618

  **Dental Health Center Hours:** Mon - Fri, 7am to 5pm
  505.224.8740

Services provided at this location:
Primary Care    Dental    Behavioral Health    Women’s Health    Substance Use Disorder Treatment    Pharmacy    Lab    Health Education    Specialty Care    Telehealth

*For care after hours or on the weekends, please call 505.873.7400. Our after-hours answering service will connect you to the provider on call.

YES New Mexico – NM Human Services Department
This is your portal to apply quickly and easily, check, update, or renew a variety of public assistance programs. Create an account now to apply for and access your status for various benefits such as:

- **Medical Assistance (Medicaid Health Insurance)**
- Food Assistance (SNAP)
- Water Assistance (LIHWAP)
- Cash Assistance (TANF)
- Energy Assistance (LIHEAP)

**Application can be completed online.**

- If you live in the Belen Area: 100 S. 5th Street, 2nd floor Belen 87002
- If you live in the Los Lunas Area: 445 Camino Del Rey Los Lunas 87031

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**First Choice Community Healthcare**

Los Lunas Medical/Dental Center
145 Don Pasqual NW Los Lunas 87031

**Phone:** 505.865.4618

**Medical Open:**
Monday - Thursday 7am to 6pm
Friday 7am to 5pm

**First Choice Dental Contact Information:**
145 Don Pasqual NW Los Lunas 87031

**Phone:** 505.224.8740

Dental Open: Monday-Friday 7am to 5pm
To request dental appointment:
https://firstchoicehealthcarell.mydentalvisit.com/pages/schedappt?referralMethod=widget

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First Choice Community Healthcare -Belen Health Center
120 South 9th Street Belen 87002

**Phone:** 505.861.1013

Open Monday - Friday 7am to 5pm

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Los Lunas Medical
145 Don Pasqual NW Los Lunas 87031
Monday–Friday 7am-5pm
UNM-Valencia Community Resources

Sliding scale clinic

Albuquerque Healthcare for the Homeless
https://www.abqhch.org/
1217 First St. NW Albuquerque 87102
  • General 505.766.5197
  • Behavioral Health 505.242.4644
  • Dental Clinic 505.242.8288
  • Medical Clinic 505.242.4644
  • Medical Records 505.767.1127

Mental Healthcare, Rehabilitation, & Domestic Violence Services:

Heart & Soul of New Mexico
https://www.heartsoulofnm.com/
505.312.0040
  • Licensed providers specialize in issues including but not limited to: depression, anxiety, familial issues, grief, eating disorders, domestic violence, trauma, PTSD, sexual abuse, and addiction.
  • Therapists trained in family-focused therapies with couples, families of young children, and adult family members.
  • Therapy Services: Individual, Group, Family
  • Comprehensive Community Support Services
  • Medication Management/Prescribing/Psychiatric Evaluations
  • Self-pay and Insurance payment options available, many insurances are accepted-see website.

The Manzanita Counseling Training Clinic
https://coe.unm.edu/departments-programs/ifce/counselor-education/manzanita-counseling-center.html
505.277.7311
Free Counseling
  • Manzanita Counseling Training Clinic is a community outreach program provided by the University of New Mexico Counselor Education Program.
  • Services are offered only within the academic year, as run by graduate students in the Counselor Education program.
UNM-Valencia Community Resources

- The Manzanita Counseling Training Clinic has been in existence for over 25 years and is the only free counseling clinic in Albuquerque.
- **What to expect when accessing services?:** It begins with an intake session, which consists of completing paperwork on one's own for about 15 minutes in a private location, followed by an intake session with a counselor to discuss what the client's goals and expectations are for their counseling relationship.
- Counseling is available for individuals, couples/families, and groups once a week for up to 16 weeks, during the academic semester.
- No counseling is available during break periods.

**UNM Student Health and Counseling**

http://shac.unm.edu/

Appointments- 505.277.3136

SHAC offers outpatient health services for all currently enrolled UNM students. SHAC does not offer pediatric care.

**Medical-Same Day**

Each day, appointments are kept available for medical concerns that demand immediate attention, such as:

- Injuries
- Sudden illness
- Worsening of an existing problem

*Waiting time depends upon the number of patients in the clinic and the urgency of the problem.

**Call SHAC at 505.277.3136 early in the day for best availability of appointment times.**

**Medical-Scheduled in Advance**

We recommend that you establish care with a SHAC medical provider while you are a student at UNM. Schedule appointments in advance for:

- Evaluation of new health related problems or concerns
- Ongoing care of existing conditions
- Routine physical exams or health screenings
- Preventive care, wellness, and advice about how to achieve your optimum health
- Sexual and reproductive health
- Travel medicine

**Call SHAC at 505.277.3136 to schedule medical appointments**

**Counseling Appointments**

- All counseling and psychiatry appointments begin with a brief screening interview referred to as Triage.
- Triage visits are available on a first come, first served basis; the first appointment is at 10:00 AM and the last at 3:30 PM, Monday through Friday.
UNM-Valencia Community Resources

- Triage includes intake paperwork and a brief visit with the triage counselor who will make a brief assessment to be sure students' needs are met in a timely fashion.
- From Triage, students may be referred for an Assessment appointment for ongoing counseling or may be referred to other departments within SHAC or other services in the community depending upon their needs.
- Recommendations may also be made for other services to address their mental health needs.
- Not all issues require counseling or medications to successfully resolve.

For information or to schedule a counseling appointment, call SHAC at 505.277.3136.

UNM Women’s Resource Center
https://women.unm.edu/
505.277.3716
The Women's Resource Center offers FREE in-person and remote (tele-health) mental health care to the UNM community regardless of gender identity, sex, race, ability status, age, sexual orientation, economic class, or religious affiliation.
- Free counseling, crisis intervention, support groups, and referral resources
- Eating Disorder Support Group
- Trauma-responsive counseling care to all UNM students, staff, and faculty members

If you are struggling with:
- Stress/Anxiety
- Academic pressure
- Depression
- Bad Days/Transitions
- Relationship issues
- Traumatic experiences
- Or any other life issue, you don’t have to go through this alone. We are here to help!

Please e-mail wrccounseling@unm.edu or call 505.277.3716 for more information or to make an appointment!

Enlace Comunitario
https://www.enlacencnm.org/
505.246.8972
2425 Alamo Ave SE
Albuquerque 87106
Enlace Comunitario provides Domestic Violence Survivor Services, specializing in services for Spanish-speaking immigrants and their families. While Enlace specializes in culturally and linguistically specific survivor services, we provide support to any DV survivor in need.
UNM-Valencia Community Resources

- Counseling services that help support clients as they process trauma and manage their emotional, mental, and physical well-being
- Support Groups for children and adults
- Case Management provide clients with one-on-one support
- Financial Capability Training and Education

Email: info@enlacenm.org

Casa Fortaleza
https://www.casafortaleza.org/
505.910.4031
2340 Alamo Avenue SE, Suite 124
Albuquerque 87106
Casa Fortaleza provides free counseling and services to survivors of sexual violence and their family and friends. Additionally, Casa Fortaleza provides education and empowerment to the Spanish communities for the eradication of all the forms of sexual violence.

Transgender Resource Center of New Mexico
https://tgrcnm.org/
505.200.9086
5600 Domingo Rd NE
Albuquerque 87108
Monday, Wednesday, Friday 1pm–6pm
Providing Remote Support Monday–Friday. Send requests to: https://tgrcnm.org/remote-support

Healthcare:
- In-house free and confidential HIV testing and syringe exchange
- Mental health counselors and massage therapists who volunteer their services
- Partner with community health care organizations to connect participants to primary care and maintain a provider directory of trans-friendly health care providers.

Basic Needs Drop-in Center Provides:
- A shower room
- Open donation closet
- Computer lab and lending library
- Food pantry
- Lunch provided during drop in hours
- Will work with participants on access to fresh foods and SNAP benefits

Housing & Employment:
- Housing assistance
UNM-Valencia Community Resources

-Assistance applying for government support programs

Case Management & Referrals:
- Licensed Social Workers provide informal case management for youth and adults
- Work with lawyers and legal professionals to assist with name, gender marker changes, and other legal issues. Fill this form to request support: https://tgrcnm.org/request-support-inquiry

Eating Disorders Treatment Center
https://eatingdisordersabq.com/
505.266.5710
1520 Tramway Blvd. NE  Albuquerque
- Accepts most behavioral health insurance plans
- Affordable payment plans
- Individual psychotherapy, nutritional counseling & rehab, intensive outpatient programs, partial hospitalization program

Crisis and Suicide Prevention Services

Agora Crisis Center
http://www.agoracares.org/
505.277.3013  Helpline Hours: 6am-midnight, based on the availability of volunteers. Sometimes it's hard to talk about our problems with family and friends. As trained crisis hotline specialists, our volunteers are ready to provide compassionate, non-judgmental help for anyone in need of emotional support. Anyone is welcome to use our service, and you do not need to be "in crisis" to call or chat with us.

New Mexico Crisis and Access Line
1.855.NMCRISIS (Toll Free 24/7/365)
https://nmcrisisline.com/

If you or a loved one is experiencing any kind of emotional crisis, mental health or substance use concern, you can find help 24 hours a day, seven days a week, by calling the New Mexico Crisis and Access Line or Peer- to-Peer Warmline.

Who Answers the Call?  A variety of over 180 professional mental and behavioral health staff are always here to hear you 24 hours a day, 7 days a week, 365/6 days a year. Our call takers range from professional peer supports to clinical professionals with a master’s degree or higher, and are backed by a robust supervisory team and clinical oversight. We are always available to support those in need, offer information and resources, and work to assist those that do not know how to help themselves.

Peer-to-Peer Warm Line
Call or text to connect with a peer  1.855.466.7100
UNM-Valencia Community Resources

Call: 7am – 11pm    Text: 6pm – 11pm

Download the App
Download the NMConnect smartphone app for the easiest way to get help and access resources 24/7. Designed for all New Mexicans, NMConnect is here to provide people with access by engaging them with immediate access to mental health professionals and resources.
Download App for Android    Download App for Apple

988: The 24/7 Lifeline for Emotional, Mental or Substance Misuse Support
FREE & Confidential    *More than a Suicide Hotline    *Real-Time Access

Reasons to Call 988:
• Worried about your safety or someone you know
• Having a hard time managing strong emotions
• Feeling hopeless, confused, angry or lonely
• Worried about alcohol or drug use (substance use)
• Need information or referrals for local community services
• Have something on your mind that you want to talk over with someone outside of current situation
• Service member or veteran and their families in need
• Experiencing abuse or neglect
• Dating issues or domestic violence
• Struggling with eating disorders
• Dealing with discrimination
• Worried about parental discord or bullying
• Stressed about work and having high anxiety

How it Works:
• CALL:
  People who call 988 are given three options:
    1. Press 1 to connect with the Veterans Crisis Line
    2. Press 2 to connect with the Spanish Subnetwork
    3. Remain on the line and be connected to a local crisis center; if local crisis center is unable to answer, the caller is routed to a national backup center

• TEXT or CHAT:
  People who text “TALK” to 988 will be connected to crisis centers equipped to respond to texts. Chat will be available through the Lifeline’s website: https://suicidepreventionlifeline.org/chat.

How is 988 different from 911?
A behavioral health crisis needs a behavioral health response. 988 was established to improve access to crisis services in a way that meets our country’s growing crisis behavioral health care needs. 988 provides easier access to related behavioral health crisis resources, which are distinct from 911 (where the focus is on dispatching Emergency Medical Services, fire, and police as needed).

Linea de Vida Nacional para La Prevencion del Suicidio para El Orador Espanol
UNM-Valencia Community Resources

Lifeline ofrece 24/7, servicios gratuitos en español, y no es necesario hablar inglés si usted necesita ayuda.

Una persona capacitada le escuchará y hablará con usted. Si es necesario, podrá darle información sobre recursos o servicios existentes en su comunidad que podrán prestarle ayuda después de la llamada. Siempre puede usted volver a llamar al número 1-888-628-9454 si lo necesita o lo desea.

Si está usted preocupado por una persona que usted sabe que está pasando por una crisis o que piensa en suicidarse, nuestros centros pueden ayudarle. Una persona calificada del centro puede:

- Darle ideas y sugerencias sobre la forma de acercarse a la persona que le preocupa. Puede ayudarle a pensar qué podría decir para alentar a esa persona querida a pedir ayuda.
- En algunos casos, el centro puede hablar en conferencia al mismo tiempo con usted y con la persona que le preocupa.
- Algunas comunidades tienen equipos móviles que pueden visitar a las personas en sus hogares. Si hay uno de esos equipos en su zona, nuestro centro le pondrá en contacto con él.

The Trevor Project
https://www.thetrevorproject.org/
Call: 1.866.488.7386
Text START to 678-678
Or Chat: Start Chat Here

We’re here for you. If you are thinking about harming yourself — get immediate support. Connect to a crisis counselor 24/7, 365 days a year, from anywhere in the U.S. It is 100% confidential, and 100% free.

Our trained counselors understand the challenges LGBTQ young people face. They will listen without judgment. All of your conversations are confidential, and you can share as much or as little as you’d like.

Veterans Crisis Line
- Dial 988 and Press 1
- Chat Online: https://www.veteranscrisisline.net/
- Or Text 838255
24/7, confidential crisis support for Veterans and their loved ones. You don't have to be enrolled in VA benefits or health care to connect.

Domestic Violence / Abuse / Sexual Assault Resources:

Valencia Shelter Services for Victims of Domestic Violence
UNM-Valencia Community Resources

www.vssnm.org  505.864.1383  24-Hour Crisis Line for Immediate Shelter & Resources
Counseling, Life Skills Education, Crisis Intervention, Emergency Shelter, Offenders Programs,
Transitional Life Skills, & Housing Support
   445 Camino Del Rey SW  Suite E  Los Lunas, NM 87031
   Mon-Fri 8am-5pm
VSS Helen’s Housing: 505.565.3100- Emergency domestic violence & sexual assault shelter for
women & their children. Includes a safe place to sleep, healthy meals, individual & group counseling,
weekly goal support, on-site advocacy, clothing, laundry, limited transportation. Also helps men seeking
help by assisting w/ hotel stay.

Albuquerque SANE Collaborative
www.abqsane.org
Albuquerque SANE serves victims of sexual assault and domestic violence by providing immediate,
compassionate, culturally sensitive, and comprehensive medical treatment and forensic evaluation by
nurse experts.
Our services are always confidential, free, and available 24 hours Just call: 505.884.7263

Coalition to Stop Violence Against Native Women
https://www.csvanw.org/advocate-corner/
505.243.9199
Connects advocates & service providers w/ the resources they need. As a tribal coalition, CSVANW
does not provide emergency or directs services.

For a safe, confidential way to talk with someone right now, please call:
   • Rape Abuse Incest National Network: 1.800.656.4673 (HOPE) www.rainn.org
   • National Domestic Violence Hotline: 1.800.799.7233 (SAFE) www.ndvh.org
   • Strong Hearts Native Helpline: 1.844.762.8483 www.strongheartshelpline.org

Domestic Violence Hotline
https://www.thehotline.org/
1.800.799.7233 (Toll Free)
Text “START” to 88788
Everyone deserves relationships free from domestic violence. When you're ready, we're here to listen
with confidential support 24/7/365.

New Mexico Legal Aid
https://newmexicolegalaid.org/victim-services-family-law/
Toll Free: 1.877.974.3400
The New Mexico Legal Aid Domestic Violence, Sexual Assault, and Stalking Legal HelpLine is a free
statewide service that provides legal information and referrals for victims of these crimes.
   •  Monday – Friday from 9am to 5pm
UNM-Valencia Community Resources

- All calls are confidential.
- Language translation services available.
- Legal information on Orders of Protection, divorce, paternity, child support, child custody and visitation.
- Housing, benefits, and the criminal process.
- Referrals to statewide service providers.
- Victims, friends, family members, advocates, case managers, and attorneys are welcome to call.
- New Mexico attorneys available to help you on a case-by-case basis.

Helpline de New Mexico Legal Aid es un servicio gratuito que ofrece información legal y recursos a personas que llamen con preguntas sobre violencia doméstica, abuso sexual, e acecho.

- Lunes – Viernes de 9:00 am a 5:00 p.m.
- Todas las llamadas son confidenciales.
- Los servicios de traducción de idiomas disponibles.
- Información legal sobre ordenes de protección, divorcio, paternidad, manutención, custodia y visitación, la vivienda, beneficios y el proceso penal.
- Referencias a los proveedores de servicios en todo el estado.
- Las víctimas, los amigos, los familiares, administradores de casos, y los abogados son bienvenidos a llamar.
- Los abogados de New México están disponibles para ayudarle en un caso por caso.

LGBTQ+ Resources:

Transgender Resource Center of New Mexico

www.tgrcnm.org
505.200.3086
5600 Domingo RD NE Albuquerque 87108
Monday, Wednesday, Friday 1pm – 6pm
Providing Remote Support Monday–Friday Send a Request for Remote Support here

- We support transgender, nonbinary, and gender nonconforming communities through direct services, education, and advocacy.

- Food assistance, ID document assistance (name / gender marker changes), support groups, clothing/binders, financial support, health care support, HIV testing and harm reduction, housing and employment support, legal aid, case management & referrals, etc.

- Drop-in Center: Lunches provided, food pantry, Shower room, open donation closet, computer lab, and lending library

Equality New Mexico

www.eqnm.org
UNM-Valencia Community Resources

505.224.2766
1.855.LGBTQNM (542.8766)
Statewide movement building, trans community advocacy, political advocacy & leadership development, community wellness & quality of life, financial sustainability

**LGBTQ Resource Center**
[https://lgbtqrc.unm.edu/](https://lgbtqrc.unm.edu/)
505.277.LGBT (5428)

MSCO5 3155
1919 Las Lomas NE
Albuquerque, NM 87131
9am – 5pm (Mon-Fri)

To promote a more inclusive campus, the LGBTQ Resource Center provides a number of services to students, staff, and faculty. Some of these are also available to community members.

**Services include:** Educational Programming, Computer Pod (UNM affiliates only), Counseling, HIV Testing, Library through the LIBROS system (UNM affiliates only), Lounge Area, Safer Sex Resources, Safe Zone Trainings

**Trans Lifeline**
[https://translifeline.org/hotline/](https://translifeline.org/hotline/)
877.565.8860

Trans Lifeline’s Hotline is a peer support phone service run by trans people for our trans and questioning peers. Call us if you need someone trans to talk to, even if you’re not in crisis or if you’re not sure you’re trans.

**Oprime 2 para hablar con unx operadxr en español.**
- When you call, you’ll speak to a trans/nonbinary peer operator
- Full anonymity & confidentiality
- No nonconsensual active rescue (calling 911, emergency services, or law enforcement)

The Hotline is operating 24/7. When call volumes are high it may take a little longer to get connected—please try calling again.

**Childcare Resources:**

**New Mexico Early Childhood Education & Care Department**
[www.nmececd.org/child-care-assistance](http://www.nmececd.org/child-care-assistance)
- Helps income eligible families pay a portion of childcare costs while they work, attend school or training programs, job search, or other eligible qualifying activities.
UNM-Valencia Community Resources

*In New Mexico, more families than ever qualify for free child care through the State of New Mexico’s Child Care Assistance program. This program has expanded significantly over the last three years. In 2021 more families than ever qualified (the income cap was increased to include many middle-income households). Curious if you’re eligible? Take this brief survey to check!

- If you’re ready to apply, here is a list of the documents you’ll need, and the online application portal

Apply in person, online, or through email:
NMECECD Los Lunas Office
County: Valencia
Address: 750 Morris Rd., Los Lunas 87031
Phone: 505.866.2314 or 505.866.2315
Fax: 505.866.2321

NMECECD Albuquerque Office
County: Bernalillo
Address: 4801 Indian School NE Albuquerque 87110
Phone: 505.841.4801 or 505.841.4802
Fax: 505.206.5719

New Mexico Kids
www.newmexicokids.org
New Mexico Office of Child Development: 505.827.7946
Offers a variety of services & resources for both educators & families in New Mexico. This government health insurance program provides free or very low-cost health insurance coverage for children under the age of 19 and it can help families save on medical bills. However, depending on the family’s income, a low-cost co-pay may be required for some services, but most preventative services are free.

Transportation:

Route 208
https://www.riometro.org/DocumentCenter/View/100/Route-208-PDF?bidId=

Bus route 208 provides three northbound and three southbound trips morning/midday between Valencia County, the Pueblo of Isleta, and Downtown Albuquerque when the Rail Runner does not operate. Riders are encouraged to use Route 208 in combination with the Rail Runner, for example, by taking the bus to Downtown Albuquerque midday and returning by train in the evening.
UNM-Valencia Community Resources

Rail & Bus Connections Guide
All bus connections are FREE unless otherwise noted

Valencia County Dial-a-Ride
https://www.riometro.org/244/Valencia-County
The Rio Metro Regional Transit District operates Dial-a-Ride service to connect communities in Valencia County. Valencia County Dial-a-Ride can accommodate the general public, including seniors and people with disabilities. Dial-a-Ride can also bring you to a New Mexico Rail Runner Express station, which connects you to Albuquerque, Bernalillo or Santa Fe. This service operates on weekdays only.

- Call 505.352.3595 to request a ride
- Rides must be requested by 12pm (Noon) one business day in advance
- For Monday rides, requests must be made by 12pm (Noon) on the Friday before
- Ride requests are accepted between 4am and 9pm
- Rio Metro dispatchers will work with riders to accommodate requested times or give other options based on bus availability

Transportation to Work
Job Access provides transportation to work opportunities within the Albuquerque area utilizing public transportation routes that operate on fixed schedules. Representatives review and look for the best options for participants and arrange rides through transportation services.
https://www.riometro.org/249/Transportation-to-Work

Rail Runner Train
Schedule: https://www.riometro.org/184/Train
Fares: https://www.riometro.org/232/Train-Fares

Disability Assistance:
General Assistance
https://www.hsd.state.nm.us/lookingforassistance/general-assistance-for-disabled-adults-and-unrelated-children/
The objective of the general assistance government aid program is to provide cash assistance and grants to needy, dependent children along with disabled adults. This is offered if they are not eligible for other forms of assistance under a federally matched cash assistance program. 505.222.9600

New Mexico Autism Society
https://nmautismsociety.org/
505.332.0306
4801 Lang Avenue NE
Albuquerque 87109

University of New Mexico Center for Development and Disability
https://hsc.unm.edu/cdd/
505.272.3000
2300 Menaul Boulevard NE
Albuquerque 87107

Resource Directories

Community Wellness Council
https://www.communitywellnesscouncil.org
214.452.0129
- Find links to our resource directory, data, and council initiatives.
- A valuable resource for Valencia County volunteers and residents to find the information and resources they need to effectively contribute in making our community as connected, responsive, and resilient, as it can be.

SHARE New Mexico
https://sharenm.org/
SHARE New Mexico manages New Mexico's largest, most up-to-date and comprehensive resource directory. ShareNM was created to help organizations, non-profits and individuals working to improve the quality of life in New Mexico. Built by and for New Mexicans, ShareNM provides convenient access to reliable data on New Mexico community health resources, social services, initiatives, and counties.
UNM-Valencia Community Resources