



# APD Behavioral Health Services

Last updated: May 2019



Service		Eligibility	Hours	Address	Email or Website	For Appointment
<b>Employee Assistance Program</b>	<ul style="list-style-type: none"> <li>Professional counselors</li> <li>Employee counseling</li> <li>Crisis intervention</li> <li>Referral services.</li> <li>Confidential, private, covered by HIPAA.</li> </ul>	Employee and household family members No Cost	On Call 24/7 & by appointment	400 Marquette Ave NW, Albuquerque, NM 87102	Eweb/EAP	505-768-4613
<b>Behavioral Sciences</b>	<ul style="list-style-type: none"> <li>Psychological services, including consultation and treatment, needed by sworn and civilian personnel and their family members. Confidential, private, covered by HIPAA.</li> </ul>	Employee and household family members No Cost	On Call 24/7 & by appointment	1501 Broadway Blvd SE, Albuquerque, NM 87102	apdbds@cabq.gov	505-764-1600
<b>APD Chaplain</b>	<ul style="list-style-type: none"> <li>Provide a ministry of presence, support, and counsel to members of the Albuquerque Police Department and their families.</li> </ul>	Employee and household family members No Cost	On Call 24/7	400 Roma Ave NW, Albuquerque, NM 87102	apdchaplainunit@cabq.gov	505-768-2131
<b>NM Solutions</b>	<ul style="list-style-type: none"> <li>Provides access to psychological services, including consultation and treatment, needed by sworn and civilian personnel and their family members. Confidential, private, covered by HIPAA.</li> </ul>	Employee and household family members No Cost	By Appointment	Downtown 707 Broadway NE, Ste 500, Albuquerque, NM 87102	www.newmexicosolutions.com	Downtown 505-268-0701
				Westside 2551 Coors Blvd NW, Albuquerque, NM 87120		Westside 505-833-2300
<b>Peer Support team</b>	<ul style="list-style-type: none"> <li>Private, safe, and supportive environment for law enforcement personnel. Volunteer law enforcement and civilian personnel provide emotional support for after crisis, serious illness, or injury, resources/referrals for professional assistance.</li> </ul>	Employee only No Cost	On Call 24/7	400 Roma Ave NW, Albuquerque, NM 87102	apdpeersupport@cabq.gov	505-967-6587
<b>Safe Call Now</b>	<ul style="list-style-type: none"> <li>Confidential, comprehensive, crisis referral service for all public safety employees and their family members.</li> </ul>	Employee and household family members No Cost	24/7	Phone Hotline	www.safecallnow.org	206-459-3020
<b>COPLINE</b>	<ul style="list-style-type: none"> <li>National law enforcement hotline manned by retired law enforcement officers. Provides peer support for crisis intervention and referrals to mental health professionals.</li> </ul>	Employee and household family members No Cost	24/7	Phone Hotline	www.copline.org	800-267-5463
<b>NM Crisis and Access Line</b>	<ul style="list-style-type: none"> <li>A professional mental health crisis line. Masters level clinicians provide mental health services to all persons experiencing any kind of emotional crisis, mental health or substance use concern.</li> </ul>	Employee and household family members No Cost	24/7	Phone Hotline	www.nmcrisisline.com	855-662-7474



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<b>Presbyterian Talkspace</b>	Behavioral coaching app ages 18 and older. With Talkspace text therapy you can: <ul style="list-style-type: none"> <li>• Engage with a therapist the same day that help is needed, not weeks later</li> <li>• Get matched to a therapist based on your unique needs</li> <li>• Develop a one-on-one relationship with the same therapist throughout your engagement</li> <li>• Live a happier, healthier life</li> </ul>	Employee and household family members with Presbyterian Health Plan  No Cost	24/7	Remote application and desktop	<a href="http://www.talkspace.com/php">www.talkspace.com/php</a>	Download on the App Store or Google play
<b>Presbyterian Outpatient Behavioral Health Care</b>	<ul style="list-style-type: none"> <li>• Individual and group therapy</li> <li>• Medication evaluation</li> <li>• Medication management</li> <li>• Psychological testing</li> </ul>	Employee and household family members with Presbyterian Health Plan  Applicable Copayment	Hours vary based on provider	Presbyterian 8312 Kaseman Ct NE Albuquerque, NM 87110	<a href="http://www.phs.org/doctors-services/services-centers/behavioral-health">www.phs.org/doctors-services/services-centers/behavioral-health</a>	505-291-5300
<b>Presbyterian Inpatient Behavioral Health Services</b>	<ul style="list-style-type: none"> <li>• Acute psychiatric stabilization</li> <li>• Diagnostic evaluation</li> <li>• Medication management</li> <li>• Group therapy</li> <li>• Psychosocial evaluation</li> <li>• Family engagement</li> <li>• Inpatient care for child, adolescent, adult and geriatric patients.</li> </ul>	Employee and household family members with Presbyterian Health Plan  Applicable Copayment	M-F 6am-7pm, Weekends/ Holidays 3pm-5pm	Presbyterian Kaseman Hospital 8300 Constitution Blvd NE, Albuquerque NM 87110	<a href="http://www.phs.org/doctors-services/services-centers/behavioral-health">www.phs.org/doctors-services/services-centers/behavioral-health</a>	505-291-2560
<b>Wellness at Work resources</b>	<ul style="list-style-type: none"> <li>• Online portal               <ul style="list-style-type: none"> <li>– Create personalized health improvement plans</li> <li>– Personal Health Assessment (PHA)</li> <li>– Biometric screening results</li> <li>– Workshops</li> <li>– Articles and much more!</li> </ul> </li> </ul>	Benefits-eligible employees, spouses and domestic partners  No Cost	24/7	Desktop application	<a href="http://www.mypres.org">www.mypres.org</a>	Access through MyPres
<b>On to Better Health</b>	<ul style="list-style-type: none"> <li>• Online programming for common challenges, such as trouble sleeping, feeling down, feeling tense or anxious.</li> <li>• Helpful tips and videos based on your interests and needs.</li> </ul>	Employee and household family members with Presbyterian Health Plan  No Cost	24/7	Series of applications available remote and desktop	<a href="http://www.ontobetterhealth.com/php">www.ontobetterhealth.com/php</a>	Download on the App Store or Google play
<b>Stress Stop</b>	<ul style="list-style-type: none"> <li>• Online suite of stress management and resilience-building resources which includes:               <ul style="list-style-type: none"> <li>– Training videos</li> <li>– Relaxation music</li> <li>– Meditation</li> <li>– Stress tests</li> <li>– A journaling feature and much more</li> </ul> </li> </ul>	Benefits-eligible employees, spouses and domestic partners.  No Cost	24/7	Remote application and desktop	<a href="https://mystresstools.com/registration/tsg-coa">https://mystresstools.com/registration/tsg-coa</a>	Access through <a href="http://www.solutionsbiz.com">www.solutionsbiz.com</a>