



STATE OF NEW MEXICO
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FOR IMMEDIATE RELEASE

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A Dose of Wellness is a campaign to promote mental and physical well-being sponsored by the New Mexico Human Services Department Behavioral Health Services Division.

New Mexico announces new campaign promoting mental and physical well-being resources

SANTA FE – [A Dose of Wellness](#) is a new campaign to promote mental and physical well-being by offering positive tools and informational resources to help New Mexicans improve their health, announced the New Mexico Human Services Department.

“We cannot separate the mind from the body,” said Dr. Neal Bowen, division director for Behavioral Health Services at the New Mexico Human Services Department. “Poor physical health increases the risk of mental health concerns; just as mental health concerns have a negative impact on physical health.”

The campaign is designed to increase public awareness, provide helpful resources, and reduce the stigma, misconceptions and false information surrounding health issues. It also aims to help New Mexicans identify risky or dangerous behaviors by offering screening tools and entry points for additional resources.

“It is more important than ever to understand the interconnection of behavioral and physical health in light of all the challenges posed by the pandemic,” said Bowen. “We are committed to helping New Mexicans find the resources they need to improve their lives.”

May is Mental Health Awareness Month and we urge New Mexicans to join us and take the pledge to end stigma around mental health and encourage others to take the pledge as well. Visit our website to take the pledge at: <https://doseofwellness.com/>. On the website you’ll also find Governor Michelle Lujan Grisham’s video message on mental health awareness.

New Mexicans experiencing any kind of emotional crisis are encouraged to call the [New Mexico Crisis and Access Line](#) anytime at 1-855-NMCRISIS (662-7474) or download

[NMConnect](#), a smartphone app, for immediate access to mental health professionals and resources.

A Dose of Wellness initiative aims to bridge the often overlooked but well documented nexus between mental and physical health and is based on the successful anti-opioid addiction campaign, [A Dose of Reality](#). The campaign will work in collaboration with strategic partners around the state to carry out and amplify collaborative campaigns designed to educate, inspire action, and promote cooperation.

For more information and to find resources, visit [www.DoseOfWellness.com](#) and follow along at: Facebook ([www.facebook.com/doseofwellnessnm](#)); Twitter (@dose_nm); and Instagram (@doseofwellnessnm).

The Human Services Department provides services and benefits to 1,022,395 New Mexicans through an array of programs including: the Medicaid Program, Temporary Assistance for Needy Families (TANF) Program, Supplemental Nutrition Assistance Program (SNAP), Child Support Program, and Behavioral Health Services.

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