

# Mental Health Resources

## **Bulldog Wellness Center**

(Artesia Public Schools partnering with the Permian Basin Counseling and Guidance)

**Address:** 1106 West Quay

**Phone:** 575-249-2561

**Office hours:** Monday – Friday 8:00 am to 5:00 pm

**Email:** [info@pbcg.org](mailto:info@pbcg.org)

**Website:** [permianbasincounseling.org](http://permianbasincounseling.org)



- \*Individual Therapy
- \*Family Therapy
- \*Children's Play Therapy
- \*Grief & Loss Counseling
- \*Substance Use Issues
- \*Depression & Anxiety
- \*Cognitive Behavior Therapy
- \*PTSD & Trauma
- \*Children/Adolescent Therapy

**988** SUICIDE & CRISIS  
**LIFELINE**  
24/7 CALL, TEXT, CHAT

## **Substance Abuse and Mental Health Services**

### **Administration (SAMHSA) National Helpline**

provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations.

**1-800-662-HELP (4357)**

<http://findtreatment.SAMHSA.gov>

## **Say Something Anonymous Reporting**



### **Sandy Hook Promise's Say Something Anonymous Reporting System**

is a holistic program combining education about the warning signs of potential violence or self-harm with the tools to safely report concerns. This is the only anonymous reporting system in the U.S. that provides training along with a mobile app, website, and hotline – *exclusively for schools.*

### **National Crisis Center**

\*Operates 24/7/365 – 24 hours a day, 7 days a week, 365 days a year.

\*Solely responding to messages (aka tips) received by the *Say Something Anonymous Reporting System*

\*Dedicated team of highly skilled and trained Crisis Counselors

\*Fluent in multiple languages

\*Trained in suicide prevention, crisis management, and mental health support.

\*Skilled professionals with backgrounds in psychology, social work, and education.



## **Artesia General Hospital Behavioral Health**

**Address:** 702 N. 13<sup>th</sup> Street

**Phone:** 575-748-3333



## **Memorial Family Practice**

**Address:** 702 N. 13<sup>th</sup> Street

**Phone:** 575-746-3199

## **Presbyterian Medical Services (PMS)**

Artesia Family Health Center

**Address:** 1105 Memorial Dr.

**Phone:** 575-746-9848

**Fax:** 505-443-8317



## **National Resources**

**National Child Abuse Hotline**

1-800-4-A-CHILD or

1-800-422-4533

**National Domestic Violence**

1-800-799-SAFE (7233)

**National Sexual Assault**

1-800-656-HOPE (4673)

RAINN (Rape, Abuse, Incest National Network)

1-800-656-HOPE (4673)

[www.rainn.org](http://www.rainn.org)

**National Runaway Hotline**

1-800-621-4000

## **Artesia Police Department**

Emergency: 911

Dispatch: 575-746-5000



**NMCONNECT App**  
available for iPhone  
and Android



“One touch” button for connection to mental health professionals on the State of NM’s 24-hour crisis and access hotline. Offers links to various mental health, substance abuse, and suicide prevention.

## **National Crisis Resources**

Call, text, or chat with a professional who can help people experiencing mental health challenges by connecting the person to a trained crisis center who will provide confidential advice, support and referrals if needed.

## **National Suicide Prevention Lifeline**

1-800-273-TALK (8255)

Crisis Text Line

Text “HOME” to 741741

Lifeline Crisis Chat

[www.crisischat.org](http://www.crisischat.org)

\*These resources are available 24/7, 7 days/week, 365 days a year\*