AFSP-NM chapter

The New Mexico Chapter is dedicated to suicide prevention and support for those affected by suicide. See website for various programs: https://afsp.org/our-work/programs/

If you or someone you know is in crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or contact the Crisis Text Line by texting TALK to 741741.

IF YOU'RE CONCERNED ABOUT SOMEONE, TALK IN PRIVATE Listen to their story, and let them know you care. Ask directly about suicide, calmly and without judgement. Show understanding and take their concerns seriously. Let them know their life matters to you. That one conversation could save a life. AVOID Debating the value of life. AVOID Advice to fix it. AVOID Minimizing the person's feelings.
IF A PERSON SAYS THEY ARE THINKING ABOUT SUICIDE Take the person seriously: someone considering suicide is experiencing a life-threatening health crisis and may not believe they can be helped. Work with them to keep them safely away from lethal means like firearms and drugs and remind them that their suffering is temporary. Stay with them and call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255). Be sure to follow up with them after the crisis to see how they're doing.
IF YOU'RE STRUGGLING Don't wait for someone to reach out. Seek mental health treatment, or tell your clinician about your suicidal thinking. Treat yourself like you would treat someone else who needs your help.

Details

Contact: Bee Chavez
Contact Email: newmexico@afsp.org

Services

Health Support/Education/Insurance Support Groups Behavioral Health & Substance Abuse Services Crisis Intervention

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Locations

No chapter address
Albuquerque, NM 87102

Phone: (212) 363-3500
Toll Free: (800) 273-8255

Parent Organization

American Foundation for Suicide Prevention (AFSP-New Mexico)

AFSP is dedicated to saving lives and bringing hope to those affected by suicide.

No chapter address
Albuquerque, NM 87102

Phone: *(212) 363-3500*
Tollfree: *(800) 273-8255*
Primary Contact: *Bee Chavez, AFSP-NM Chair*
Contact Email: *newmexico@afsp.org*
Type: *Nonprofit*
http://afsp.org/chapter/afsp-new-mexico/