

ABQ Area Resources Quick Guide

Updated 8/1/25

Note: Area code is (505) except where indicated; some organizations have hyperlinks in their name to website

This Quick Guide is posted on the [CABQ HHH \(Health, Housing & Homelessness\) Connect to Resources](#) page
Other Resource Guides

[Bernalillo County Resource Guide](#) – developed by Bernalillo County Early Childhood Coalition

[Brain Injury Alliance of New Mexico Resource Guide](#)
(scroll down for link to guide—also link to support and resource groups, in person and online)

[New Mexico Native American Resource Directory](#) –
New Mexico Health Care Authority (HCA), Behavioral Health Services Division

[CABQ Dept. of Senior Affairs Quick Guide](#) (scroll down to “View the Quick Guide”)

[UNM Center for Development and Disability \(CDD\) Disability Resource Directory](#)

[sharenm.org](#)--SHARE New Mexico resource directory

--For community events posted by BCHVWG Coalition:

<https://padlet.com/communityeventsbchvwg/community-events-84uc30q49xh50oar>

Cell Phones (Lifeline programs + Google Voice)

No more free phones. If you have your own smart phone, these companies have Lifeline programs: [Assurance Wireless](#) offers free service or \$10/year for unlimited text/internet: **888-321-5880**.

Or try [Safelink's Lifeline program](#): **800-723-3546**.

Alternatively--or in addition to having a phone--you can set up a **Google Voice** phone number once you have a **gmail** address.
(Step by step instruction videos on YouTube may be helpful)

Victims/Survivors/Overcomers of Violence

[Family Advocacy Center](#) (FAC) – any violence, inc. stalking walk in M-F 8am–5pm, 625 Silver SW (2nd flr) or call **243-2333**

[Domestic Violence Resource Center](#) (in Family Advocacy Ctr)
-- (Calls are taken 24/7—walk-ins 8 am–5 pm) **248-3165**

[National DV phone no.](#) (24 hours) **800-799-7233**

[Rape Crisis Center](#) (2 offices: walk-ins M-F 8-5 at both):

--625 Silver SW (2nd floor, Family Advocacy Center) **266-7711**

--9741 Candelaria Rd NE (near Eubank) **266-7712**

--**Rape Crisis Center's** 24/7 hotline **266-7711**

[StrongHearts Native Helpline](#) (24/7) for Native women impacted by DV, dating or sexual violence **844-762-8483**

[NM human trafficking hotline](#) 505-GET-FREE (505-438-3733) for victims of human trafficking to call or text – this is also an info/resource line for anyone concerned for a person

[NM Sexual Assault Helpline](#) **844-667-2457** (24/7)

(**844-NMSAHL**) call, text or chat online - see [nmsahelp.org](#)

[Enlace Comunitario](#) (Domestic Violence) **246-8972**

--English & Spanish DV crisis intervention and legal support, therapy, support groups, case management

[Casa Forteleza](#) (sexual violence) (bilingual Spanish) **910-4031**
2340 Alamo SE, #124 (Call or walk in M-F 8:30am - 5pm)

[Centro Savila](#) - support group in Spanish for victims of any crime; also individual counseling in Spanish – call **312-7296**
or complete [online form](#) to refer yourself or someone else

First Nations Community Healthsource (FNCH) programs:

--[Human Trafficking](#) (case management) **375-8518** (office)
or call or text **697-0712** (cell no.) – not a crisis hotline
--VOCA (for victims of crime) -- call (no text) **515-3922** or **375-8514**

[The Arc of NM](#) – victim advocates for sexual assault, **883-4630**
domestic violence or crime victims with intellectual or developmental disabilities; email address is: advocate@arcnm.org

Domestic Violence Shelters (call 24/7)

S.A.F.E. House (in Albuquerque) **247-4219**

Haven House (in Rio Rancho) **896-4869**

Valencia Shelter for DV (in Valencia County) **864-1383**

Other Crisis Hotlines/Helplines

Poison Center/Medication Info **800-222-1222**

988 Suicide and Crisis Lifeline:

Call or text **988** if feeling sad or angry or not feeling safe

--Veterans (x1 or text **838255**), en Espanol (x2)

or chat: chat.988lifeline.org (for yourself or if you're worried about a loved one who may need crisis support)

Veterans Crisis Line – call **988** (ext. 1) or text **838255**

(this is for veterans, military service members and relatives)

NM Crisis & Access Line (nmcrisisline.com) **855-662-7474**

--or dial **988** -- 24/7 counseling + treatment referrals

--or chat: chat.988lifeline.org

TTY 1-855-227-5485; 711 for relay (hearing & speech impaired)

--Download the NMConnect app at nmcrisisline.com

--**NM 5-Actions program** see nm5actions.com for details

[NM Peer to Peer Warmline](#) (peer mental health support):

855-466-7100

--call 7:00 am -11:30 pm 7days/week; or text 6:00 pm – 11:00 pm

Veterans Crisis Line – call **988** (ext. 1) or text **838255**

(this is for veterans, military service members and relatives)

UNM Psychiatric Emergency Services (24/7) **272-2920**

Human trafficking hotline ([NM Dream Center](#))--all ages

--**505-504-1301** (24/7 call or text)

[NMDOH Helpline](#): **833-796-8773** (**833-SWNURSE**)

NMDOH Free Gunlock and gun safety website:

<https://www.safestoragenm.org/>

Agora warmline 6:00 am to 12:00 pm **277-3013**

Adult Abuse/Neglect Hotline **866-654-3219**

Child Abuse/Neglect Hotline (CYFD) ... **855-333-SAFE(7233)**

[ABQ Dept. of Senior Affairs](#) info line **764-6400**

Aging & Disability Resource Ctr ([NMAITSD](#)) **800-432-2080**

Equality New Mexico (LGBTQ advocacy eqnm.org) **224-2766**

[Postpartum Support Int'l](#), call or text **800-944-4773**

--or text en Espanol: **971-203-7773**

[All Faiths](#) 24/7 pregnancy support counseling **313-1132**

[Trans Lifeline](#) **877-565-8860**

[Trevor Lifeline](#): **866-488-7386** or text **START** to **678-678**

****CALL 311 for info about any City of ABQ services****

City of ABQ Dept. of Senior Affairs (age 60+) **764-6400**
See cabq.gov/seniors/senior-services for services & Quick Guide

CABQ Health & Social Services Centers

Alamosa Center, 6900 Gonzales SW **836-8800**
Los Griegos Center, 1231 Candelaria NW **761-4050**
John Marshall Center, 1500 Walter SE **848-1345**
Ruth Adams Center, 7525 Zuni SE **767-5700**

See cabq.gov/health-housing-homelessness/health/health-social-services for listing of on-site agencies at each center.

HSSC services include:

Food (walk-ins **M/W/F 10 am - 12** and **Tues & Thurs 1 - 3 pm**)
(call 311 to find out your center for food box)
Rent & utility assistance (call 311 to find out your center)
Clothing (appointment only at John Marshall and Ruth Adams—anyone who lives in Albuquerque can call)
Diapers (no walk-ins, call first any of the 4 centers below)

FREE MEAL SITES

(Albuquerque Indian Center is closed but may reopen this year)

City of ABQ senior centers, multigenerational centers and some community centers offer free or donation-based lunches (\$2 suggested) for seniors 60+, low-cost lunches (\$3.25) for ages 50-59; also. Adults under age 50 for \$7.67 at CABQ multi-generational centers. --See cabq.gov/seniors/senior-services/senior-meals for detailed info and all locations.

All ABQ senior and multigenerational centers also offer a low-cost breakfast program Mon-Fri, 8-9 am.

Also: home-delivered meals for homebound seniors (**764-6400**)
For Bernalillo County centers, see:

bernco.gov/community-services/community-health-outreach/senior-meals

--All Nations Wellness & Healing Center, 6416 Zuni SE
Mon to Fri: Breakfast (8:00 - 9:30 am); Lunch (12 - 1:30 pm)

--See "Homeless Services" section for other free meals

Food Assistance

(Also see CABQ Health & Social Services centers above)

Roadrunner Food Bank **349-5340**

--see rrfb.org (click on Find Help tab) or call to find a nearby pantry
NEW: **Roadrunner Food Pantry** and Community Resource Center @ **3831 Singer Blvd NE** -- must call **349-5340** to reserve your shopping time for groceries (including fruits & vegetables). Park on east side of the building. **No documents necessary to shop** Tues & Wed 10am-1pm, Thurs 10am-12pm, 1st & 3rd Fridays 10am-12pm; curbside on Sat 10am-12pm; stop in at the new **Community Resource Center** to apply on-site for benefits and get referrals to resources (some organizations will be available on-site)

Bernalillo County food pantries for low-income seniors age 50+ and for all veterans (with proof of veteran status)

See <https://www.bernco.gov/blog/2025/06/11/bernalillo-county-offers-free-groceries-to-low-income-seniors/> for list of senior centers + county extension building; participants can attend 2 food pantries per month (doors open 30 min. before start time)

Storehouse, 106 Broadway SE (**Wed/Fri/Sat 9-12**) **842-6491**

--also diapers. Dog food is given out 3rd Friday of the month (also see Animal Humane pet food info below)

--Note: both Storehouse and RGFP can assist with water bills

Rio Grande Food Project, 600 Coors SW **831-3778**

Food boxes for low-income **Wed/Fri/Sat 9-11**;

administers PNM Good Neighbor Fund

--Note: both Storehouse and RGFP can assist with water bills

Animal Humane, 615 Virginia SE--pet food Sun & Thurs 10-12pm

This is for individuals who are in need of pet food, inc. unsheltered

Salvation Army, 4301 Bryn Mawr Dr. NE **355-0400**

Move by year end (2025) to downtown location for most services

--walk in **M-F, 9-12; 1-4 pm** (location may change soon)

--food boxes (**M/W/F 9-12; 1-4 pm**)

--NM gas bill assistance (see nmgco.com)

--sometimes electric or rent assistance

--case managers can refer their clients for clothing vouchers

City of ABQ Dept. of Senior Affairs **764-6400**

See website, cabq.gov/seniors/senior-services to learn about all services provided by this CABQ department

--See cabq.gov/seniors/senior-services/senior-meals for info and all locations for on-site breakfasts and lunches

--Call for home-delivered meals for homebound ABQ seniors

--**CABQ Dept. of Senior Affairs Quick Guide** (scroll down to "View the Quick Guide")

--call or email seniorinformation@cabq.gov with any questions about resources in ABQ and Bernalillo County

St. Felix Pantry, 4020 Barbara Loop SE--Rio Rancho **891-8075**

--Thurs/Friday/Sat, 9 am to noon (for any New Mexican residents)

ECHO Food Bank (age 60+) 300 Menaul NW #226 (east side)

--**Mon-Thurs**, 8 am -- 4 pm (call **242-6777** if you can't find it)

Silver Horizons for age 50+ and for veterans of any age (and household members) food, household bills **884-3881**

Meals on Wheels (no income or age requirements) **823-8060**

The Rock at Noon Day (boxes), **2400 2nd St. NW** (**Fri 11 - 1 pm**)

Veterans Integration Center (VIC) **296-0800**

Moved to **2701 Mulberry SE** (turn south off Gibson, west of University Blvd, just east of I-25);

food pantry Friday 10 am - 1 pm only for veterans, spouses and widows/widowers, National Guard and Reserves

Housing

HUD Subsidized/Tax Credit housing: resources.hud.gov

AHA (Alb. Housing Authority) -- abgha.org **764-3920**

Bernalillo County Housing Dept.-- bernco.gov **314-0400**

Choice Recovery Path (for SUD) 526-3649
11401 Menaul NE (NE corner of Juan Tabo)
Monday-Friday, 8:00 to 5:00. Walk-in is only to ask for an application (or call and it will be emailed to you)
Structured transitional residential recovery program for men & women; email: info@choicerecoverypath.com

Crossroads for Women (Mon-Fri, 9 to 5) 242-1010
new address: **806 Dr. Martin Luther King, Jr. Blvd. NE**
(east side of Elm St. in the former Eye Associates Building)
walk in, call or complete application online
--Transitional living (1 yr) – referral or self-referral -- women on probation/parole (not for women in presentencing) may be wait list

Good Shepherd Center 243-2527 x100
--**Reentry residential program** (90) days for unhoused men, apply Monday to Friday, **2-3:30 pm** at **218 Iron SW**
(work on-site only for 60 days, then can look for a job)
--**Fresh Start Substance Use Recovery Program** for men, 6 month program--apply Mon to Fri, **9-11 am** at **218 Iron SW**
--Medical respite for men (medical provider referral only)

Goodwill Supportive Services for Veteran Families
Info at goodwillnm.org/veteran-housing **881-6401 x1842**

Grand Summit Recovery, 13139 Central NE 595-1607
info@grandsummit.org Medicaid accepted.
Walk in or call to make an appointment.
Transitional residential recovery program for men & women.

Oxford Houses--sober living for men & women (+ young child)
ABQ houses: **605-591-0993**; Las Cruces: **575-361-2071**
see Oxfordvacancies.com (search by zip or state/county)
--(look at this vacancies website, and you can call any house directly--there may be a vacancy even if not indicated to be one)

Salvation Army Men's Rehab Program (call M-F 9-3) **242-3112**
Men's 6 month program

Steelbridge 214 Coal SW 346-4673
12 month residential programs for men and for women (Bible-based); call Mon-Fri **8 am - 4 pm**, or walk in

TenderLove Community Center (appt. only Tu-Fri) **349-1795**
--recovery housing & IOP for women; transitional housing and case management/life skills for youth and young adults (ages 16-23); housing stability/rapid rehousing (see tenderlovecommunitycenter.org)

Vanguard Behavioral Health 866-425-1912
-- intake line is 24/7 (to make referral or to refer self)
Residential treatment program, with IOP, for adults with mental health and/or substance use disorder diagnosis (up to 90 days) for men and women--may be a wait list

VA Medical Center, 1501 San Pedro Dr. SE 265-1711 x0
--housing for homeless or unstably housed veterans
call **256-2784** or walk in at **Building 96: Mon-Fri 8:30 – 3:00**

Veterans Integration Center (VIC) call M-F **8-4:30 296-0800**
Moved to **2701 Mulberry SE** (turn south off Gibson, west of University Blvd, just east of I-25.); can walk in for intake
Transitional housing for homeless veterans (all genders and can be a family); Rapid Rehousing and rental assistance for veterans and families; other services for veterans

Drop-In Centers

New Day Youth Drop-In Center for ages **16-22**

142 Truman St. NE (north of Central) -- Tues-Fri 10 am -5 pm
--Access to food, hygiene items, clothing, showers, laundry, ID recovery and resource navigation. No documentation required.
New Day Safe Home Shelter, ages **11-17**; call **938-1060**

The Harbour--a NM Dream Center drop-in center for ages **14-21** 126 General Chennault NE **900-3833**

Tuesday 4 to 10; Wed/Th/Fri **2 to 10 pm**: clothing, showers, computer use, laundry; case management; meal around 5:00 pm; see nmdreamcenter.org/theharbour
--**Human trafficking hotline (NM Dream Center)**--all ages
505-504-1301 (24/7 call or text)

ABQ Center for Hope & Recovery (ACHRnm.org) **246-2247**
913 2nd St. NW (M-F, 9 am – 4 pm) – walk in or call
Peer-run drop-in center, peer case management and peer support; daily groups (in-person and virtual), job search assistance

All Nations Wellness Center 6416 Zuni SE **717-2704**
--Mon to Fri: Breakfast (**7:30 - 9am**); Lunch (**12 - 1:30pm**)
--walk-in or call; phone use; Job help **M-F 9-12**

Harm Reduction Center (NM Harm Reduction Collaborative, NMHRC), 204 Madeira Dr. NE (east of San Mateo & north of Central) walk-in hours: Mon-Fri 10 am – 2 pm **235-2847**
Can text this number 24/7; or email: info@nmhrc.org
Stigma free services: Syringe Service Program (SSP); peer support and case management; drug checking program; Narcan distribution and overdose prevention education; wound care clinic (Wed, 10 am – 12 pm)

The Living Room on CARE Campus, 5901 Zuni SE (south side)
--peer support drop-in for people in every stage of recovery, also concerned family members are welcome – staffed by CPSWs
--drop-in hours are Monday-Friday 7am – 7 pm

NM Reentry Center (for **any** justice involved adult) **389-5458**
--Call or walk in Mon to Fri, 8 am – 4 pm, **215 3rd St. SW**
Peer-run organization: one-on-one peer support/case management, support groups; assistance with ID documents; job preparation/job placement; housing navigation; pre/post reentry navigation

Transgender Resource Center of NM (statewide) **200-9086**
1515 4th St. NW (see TGRCNM.org) adults and teens
--walk in Mon/Wed/Fri, 1-6 pm (+ support groups); can call Mon-Fri any time and leave a message; wrap-around services including case navigators, nurse practitioner, harm reduction supplies; drop-in center entrances separate for youth and adults

WIL (Women in Leadership) Drop-In Center for all women
 300 Central SW (Third Central Plaza), #1500-E (1st floor)
 Hours: Monday-Friday, 8 am – 4 pm
 – peer support, job readiness, food, other services **369-1731**

Family Services

(Note: See “Medical, Mental Health and/or Substance Use Services” section for other organizations that serve pregnant women and parents/caregivers)

Childcare Finder: see nmeccd.org, or call **800-832-1321**
 (ext. 1 for information and ext. 2 to complete an application)

UNM Early Childhood Services Center (ECSC)

For a customized referral to a child care provider, contact UNM Resource and Referral at **277-7900** or **800-691-9067** and leave a message for a return call

Other services (see website: <https://ecservicescenter.unm.edu/>)

--Toy Lending and Resource Library **224-5017**

call first; located at 5816 Isleta SW

--Training for Early Childhood Educators: FREE trainings register at nmels.org (see Training Catalog tab)

NMECCD website also has a web page for these programs:

--[home visiting](#) assistance

--info for parents on numerous programs (click on [program tabs](#))

NM WIC (nutritious food + other supports) **866-867-3124**

--nmwic.org/locations; for info about WIC see nmwic.org

For low-income women who are pregnant or are mothers of at least one child under 5 years old; or visit website for [Public Health offices](#) which list WIC as one of their services (click on your county)

NM Public Education Dept (PED) - [parent-portal](#)

(<https://webnew.ped.state.nm.us>)

--Early Literacy guides for families: [English](#) and [Spanish](#)

ABQ Adult Learning Center (abqalc.org) **907-9957**

Family Wellness program: Parents and children working together to improve educational, health, financial outcomes and family relationships; individualized literacy

--See “Jobs/Job Training/Education” for other ABQ-ALC services

All Faiths Children’s Advocacy Ctr (allfaiths.org) **271-0329**

--Family Wellness Program: wrap-around support for parents/caregivers; trauma informed therapy; CCSS (case management)

--Adoption Services: pregnancy counseling, **313-1132** (24/7), infant + older child adoption; info line (M-F) if interested in adopting a child, **313-3181**; post-adoption support services

AMIkids Family Services **220-1258**

--Home-based Family Centric Model (FCM) classes--see website: skills classes for youth ages 11-18 and their families who live within Bernalillo County; services available in Spanish; also Youth Mental Health First Aid certification (English & Spanish)

APS McKinney-Vento program **256-8239 x0**

--for families and/or youth who are **unhoused or unstably housed**. See website for eligibility and services:

www.aps.edu/title-i/mckinney-vento-program

--can be referred or self-refer (See [link](#) to student referral form)

Asian Family Center, for AAPINH all ages **717-2877**

Direct services include culturally and language-specific case management, including for DV and sexual assault victims; also family workshops & youth programs; see nmafc.org

Centro Savila (3 locations) -- call **312-7296** or complete

[online form](#) to refer yourself or someone else (walk-ins allowed)

--**South Valley**: 1317 Isleta Blvd SW

--**International District**: 7401 Copper NE

--**Downtown**: 625 Silver Ave SW, Suite 400

All services are bilingual Spanish/English

--See the section, “Mental Health and/or Substance Use Services” for a complete list of services, groups and classes for families and for individual youth and adults

Children’s Promise Center (2 locations) **554-1206**

401 Alvarado SE, daycare, preschool, school age (M-F 6:30 am-) 12855 Eastridge Dr NE (M-F 7:00 am-)

CommonSpirit St. Joseph’s Children **924-8000**

Home visiting support services (virtual), including case mgt;

free statewide for all **first time parents** in New Mexico

(either parent can be first time parent; also caregivers fostering or adopting, and individuals parenting in the US for the 1st time);

--services provided prenatal to age 3;

--must enroll prenatally or before the baby turns 3 months old

weekly video visits by phone or Zoom; no income requirements,

no insurance needed; all languages served (they will provide

interpretation for free when necessary); see website:

stjosephnm.org (click on “Register”)

Cuidando Los Niños homeless child care **843-6899**

--for age 6 weeks to pre-K; bilingual Spanish; usually no wait list

DulceSalado Consultation & Therapeutic Services **585-5024**

culturally sensitive bilingual agency (statewide); no wait list;

Medicaid accepted for all services except for adoption services,

which are self-pay; provides individual, family and multisystemic therapy services (MST for ages 11-17); support groups for youth

and for parents; Mental Health IOP for young to middle-aged

adults (using DBT)

--adoption & parenting services

Families ASAP **948-6371** (Delfy) or **544-7695** (Alberto)

--located at the UNM Center for Development and Disability,

2300 Menaul NE -- parent-run support and advocacy:

bilingual/bicultural family peers provide family peer support

and advocacy services for parents/caregivers raising

children/youth with mental health challenges

Family Connections Ministry 554-6698
 Call or email: AnnLEdenfield@gmail.com
 --free resources are available for family members of inmates and returning citizens (former inmates)
 --provides Prison Family Days in the U.S. and internationally.
 --annual mission trip to Liberia. Family Connections Ministry Liberia provides carpentry and educational training there
 Volunteers are needed and welcome for any of these programs.

Family Promise of ABQ -- transitional housing program for homeless families (1 or 2 parents—may be a wait list) **268-0331**

The Grief Center of New Mexico (ages 5 to adult) **323-0478**
 --counseling and support groups for children, teens, families & adults grieving the death of a loved one; also workshops

Kassy's Kause, bilingual for women w/perinatal or **603-2988**
 postpartum depression: individual support & online support group
 --(see kassyskause.org for resources info, inc birthing services)

La Plazita Institute, 831 Isleta Blvd SW (M-F 9-5) **508-1802**
 --free programs for youth and young adults, primarily for system impacted youth; traditional & cultural healing services; Pathways Navigator; garden and much more -- see website for complete list of programs/services for youth & adults

Locker #505 -- clothing for grades K thru 12th **294-1647**
 referrals only—no self-referrals
 email request for referral form: director@locker505.org
 serves Bernalillo, Sandoval, Valencia & Torrance Counties

NAPPR (all families) see nappr.org **345-6289**
 --programs include Early Head Start; Early Intervention (support for at risk and special needs children); Tribal home visiting

The Foster Alliance (TFA) **413-2784**
thefosteralliance.org (formerly known as "NM Friends of Foster Children") provides brand-new essentials for foster children, such as beds, cribs, bedding, clothing, shoes, diapers, wipes and personal care items.
 They also provide personalized birthday gifts for children in foster care. Email: info@thefosteralliance.org

NM Child First Network
 See website for info on trainings offered to foster parents and kinship families: nmchildfirst.org
 Also, monthly training and support group for foster parents and kinship families, the 4th Saturday from 9:30-11:30am

Open Skies Healthcare, 303 Roma Ave NW, #200 **345-8471**
 --call for appointment (no walk-ins); or email: info@openskieshealthcare.org
 Medicaid only: CCSS for adults and children; assessments; behavioral health respite services for children; treatment foster care; note: language interpretation available; Note: if no insurance, you still may qualify for services

Parents Reaching Out (PRO) (peer support for parents of children w/disabilities or special medical needs) **247-0192**
 See parentsreachingout.org for workshops & support groups

PB&J Family Services **877-7060**
 --see pbjfamilyservices.org/programs for program descriptions and online referral process (some programs allow self-referral)
Pegasus Legal Services for Children (bilingual) **244-1101**
 ---Pegasuslaw.org (see description under "Legal Services")

Western Heights Learning Center **247-2079**
 --Free Home Visiting Program for pregnant women and children ages 0-5 -- in person (not bilingual)
 --call (x108) or call Sally at **401-6372**
 or email: sally@westernheightsabq.org

YDI has 40 programs-see ydinm.org, including [WIOA youth program](http://WIOA.youthprogram.org) (ages 16-24); adult basic ed/HiSet preparation, [Prevention, Intervention & Behavioral Health](http://Prevention.Intervention&BehavioralHealth) (PIBH); and **Early Childhood Education**: Pregnant Women's Program, Nurse-Family Partnership (NFP): nurses visit young, first-time low-income and high risk pregnant women (can self-refer: NFP@YDInm.org); home visiting programs for ALL eligible families; birth to age 5; Head Start and pre-K
 General intake is ydinm.org/need-help or call office: **352-3444**

Services for Refugees and Other Newcomers

Mexican Consulate, 1610 4th St NW **247-2147**

NM Immigrant Law Center **247-1023**
 --hours to call: Monday, 1-5 pm; Tuesday to Friday, 9am-5pm (closed 12 to 1 Tues to Fri); call or walk in to request appointment
 --see nmilc.org ("Our Services" tab)

Asian Family Center, for AAPINH all ages **717-2877**
 Direct services include culturally and language-specific case management, including for DV and sexual assault victims; also family workshops & youth programs; see nmafc.org

Centro Savila (3 locations) **312-7296**
 --case management & behavioral health—ALL are welcome
 --Refugee services
 See the section, "Mental Health and/or Substance Use Services" for a complete list of services, groups and classes for families and for individual youth and adults

Catholic Charities—see ccasfnm.org **724-4670**
 --support for refugee families after 90-day government program ends (ccasfnm.org/refugeesupport)
 --English language acquisition (ELA) and many other classes (see Jobs/Job Training/ Education section for details)
 --some legal assistance

Encuentro NM, 247-2920

Virtual classes only: English Language Acquisition (ELA), home health aide en Espanol, computer training, financial literacy, intro to Small Business, elderly food & nutrition

Enlace Comunitario (Domestic Violence) 246-8972

--English & Spanish DV crisis intervention and legal support, therapy, support groups, case management

Las Cumbres Community Services 819-1643

Holistic, trauma-informed services for refugees and other newcomers: legal, mental health, medical coordination, food security, case management, and more

Vizionz-Sankofa, refugee support services call 832-7141

Umoja Behavioral Health, telehealth and in-person 633-8173

Culturally responsive counseling & peer support services;
Open to all youth, teens & adults, including LGBTQIA+ & BIPOC;
Call or email info@umojawellness.com

Legal Assistance

NM Legal Aid (civil matters) Mon-Th 10 am-1 pm 243-7871

ext. 1 for phone intake or apply online (ext. 2 for receptionist)

Public Defender, 505 Marquette NW (PNC Bank) 369-3600

(or talk to a Public Defender 3rd Friday of the month 10 am – 5 pm at the International District Library, 7601 Central SE)

Metro Court (ext. 1 for warrant status) 841-8151

--**Outreach Court** (homeless only--misdemeanors) 841-8142

APD Evidence, 823-4600, to claim possessions after discharge from MDC (but first call 768-2020 for APD case no.(or 798-7000 for Sheriff's case no.)—police reports available at 400 Roma NW

Christian Legal Aid (homeless only) walk-in 1st & 3rd Wed at noon at The Rock at Noon Day, 2400 2nd St. NW (volunteer attorneys)

Note: will be offered once construction is finished in September

Salvation Army, 4301 Bryn Mawr Dr. NE 355-0400

(Move by year end (2025) to downtown location for most services)

45-minute consult on any legal matter, civil or legal with an attorney at Salvation Army the 1st Sat of the month, 9 to 11 am (see Administerjustice.org)

Pre-register by calling 855-818-4554. \$30 co-pay (unless assistance requested from Salvation Army staff because of inability to pay).

NM Immigrant Law Center, 625 Silver SW, 4th Floor 247-1023

--hours to call: Monday, 1-5 pm; Tuesday to Friday, 9am-5pm

(closed 12 to 1 Tues to Fri); call or walk in to request appointment

--see nmilc.org ("Our Services" tab)

Legal Resources for the Elderly helpline for ages 50+ (8-12 M-F)

(a free statewide program of the NM State Bar) 797-6005

Pegasus Legal Services for Children 244-1101

(bilingual) for children, youth and their caregivers-Pegasuslaw.org

--Kinship Guardianship (Pegasus Legal Services)

for grandparents and other relatives raising children

--Youth Law Project (youth emancipation, paternity, child custody and timesharing, and Child Support)

Senior Citizens Law Office (seniors age 60+) 265-2300

1240 Pennsylvania NE – no walk-ins; civil matters only

--call Mon-Thurs 8:30-12 pm & 1-5 pm; Friday 8:30-12 pm

Jobs/Job Training/Education

America's Job Center NM, 501 Mountain NE 843-1900

--walk-in help with job search, weekly on-site employer events

--classes every Friday onsite for Computer Basics training (9-11 am) and Resume Writing (1-3 pm) (or get 1-to-1 help any time)

ABQ Adult Learning Center abqalc.org 907-9957

1201 San Mateo SE, Walk in or call Mon-Thurs, 12:30-3:30

(or register online) – services are in-person or virtual

--English Language Acquisition (ELA)

--High School Equivalency preparation & test (HiSET/GED®)

--Adult Basic Education (reading, writing and basic math)

--Career Pathway services—new Basic Solar certification classes

--Family Wellness: individualized literacy for adults & children (5+)

ABQ Center for Hope & Recovery, 913 2nd St NW 246-2247

--employment assistance and drop-in center (walk-in or call)

Catholic Charities 724-4670

Call Monday through Friday 8:00 am to 5:00 pm.

Free adult ed/training classes (GED®/HiSET, English Language Acquisition (ELA), Citizenship, other); Spring, Fall, Summer terms; but GED®/HiSET, English Language Acquisition (ELA) & **Career Pathways** classes may be joined throughout the term

CNM -- Kathie Winograd Student Success Center (KWSSC)

located at 716 University Blvd SE (& Coal) 224-3000

one-stop shop for requesting an advisor, financial aid, scholarships, registration, and more. CNM provides

>200 associate degrees & certificates; ESL, Basic Education, High

School Equivalency; support programs for prospective or current

students who are or were in the foster care system (**THRIVE**), or

who are or were involved in the criminal justice system (**FIRST**).

Also, if you or one of your clients is interested in CNM but wants

help getting started, submit the **Community Partner Referral Form**

and someone from the CNM Student Recruitment and Outreach

Team will be in touch within 48 business hours.

(\$100 scholarship available for prospective students who apply for

CNM via the THRIVE or FIRST program or via the Community

Partner Referral).

NM DVR (Dept. of Vocational Rehabilitation) 383-2500

111 Lomas Blvd NW (Suite 422 in US Bank Building)

Adults w/ disabilities can walk in or apply online: dvr.state.nm.us

--click on "Online Referral" -- you should get a call back in 2 weeks or less. See **"NMDVR At A Glance"**

Goodwill, 5000 San Mateo NE **314-1816**

--Walk-ins: Monday to Friday, 8:00 am to 5:00 pm; ask for calendar of organizations arriving on-site Mon-Fri
See goodwillnm.org for all programs: click on appropriate tab: "Find jobs" or "Find Classes" or use links below:
--Job prep and [job search](#); employment; [seniors \(55+\)](#) employment;
--[GoodSkills classes](#): employment & life skills (some are virtual)
--[Supportive Services for veterans & families](#) (jobs, housing)
--[Homeless veterans' reintegration program](#) (jobs & support)

Gordon Bernell Charter School, 2821 4th St. NW ... **916-8618**

2821 4th St. NW - open Monday-Friday
--call for appointment 8:00 am-3:30 pm
High school diploma + adult ed in-person; literacy; career development:
--Age 16-21: high school diploma
--Adults age 22+: HiSET (high school equivalency)
Pathways navigator available: call or email info@gordonbernell.org to make an appointment;
Classes also in MDC: persons currently or previously at MDC can further their education

HELPM/CPLC

3 phone numbers: **871-4318** (call another number if no answer), **218-6271**, **871-3980**

--Financial assistance for certification programs
--Paid work experience program for adults (and supportive services)
-- Paid work experience program for youth aged 15+ (and supportive services)
--Utility assistance (electric, gas, water, wood, and propane services)
--Rental assistance (limited funds)

Job Access program (transportation for low-income) **724-3623**

--curb-to-curb transportation for PT or FT jobs, job training, child care if timely bus service is unavailable or inaccessible due to distance--see riometro.org (Job Access) for info including eligibility ("Do I Qualify?") and details (see link to application form at "How Do I Apply?")

NMCAN – skill building and community building **217-0220**

for young people ages 14-26 including those in or transitioning out of foster care, or who have faced homelessness or are juvenile justice involved. Call or email: info@nmcan.org
--see nmcan.org for info & referral form for self or other youth

TenderLove Community Center (call Tu-Fri) **349-1795**

--fashion design classes, computer training, GED® prep, life skills, job prep, culinary arts (nutrition classes),
(see tenderlovecommunitycenter.org)

Educational/Training websites:

GCFglobal.org--short videos: computer, learn typing + improve typing speed, math, reading, job prep, GED®/HiSET prep, internet, financial literacy, social media, languages—click on "All Topics")

Khan Academy - khanacademy.org—math+other online learning + khanacademykids.org – many languages (app is English only)

Duolingo.com – language learning (English & other languages)

Irlen.com – visual processing help for children with special needs

NM Public Education Dept (PED): [parent-portal](#)

Resources -- Physical and/or Cognitive Disabilities

Adelante Development Center (goadelante.org) **341-2000**

For people with mental and physical disabilities & seniors
--day & residential programs & employment
--Compadres senior day program (seniors 55+)
--**Back in Use**--recycled assistive devices **341-7171**
(wheelchairs, walkers, canes, hospital beds & adaptive equipment)
Call for self or other person in need
--**GiveABQ**—home and office furniture (referral only) **341-4483**
--**Benefits Connection Center** (help seniors & people with disabilities apply for govt benefits—leave message) **273-5222**

ARCA (adults & families)--arcaopeningdoors.org ... **332-6700**

Wraparound services for individuals with intellectual and/or developmental disabilities—see website for details; including residential services

ARC of NM (adults & families)--arcnm.org **883-4630**

These services for people **with intellectual or developmental disabilities:** [Representative payee services](#), [guardianship](#); victim advocate for sexual assault, domestic violence, or crime victims (call or email: advocate@arcnm.org to connect with one); wait list for guardianship attorney, but may get free advice

NM Aging & Disability Resource Center **800-432-2080**

--assistance with Medicare decisions and other assistance
See [NMALTS](#) for all services & programs of NM Aging and Long-Term Services Dept.

NMTAP office (Technology Assistance Program) **841-4464**
assistive/adaptive technology--see website: tap.gcd.state.nm.us

NM Brain Injury Resource Center (walk in or call) **292-7414**

--3150 Carlisle NE (Suite 208); email: nmbirc@braininjurynm.org
M-F 9-12 & 1-4 pm; for support groups see BrainInjuryNM.org

Independent Living Resource Center (ILRC) **266-5022**

--independent living services and advocacy for people with all disabilities; call for an appointment; see ILRCnm.org

NM DVR (Dept. of Vocational Rehabilitation) 383-2500
111 Lomas Blvd NW (Suite 422 in US Bank Building)
Adults w/ disabilities can walk in or apply online: dvr.state.nm.us
--click on "Online Referral" -- you should get a call back in 2 weeks or less. See "[NMDVR At A Glance](#)"

NM Commission for the Blind (CFB.state.nm.us) 841-8844

Irlen.com -- visual processing help for children with special needs

Parents Reaching Out (PRO) (peer support for parents of children w/disabilities or special medical needs) 247-0192
See parentsreachingout.org for workshops & support groups

UNM CDD (Center for Development & Disability) 272-3000
--see [UNM CDD website](#) for many family-centered programs and services for children with disabilities: clinical evaluations; [autism](#); early childhood; other services
--CDD resource library, 2300 Menaul NE 272-0281
(calling first encouraged but not required)

Note: Community Outreach for the Deaf (COPD) has closed

Medical, Mental Health and/or Substance Use

(also see "Drop-In Centers" section)

Acronyms:

--**MAT is Medication-Assisted Treatment for addiction to opioids** (may also be for alcohol and/or other substances)

--**SUD is Substance Use Disorder**

--**IOP is Intensive Outpatient Program**

--**CCSS is Comprehensive Community Support Services** (comprehensive case management)

UNMH directory (hospital & clinics) 272-2111

NM Public Health Offices (click on your county, then scroll down through the offices which list what services they provide)
Services offered (varies by office): Vital Records (birth certificates); children's (and some adult) immunizations (vaccinations); testing for TB, STD, harm reduction supplies; WIC program

New Mexico Pathways, a program of NMDOH, addresses MOUD (Medication for Opioid Use Disorder, a/k/a MAT) with free or low cost services at a Public Health Office—See pathwaysnm.org for details and contact info for public health offices or call [NMDOH Helpline: 833-796-8773 \(833-SWNURSE\)](#) and ask about it

VA Medical Center, 1501 San Pedro Dr. SE 265-1711 x0
--housing options for homeless or unstably housed veterans -- call 256-2784 or walk in at **Building 96: Mon-Fri 8:30 – 3:00**

Casa de Salud (bilingual Spanish), 1608 Isleta SW 907-8311
--call or walk in—Integrative primary care, inc. alternative healing; transgender care; Behavioral Health (MAT), needle exchange + Narcan (see casadesaludnm.org) (ALL ARE WELCOME)

Duke City Recovery Toolbox (MAT), 912 1st St. NW 224-9777
Outpatient treatment, peer support and addiction recovery

First Choice (several medical clinics—see fcch.com) 768-5450

First Nations Community Healthsource 262-2481

ALL are welcome:

Zuni Clinic (medical), 5608 Zuni SE, M-F 8-7; Sat 8-12

--**Dental Clinic**, 262-6547, 8am – 7pm; Sat 8am-12

--**Homeless Outreach Program** (walk-in): M-F 8-6; Sat 8-12

Truman Clinic, 625 Truman St. NE (medical)

Native American Traditional Wellness, 634 Manzano NE

--(shares parking lot with Truman Clinic): 515-3919, M-F 8-5

Central Clinic (pediatrics & prenatal) 7317 Central NE

--**Mon-Th 8am – 6pm, Fri 8am – 5pm**

All Nations Wellness Center, 6416 Zuni SE 717-2704

--Mon to Fri: Breakfast (8:00 – 9:30 am); Lunch (12 - 1:30 pm)

--walk-in or call, job help M-F 9-12

Vision Clinic, 505 Madeira Dr. SE, 944-7397 (M-F 8-5)

Harm Reduction Center (NM Harm Reduction Collaborative, NMHRC), 204 Madeira Dr. NE (east of San Mateo & north of Central) walk-in hours: Mon-Fri 10 am – 2 pm 235-2847
Can text this number 24/7; or email: info@nmhrc.org
Stigma free services: Syringe Service Program (SSP); peer support and case management; drug checking program; Narcan distribution and overdose prevention education; wound care clinic (Wed, 10 am – 12 pm)

New Mexico Wellness 560-9355

4210 Meadowlark Ln SE, Rio Rancho (campus was Felician Sisters convent) medical inpatient detox and holistic treatment up to 90 days – can self-refer

Email: reachout@newmexicowellness.com

2nd location in Taos, (575) 224-6320

Sage Neuroscience Center (appointment only) 884-1114

--Outpatient medical detox; MAT

--Substance Use Disorder Intensive Outpatient Treatment (IOP) and Behavioral Health IOP for adults & adolescents

--Transcranial Magnetic Stimulation (TMS); EMDR; telehealth options

--Medication Management

Turning Point Recovery Center (call first, 8am-9pm) 217-1717

-- MAT; IOP; inpatient or outpatient detox and treatment; counseling; detox (wait list); wellness center; men's & women's residential treatment

Turquoise Lodge (inpatient and outpatient treatment) 841-8978

Oak Street Health -- Medicare only primary care-call 208-6984

Taking new patients at all locations (press ext. 1 for appointment): Zuni, Montano, Rio Bravo, Central/Atrisco

Southwest CARE Center 780-4040 x3

4710 Jefferson NE (call first for appointment); no wait list for: Hep/HIV/PrEP/PEP (wait list: primary care & gender affirming)

UNM Truman Health Services (HIV/Hepatitis C/Transgender care)
--801 Encino PI NE, #F (call first); walk-in is only for HIV
and Hep C testing M/Tu/W/F 9-4 & Thurs 1-6:30 **272-1312**

UNM Maternity & Family Planning (M&FP) Clinics locations
have temporarily moved (through November or December).
Locations:

--Northwest Valley Clinic has temporarily moved
from 1231 Candelaria NW to UNM Hospital, 2211 Lomas NE
(4th floor in the Women's Health Clinic) **272-2158**
--West Mesa Clinic has temporarily moved
from 6900 Gonzales SW to 2130 Eubank NE (in the Eubank
Women's Health Clinic) **272-2154**
Call or walk in to request an appointment
--**No insurance required** if you have none
--Prenatal and maternity medical, nutrition and social services
(bilingual Spanish), including family planning (birth control or
natural family planning)
--Team: doctors, nurses, nurse midwives & nurse practitioners,
nutritionist, counselor, health educator:

UNM Milagro Program – for pregnant women actively using or
with recent history of using drugs or alcohol **463-8293**

[Lovelace G.R.A.C.E.](#) – for pregnant women actively using or with a
history of using substances **727-6238**
Call this number or walk into a Lovelace OB-GYN to make an
appointment or to request G.R.A.C.E. navigation

Planned Parenthood (women's health care) **265-9511 x1**
Call for in-person or online (telehealth) appointment, with or
without insurance; birth control education and supplies; emergency
contraception; pregnancy testing; STD testing; HIV services; UTI
testing and treatment; gender affirming care; abortion services
(note, the location on San Mateo was closed; currently the only
ABQ clinic is at 4630 Eubank NE)—see [website](#) for complete
listing of services, which is frequently updated

Birthright of Albuquerque **262-2235**
3228 Candelaria NE -- Drop in Monday-Thursday 10 am – 1 pm
Support services for pregnant mothers and newborn babies up to
1 year old. Services include pregnancy tests, emotional support,
referrals for prenatal care, social services, food banks, housing
assistance, clothing resources, etc. Offering maternity and baby
clothes, baby hygiene products, and other mommy/baby needs, as
supplies last.

La Luz Women's Center, ABQ and Rio Rancho **620-3894**
--support services for pregnant women & mothers of newborns

Some NMDOH resources

(See **New Mexico Pathways** (DOH program) above in “Medical,
Mental Health and/or Substance Use” above)

NMDOH Helpline: 833-796-8773 (833-SWNURSE)

NMDOH Safe Sleep for Infants program (new) – after receiving a
30-min. training, parents and caregivers of a child under age 2 can
be given a free Pack 'n Play portable crib. Visit website for details:
[safesleepnm.org](#)

DOH Resource Guide for HIV/Hepatitis/STD: [nmhivguide.org](#)
BC Health Council opioid resource website: [LittleThingsNM.org](#)

Mental Health and/or Substance Use Services

See above section “Medical, Mental Health and/or Substance
Use” for other listings

--**MAT is Medication-Assisted Treatment for addiction to
opioids (may also be for alcohol and/or other substances)**

--**SUD is Substance Use Disorder**

--**IOP is Intensive Outpatient Program**

--**CCSS is Comprehensive Community Support Services
(comprehensive case management)**

CARE Campus Detox for alcohol & other drugs (intake 24/7)

--5901 Zuni SE (first come, first served--call or walk in) **468-1555**

UNM Psychiatric Center, 2600 Marble NE **272-2800**

--**Emergency services** (24/7) walk in or call **272-2920**

--**Psychiatric urgent care** (walk in 7 days/week 7:30–5:30)
or call **272-9038**

--Walk in **Behavioral Health clinic** (2nd floor) team based
approach Mon/Wed 12-2:30 pm; Tues/Thurs/Fri 8-10:30 am

Also, outpatient psychotherapy peer groups (2nd floor)

Contact info: OPPS@salud.unm.edu or call 272-5935

--**UNM Behavioral Health clinic in Rio Rancho:**

2600 College Blvd. NE **994-5050**

UNMH ASAP, 2600 Yale SE, outpatient clinic **994-7999**

Addictions and Substance Abuse Program – call; ext 1 for info;

ext 4 for appointment; or walk in Mon-Fri **6am–4pm**;

walk-in counseling, psychiatry and detox services for moderate to
severe SUD; MAT; IOP; primary care including Hep C; ASAP now
serves adults & adolescents age 14+ (there is no more UNM
STAR)

City of ABQ's Substance Use Disorder Treatment voucher:

--called the **PATH program** (Providing Addiction Treatment &
Healing) for **non-Medicaid** only individuals who are very low-
income & meet other criteria

--For eligibility & list of PATH providers, see [cabq.gov/health-housing-homelessness/health/substance-abuse](#)

Albuquerque Health Services (MAT)—Methadone (or scripts for
Suboxone)

--112 Monroe NE—open M-F 5:30 am – noon **260-9917**

--172 Montano Rd NW (& 2nd St.)—M-F 5:30 – 11 am **344-4427**

--1209 Isleta SW—M-F 5:30 – 11:30 am **873-1973**

--1558 Stephanie Rd. SE-Rio Rancho M-F 5:30-11 am **896-5517**

Centro Savila (3 locations) -- call **312-7296** or complete
online form to refer yourself or someone else (walk-ins allowed)

--**South Valley:** 1317 Isleta Blvd SW

--**International District:** 7401 Copper NE

--**Downtown:** 625 Silver Ave SW, Suite 400

All services are bilingual Spanish/English:

--Benefits enrollment (by phone)

--mental health therapy (individuals, couples, families)
--case management & support groups
--refugee services: case management & support
You will receive services regardless of your ability to pay
Centro Savila Support & Educational Groups (see web links):

--[Strengthening Families Program \(SFP\)](#) in Spanish
--[grief group](#) for Spanish speaking grieving individuals & families
--[women's support group](#) for Spanish speaking victims of crime
--**Raíces de Resiliencia** (first-gen American youth/children)
--**Abriendo Puertas** (parenting classes taught in Spanish)
--**Youth Advocacy Program** (ages 15–20)

Charlie Health online support groups (free for those that are indicated as “open to the general public”), English & Spanish, for:
1) [family members support groups](#); 2) [suicide survivors support group](#); 3) [therapists supporting therapists](#) (and BH providers)

[Choice Recovery Path](#) (for SUD) **526-3649**
11401 Menaul NE (NE corner of Juan Tabo)
Monday-Friday, 8:00 to 5:00. Walk-in is only to ask for an application (or call and it will be emailed to you)
Transitional residential recovery program for men & women;
Services are in-person and/or virtual. IOP, peer support and continued aftercare after leave the program.
email: info@choicerecoverypath.com

Christian Counseling Professionals **445-0771**
136 Louisiana NE (1 block north of Central across from State Fair Casino)
--counseling & CCSS – Mon-Fri 8 am to 4 pm - walk in or call for appointment (can be faith-based if requested)
--IOP online (Mon, Tues, Wed, 5:30 – 8:30 pm)

The Community Lighthouse (see tclhnm.com) **273-6300**
3301 Candelaria NE, Suite #B (at Carlisle)--**Mon-Fri 8 am to 7 pm**
Serving children, teens, families & parents -- Bilingual services
--Therapy, in-person & telehealth, — no wait list: Play, Individual, Family, Infant and Early Childhood; EMDR; CBT
--CCSS (Community Support) — all ages, Medicaid; home, school, daycare

[Cottonwood Counseling, LLC](#) **226-2839**
2 locations: 4300 San Mateo NE, Ste. B-186;
6300 Riverside Plaza Lane NW (Coors & Montano)
Counseling services: DBT and CBT; EMDR; Play therapy & sand tray therapy for children and adolescents; LGBTQ adolescent IOP (age 13-17); LGBTQ teen support group (age 13-17)
Email: cottonwoodcounselingabq@gmail.com

[Cottonwood Therapeutics](#) **750-9163**
2900 Louisiana NE, North Bldg., Suite H
In-person and telehealth therapy for individuals, couples & families
IOP for SUD and behavioral health challenges, including for those involved in court diversion and probation programs
scheduling@cottonwoodtherapeutics.com

[Courageous Transformations](#) **800-7092**
3301 Los Arboles NE (just west of Carlisle) wrap-around services
--outpatient SUD treatment, MAT (Suboxone, Methadone, Vivotrol); therapy for individuals, couples and families, peer support (Certified Peer Specialists), Hep C & HIV treatment (can be faith-based if requested)

[DulceSalado Consultation & Therapeutic Services](#) **585-5024**
culturally sensitive bilingual agency (statewide); no wait list; Medicaid accepted for all services except for adoption services, which are self-pay; provides individual, family and multisystemic therapy services (MST for ages 11-17); support groups for youth and for parents; Mental Health IOP for young to middle-aged adults (using DBT)
--adoption & parenting services

[Engender, Inc.](#) – Telehealth counseling/therapy **242-4400**
--statewide; flexible hours Monday to Sunday (work around your schedule)
--individual/couple/family and group counseling; trauma-informed care; EMDR therapy
--substance use counseling, including a flexible IOP program

Eternal Light Counseling **572-4141**
Telehealth therapy/counseling for adults and youth (age 12+)
Text/call or email glorijanawolfgang@gmail.com
especially for individuals who are in transitional periods in their lives and feeling lost: grief; loss of a loved one or parts of ourselves, depression, loss of identity and anxiety

[Faith Works Counseling](#), in-person or telehealth (virtual)
Location: 4110 Wolcott NE, Ste B (no walk-ins) **844-692-3099**
book an appt. online (not faith based unless requested by client)
--individual, couples and family therapy
--MST (multisystemic therapy) in-home for ages 11-17

[Full Circle Recovery](#) (allows MAT) - no wait list **865-4140**
--telehealth (virtual) or in person; call for appointment
--mental health & substance use; IOP (adult & adolescent); CCSS

Grand Summit Recovery, 13139 Central NE **595-1607**
info@grandsummit.org Medicaid accepted.
Walk in or call to make an appointment.
Transitional residential recovery program for men & women. Services: onsite IOP, wrap-around peer support, housing, workforce development, educational advancement, therapy (individual and group), exciting events on the weekends.

[The Grief Center of New Mexico](#) (ages 5 to adult) **323-0478**
--Support groups for children, teens, families & adults grieving the death of a loved one; also workshops (see griefnm.org)

Haven Behavioral Hospital, 5400 Gibson SE **254-4502**
--Inpatient Psychiatric (if in acute crisis); co-occurring accepted;
provider referrals or self-referrals; call **254-4502** for appointment
--Outpatient behavioral health services include PHP (3-6 wks) and
IOP (16 wks)--structured outpatient programs for mental health,
co-occurring, or SUD; call **254-4564** for appointment
(these services are in-person or virtual; day & night groups
available)

High Desert Healing, (see hdhnm.com) **717-1332**
--Telehealth & in person; MAT; individual (may be a wait list) &
group therapy; CSSS (case management); guided meditation
groups; also see YouTube [mind & body therapy videos](#)

Hipocampo bilingual Spanish counseling **209-9227**
for Spanish speaking individuals and families
+ diabetes prevention & management
--Call or go to bit.ly/AdmisionHipocampo

Hope Forward Therapy, 2521 San Pedro NE **633-4107**
--CCSS (case management) – no wait list; bilingual Spanish
--adult, couples & family therapy; can be faith-based if requested
--Circle of Security parenting group (in-person or virtual)
--grief support group (twice a month) and individual grief support

Ideal Option (MAT) – no wait list, low barrier - 2 phone numbers:
--**877-522-1275** to refer self; or
--**844-464-3325** (24/7) to refer a client for same day or next day
to begin outpatient detox services, MAT (medication assisted
services), peer support for SUD (substance use disorder)
and Alcohol Use Disorder. Contact **505-390-2425** with any
questions.

The Living Room on CARE Campus, 5901 Zuni SE (south side)
--peer support drop-in staffed by CPSWs for people in every stage
of recovery; family members are also welcome
--drop-in hours are Monday-Friday 7am – 7 pm

Meridian Behavioral Health, 3908 Carlisle NE **639-5916**
-- individual/group therapy, DBT, CCSS for individuals and
families; Medication Management; bilingual (Spanish) available
see meridianbxhealthinc.com

NAMI Albuquerque **256-0288**
[Support groups in person or Zoom](#):
--NAMI Connections -- peer led for persons who have experienced
a mental health condition;
--family support groups for family members or friends of person(s)
with a mental health condition
Mental Health [Education and Presentations](#) (peer led)

New Mexico 5-Actions Program – explore your relationship with
alcohol and drugs, and find a path to sobriety – assessment and
follow-up - for use by consumers, loved ones and professionals;
Free, accessible 24/7 (NM Behavioral Health Services Division)

New Mexico Solutions, 707 Broadway NE #500 **268-0701 x0**
and 2551 Coors NW; call for appointment; therapy for children and
adults, couples, families, individual and group (including PSR);
CCSS (case mgt); Carelink (care coordinator), and ACT team

Open Skies Healthcare, 303 Roma Ave NW, #200 **345-8471**
--call for appointment (no walk-ins); or email:
info@openskieshealthcare.org
Medicaid only: CCSS for adults and children; assessments;
behavioral health respite services for children; treatment foster
care; note: language interpretation available; Note: if no insurance,
you still may qualify for services

Recovery Connections -- call **460-4566** or **895-0147**
In-person or telehealth Monday through Saturday
--call for appointment or use email form online
(or email info@nmrecoveryconnections.com)
CCSS/case management; outpatient therapy for trauma and
PTSD, depression and anxiety, SUD, or co-occurring; will soon
have an IOP for substance use and co-occurring

Rio Grande Counseling (telehealth 7 days/week) **246-8700**
--individual adult therapy (telehealth) and IOP (group video chat)

Serenity Mesa **877-3644**
Services for youth/young adults with SUD:
--90 to 120 days inpatient residential treatment (ages 14-21)—
therapy, case management, high school/GED, life skills
transitional living for youth
--3 to 14 day inpatient medical detox (ages 14-20) -- call, but may
be a wait list
--supportive housing (shared and scattered sites) for ages 16.5-24
See healingaddictionnm.org (email: info@serenitymesa.com)

Serna Solutions, 6000 Uptown Blvd., #140 **305-4949**
(bilingual available); call for appointment
Rio Rancho office: 4101 Barbara Loop SE **527-9494**
--mental health and/or SUD therapy in-person or virtual
(all ages; currently no wait list); IOP; CCSS
--Family Empowerment Project for family members (for FEP call
420-3377 or email family@sernasolutionsllc.com)
--Youth Empowerment Project (YEP) program for ages 12-24 and
their families (for YEP info call **230-4949**)
--can refer yourself or someone else online
--training for professionals, offering CEUs

Soul Recovery Café, 1111 Carlisle Blvd SE Suite B
New Member Orientation 2nd Sat of the month, 11:30 – 12:30 pm
--a program of the NM Peer Coalition; for more information about
Soul Recovery Café, see nmpeercoalition.org

Southwest Pueblo Consultants and Counseling Services
Counseling all ages: individuals, couples, families **241-9316**
--in person or virtual

The Balanced Path--call or text M-F 12 -6 pm **234-1174**
Telehealth only therapy for adults & teens (individuals, couples &
families), including CBT, Trauma-informed. No wait list.

Umoja Behavioral Health, telehealth and in-person **633-8173**
Culturally responsive counseling & peer support services;
Open to all youth, teens & adults, including LGBTQIA+ & BIPOC;
Call or email info@umojawellness.com, or email individual
therapist after reading about them on the “Meet Our Team” page.
No wait list.

Vanguard Behavioral Health **866-425-1912**
-- intake line is 24/7 (to make referral or to refer self)
Residential and Outpatient Services for adults with mental health
and/or substance use disorder diagnosis;
Outpatient IOP is in person Monday-Friday 5:30-8:30 pm
Residential treatment program, with IOP (up to 90 days) for men
and women—may be a wait list

Veterans Integration Center (VIC) call M-F **8-4:30 296-0800**
Moved to **2701 Mulberry SE** (turn south off Gibson, west of
University Blvd, just east of I-25,); can walk in for veterans for
intake to address needs (including housing) and get referrals
--food pantry Friday 10 am - 1 pm only for veterans and
widows/widowers of veterans, National Guard and Reserves

AA: call (24/7) **266-1900** or Espanol: **266-3688**
--see albuquerqueAA.org/meetings
or walk in at **1921 Alvarado NE (M-F 9-6; Sat/Sun 9-3)**;

NA: **800-798-6649** (24/7) or see website for Albuquerque NA

QUIT NOW New Mexico (quit nicotine and vaping products)
Visit website or call **1-800-QUIT-NOW (1-800-784-8669)**

SMART Secular Recovery in-person+online smartrecovery.org
Refuge Recovery (online) refugerecovery.org (Buddhist inspired)

NAMI Albuquerque **256-0288**/**NAMI New Mexico** **260-0154**
(see description for NAMI Albuquerque in Mental Health
and/or Substance Use Services section above)

Overeaters Anonymous (OA-cnmi.org) **261-3553**

PeopleWorks-NM (peopleworksnm.org) **990-4186**
for people who have a gambling problem and/or their family
--Free—online or in-person (privacy respected)

Al-Anon for family members: **262-2177**

Adult Children of Alcoholics (ACA)—in-person and virtual

Parents of Addicted Loved Ones (PAL) see PALgroup.org
--virtual meetings only – see website for online meeting times

Have Inpatient Treatment for ABQ Area Residents (all
accept Medicaid & some have outpatient services):

Central Desert Behavioral Health Hospital **243-3387**
1525 North Renaissance NE (psychiatric inpatient—referrals can
only be made from an ER after a psych eval there)

Haven Behavioral Hospital **254-4502**
--Psychiatric inpatient & outpatient services; also SUD (see above
listing for detailed description)

New Mexico Wellness **560-9355**
4210 Meadowlark Ln SE, Rio Rancho (campus was Felician
Sisters convent) medical inpatient detox and holistic treatment
up to 90 days – can self-refer
Email: reachout@newmexicowellness.com
2nd location in Taos, **(575) 224-6320**

Turning Point Recovery Ctr (turningpointrc.com) **217-1717**
--detox, inpatient or outpatient treatment—call first

Turquoise Lodge (inpatient and outpatient treatment) **841-8978**

VA Medical Center, 1501 San Pedro Dr. SE **265-1711 x0**

Located outside of Albuquerque:

Santa Fe Recovery Ctr, Santa Fe sfrecovery.org **471-4985**
--& their **Four Corners Detox Recovery Ctr** (Gallup) **413-3447**

Carlsbad LifeHouse, Carlsbad **(575) 725-5552**
--medical detox; 28-day adult residential treatment for men and
women + women with children; Medicare also accepted

Peak Behavioral Hospital, Santa Teresa **575-589-3000**

New Mexico Behavioral Health Institute, Las Vegas **454-2100**
(State Owned psychiatric hospital)

New Mexico Rehabilitation Center, Roswell ... **575-347-3400**
(State Owned BH inpatient residential; also physical rehab)

Zia Recovery Center, Las Cruces **575-523-0111**
Residential addiction treatment center

Homeless Services

ABQ FaithWorks ID clinic to assist unhoused or transitionally housed people needing to obtain IDs or birth certificates:
Wednesdays only, 10 am-12 pm at Central United Methodist Church, 201 University NE. (n. of Lomas)

APS McKinney-Vento program for unhoused or unstably housed students or in transitional living **256-8239 x0**

Albuquerque Health Care for the Homeless AHCH

--General phone number is **766-5197**

1217 1st St. NW (Mon/Tu/Th/Fri **8:00-4:00**; Wed **8-12**)

Medical Clinic & Behavioral Health Clinic (walk-in)

Pharmacy (clients only): Mon & Thurs 8am-4pm; Wed **8-12**

Dental Clinic (call or walk in for appointment) **242-8288**

Resource Center/case management – walk in **7:30 am - 4:00 pm**

--sign in for showers begins at 7:30 am

ArtStreet has open studio hours for all on Mon/Tues, **11 am-4 pm**

weekly pottery group Thurs **10-1**; various art media on Friday **12-2**;

as well as other groups on Tues & Thurs

Barrett Foundation

Barrett House (shelter for women & children--boys <18) (**not DV**)

No walk-ins - call **243-4887** daily 8 am-5 pm (7 days/week);

short wait list -- leave a message with name, phone number &

how many beds needed, then answer phone when they call you

--also, medical respite for women (medical provider referral only)

Crossroads for Women (Mon-Fri, 9 to 5) **242-1010**

new address: **806 Dr. Martin Luther King, Jr. Blvd. NE**

(east side of Elm St. in the former Eye Associates Building)

walk in, call or complete application online

--Phoenix program for women needing resources, peer support,

counseling, housing navigation, groups, case management, PSR

--PSR (Psychosocial Services Rehabilitation) beginning July 1st

offers prosocial supports, community integration, vocational skills

--Transitional living (1 yr) – referral or self-referral -- women on

probation/parole (not for women in presentencing) – probably a

wait list

First Nations Community Healthsource

Zuni Clinic (medical), 5608 Zuni Road SE **262-2481**

---Mon to Fri 8am – 7pm; Sat 8am–12

---Dental Clinic, **262-6547**, 8am – 7pm; Sat 8am–12

---Homeless Outreach Program (walk-in): M-F 8-4; Sat 8-12

Truman Clinic, 625 Truman St. NE (medical)

Native American Traditional Wellness, 634 Manzano NE

--(shares parking lot with Truman Clinic): **515-3919**, M-F 8-5

Central Clinic (for families only), 7317 Central NE

---Pediatrics & prenatal: Mon-Th 8am – 6pm, Fri 8am – 5pm

All Nations Wellness Center, 6416 Zuni SE **717-2704**

---Mon to Fri: Breakfast (**8:00 – 9:30 am**); Lunch (**12 - 1:30 pm**)

---walk-in; phone use; Job help **M-F 9-12**

Vision Clinic, 505 Madeira Dr. SE, **944-7397** (M-F 8-5)

Good Shepherd Center, 218 Iron SW **243-2527 x100**

Mon/Tues/Wed/Fri meal for all (**2-3 pm**); Sat Lunch: **11:30 - 12**

--Mail service for unhoused people **M-F, 2-3:00 pm** (bring ID)

--Clothing (men only) **Mon/Tues/Wed/Fri, 9-11 am**

--Overnight shelter for men--check in is **5 to 6 pm**--line begins 4:30

--**Reentry residential program** (90) days for unhoused men,

apply Monday to Friday, **2-3:30 pm** at **218 Iron SW**

(work on-site only for 60 days, then can look for a job)

--**Fresh Start Substance Use Recovery Program** for men,

6 month program--apply Mon to Fri, **9-11 am** at **218 Iron SW**

--Medical respite for men (medical provider referral only)

HopeWorks **242-4399**

Day Shelter, 1201 3rd St. NW, open Mon-Fri, 7 am – 3 pm

Meal **10 am - 12 pm**; phone use, showers (**8 am – 12 pm**);

Clothing **8 am – 12 pm**; mail & long-term storage **12 - 2 pm**

Client advocate **8:30-11:30 am Mon, Wed, Fri**: help with IDs,

Medicaid, SNAP; referrals; housing & shelter navigation

Steelbridge **346-4673**

Resource Center for homeless & low income, **2021 2nd St NW**

Open **Monday to Friday, 8 am – 4 pm** for clothing and food boxes

(and to drop off donations)

12-mo residential programs for men and women (Bible-based)

214 Coal SW -- call **Mon-Fri 8 am – 4 pm**, or walk in

The Rock at Noon Day, 2400 2nd St. NW (north of I-40)

Hours: Tues-Fri **9am–1pm**; Breakfast **9-9:30**, Lunch **12-12:30**;

Showers **9:00-10:30 am**; clothing **9–11 am**; Mail **9–12:30 pm**

Laundry Service first come, first served, beginning **9 am**;

Computer lab Tuesdays & Thursdays 9-11 am

--Weekends: **9 am–1 pm** (meals only):

Every Saturday and Sunday: Lunch at **12 pm**;

2nd & 4th Saturdays: Breakfast **9 am** & Lunch **12 pm**

Indoors closed during construction: outside meals only + mail
(on request) & clothing; Tues. to Friday: Breakfast **8:30-9:30am**,
Lunch **11-11:30**; weekend meals outside (same time as usual)

God's Warehouse, 8011 Central NE (on Tennessee)

Meals **Mon to Fri 3:30 pm** (til food runs out) & clothing **Tu/W/F**

Sat/Sun meal right after church (around **4 or 5 pm**--may be later)

Heading Home-- see Overnight Shelters--AOC men's
shelter and medical respite for men (if referred by medical
provider)

Veterans Integration Center (VIC) **296-0800**

Hours: Monday-Friday **8-4:30**

Moved to **2701 Mulberry SE** (turn south off Gibson, west of

University Blvd, just east of I-25.); veterans can walk in for intake

to address needs (including housing) and get referrals (see

"Housing" section for housing programs)

OVERNIGHT SHELTERS for Unhoused

Gateway West (Westside emergency shelter/CPLC)

for adult individuals and couples (no families), up to 2 pets per;
Open 24/7 (3 meals/day); bus leaves from **6 to 8 am** to drop off
Pickups for individual adults (& pets):

1st St NW @, Indian School: 7 days/wk hourly pickups from **3:00 to 8:00 pm**;

HopeWorks, 1201 3rd St. NW (**3:15 pm** Mon-Fri);

ABQ Healthcare for the Homeless 1217 1st St. NW (**3:20 M-F**)

First Nations, 5608 Zuni SE (on Palomas) (**6:00 pm** 7 days/wk);

God's Warehouse, 8011 Central NE (**6:15 pm** 7 days/wk),

--CPLC number at Gateway West is **839-9193**

Family Housing Navigation Center/YDI: – no self-referrals;

to refer a homeless family (1 or 2 parent), use the online referral form at gatewayservicescabq.com

Gateway East/CPLC – no self-referrals; 90 day program;

to refer an individual woman-identifying adult, use the online (a 90 day men's program will be opening in 2025)

referral form at gatewayservicescabq.com

AOC Men's Shelter/Heading Home (715 Candelaria NE)

--(no walk-ins)-best time to call is **8 am**, 7 days/wk ... **344-4340**

--medical respite for men (medical provider referral only)

Good Shepherd Center (men) **218 Iron SW**

--Overnight shelter 7 nights, check in **5 to 6 pm**—line begins **4:30**

--**Reentry residential program** (90) days for unhoused men,

apply Monday to Friday, **2-3:30 pm** at **218 Iron SW**

(work on-site only for 60 days, then can look for a job)

--**Fresh Start Substance Use Recovery Program** for men,

6 month program--apply Mon to Fri, **9-11 am** at **218 Iron SW**

--Medical respite for men (medical provider referral only)

Barrett House (shelter for women & children--boys <18) (**not DV**)

No walk-ins - call **243-4887** daily 8 am-5 pm (7 days/week);

short wait list -- leave a message with name, phone number &

how many beds needed, then answer phone when they call you

--also, medical respite for women (medical provider referral only)

Joy Junction (women & families (1 or 2 parent), limited # of men)

--4500 2nd St. SW (call first—you can call 24/7 and they will run a criminal background check) **877-6967**

Youth Shelters (also see "Drop-In Centers")

Amistad Shelter, ages **12-17** (24 hours 7 days/wk) **877-0371**

--YDI's crisis youth shelter (short-term, 14-30 days)

New Day Safe Home Shelter, ages **11-17** (24/7) **938-1060**

--Basic needs, stability & goal planning, connection to resources

[Casa Q](http://CasaQ.org) (24/7 for LGBTQ+ youth ages **14-17**) **872-2099**

--Shelter and Transitional Living Program (TLP)

See [referral page](http://referral.page) and email form to referral@casaq.org

The Harbour Drop-In – a daytime drop-in center for ages **14-21**

--**126 General Chennault NE** **900-3833**

Wed/Th/Fri **2 to 10 pm**; see nmdreamcenter.org/theharbour

--**Human trafficking hotline** (NM Dream Center)--all ages

505-504-1301 (24/7 call or text)

Domestic Violence Shelters (call 24/7)

Safe House (in Albuquerque) **247-4219**

Haven House (in Rio Rancho) **896-4869**

Valencia Shelter for DV (in Valencia County) **864-1383**