

# 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. 6<sup>th</sup> 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.homelesshelterdirectory.org/foodbank/nm\\_still-waters-ministries](https://www.homelesshelterdirectory.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**

<https://news-bulletin.com/st-vincent-de-paul-food-pantry-assistance-and-thrift-store/>

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**

<https://news-bulletin.com/st-vincent-de-paul-food-pantry-assistance-and-thrift-store/>

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.

# UNM-Valencia Community Resources

## **Christian Family Fellowship**

505.463.3498

318 S. 6<sup>th</sup> 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](http://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](http://www.joyjunction.org)

Food, Clothing, Shelter, Homeless Directory, Day Shelter

4500 2<sup>nd</sup> 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 2<sup>nd</sup> 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/>

- For youth ages 11-25

- Housing Continuum, Community Resource Connections, Youth & Family Support

### Admin Office:

2305 Renard Pl. SE  
Suite 200  
Albuquerque  
87106  
(505) 260-9912

### Safe Home:

2820 Ridgecrest SE  
Albuquerque  
87108  
(505) 938-1060

### Drop-in Center:

142 Truman NE  
Albuquerque  
87108

## 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.

# UNM-Valencia Community Resources

-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**

# UNM-Valencia Community Resources

<https://www.yes.state.nm.us/>

800.283.4465

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

## **First Choice Community Healthcare**

<https://www.fcch.com/index.php?page=los-lunas-center>

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>

First Choice Community Healthcare -Belen Health Center

120 South 9th Street Belen 87002

**Phone:** 505.861.1013

Open Monday - Friday 7am to 5pm

Los Lunas Medical

<https://www.fcch.com/index.php?page=los-lunas-center>

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](mailto:wrccounseling@unm.edu) or call 505.277.3716 for more information or to make an appointment!**

## Enlace Comunitario

<https://www.enlacenm.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.

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- 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](mailto: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

<https://988lifeline.org/help-yourself/en-espanol/>

1.888.628.9454 (Toll Free)

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](http://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](http://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](http://www.rainn.org)
- National Domestic Violence Hotline: 1.800.799.7233 (SAFE) [www.ndvh.org](http://www.ndvh.org)
- Strong Hearts Native Helpline: 1.844.762.8483 [www.strongheartshelpline.org](http://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](http://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](http://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/>

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/>

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 operadrx 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.nmeccd.org/child-care-assistance](http://www.nmeccd.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](http://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**

<https://www.riometro.org/DocumentCenter/View/52/Rail-and-Bus-Connections-Guide-PDF?bidId=>

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**

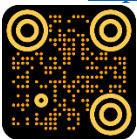
Job Access provides transportation to work opportunities within the Albuquerque area utilizing public transportation routes that operate on fixed schedules. Representatives review and look for the best options for participants and arrange rides through transportation services.

<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:**

# UNM-Valencia Community Resources

## **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