



The New Mexico Department of Veterans Services

Michelle Lujan Grisham
Governor

Sonya L. Smith
Cabinet Secretary

September is National Suicide Prevention and Awareness Month



If you are thinking about suicide or know someone who is, and are looking for a sign or encouragement to live, consider the above quote as your sign. Whether you realize it or not, you have the opportunity to make a positive difference in this world. Sometimes all we may need to keep going is a simple sign letting us know that someone cares and wants us to keep living. This quote is your sign.

Help for Veterans and Their Family/Friends

For military veterans and their families, there are a number of instant-access and longer-term resources for a veteran to immediately contact if he or she is having suicidal thoughts---and for family or friends to call if they know a veteran going through an emotional crisis.

Veterans Crisis Phone Line

1-(800) 273-8255
-press "1"

New Mexico Crisis and Access Line

1-(855)-NMCRISIS (662-7474)

National Suicide Prevention Lifeline

1-(800) 273-8255

Crisis Text Line

Text HOME to 741-741

For All New Mexicans

In September, the state will send daily NMConnect "push communications" offering information on suicide prevention awareness, celebrating those that recover from mental health and substance use concerns, and sharing resources on how to assist yourself or someone else that may be struggling.

Download the [NMConnect](#) app to receive these messages.

Link to the [Apple iOS download](#)

Link to the [Google Play Store download](#)

You are not alone. There is always someone here to hear you.



- Peer-to-Peer Warmline | 1-855-4NM-7100 | 1-855-466-7100
- Healthcare Worker and First Responder Support Line | 1-855-507-5509
 - NM 5-Actions Program™ | nm5actions.com

NMConnect smartphone app helps you easily access support in the moment you need it



[Mental health programs and resources can be found here](#)

Join these Path to Wellness events:

- September 1: NM 5-Actions Conversation: Join us to learn more about how overcoming addiction and leading a life or recovery is available to anyone.
 - September 3: Albuquerque Celebrates Recovery Art Show
 - September 3: Socorro Dancing in the Beauty of Recovery
 - September 4: Espanola Unites in the Community
- September 5: Chimayo's Celebration of Querencia, Cultura, Y Herencia
 - September 9: QPR Suicide Prevention Gatekeeper Training presented by the NM Department of Health Office of School and Adolescent Health
 - September 14: Dona Ana County Juntos Path to Wellness Summit
- September 15: Las Cruces Juntos Path to Wellness Recovery Event
 - September 15: QPR Suicide Prevention Gatekeeper Training presented by the NM Department of Health Office of School and Adolescent Health
- September 15: Recovery Friendly Language Training. Join us to learn an approach that focuses on using language that highlights personal strengths that aid in recovery, empowerment, and promoting positivity.
 - September 17: Albuquerque Celebrates Recovery Pow Wow
 - September 18: Bernalillo County American Foundation for Suicide Prevention Out of the Darkness Walk
 - September 18: Farmington's Path to Wellness Event
- September 18: Las Vegas Recovery & Suicide Awareness Walk of Hope
- September 18: New Mexico Alumni in Recovery, Inc. Community Coming Together Recovery Event
 - September 18: San Juan County American Foundation for Suicide Prevention Out of the Darkness Walk
- September 18: Sierra County Truth or Consequences Recovery Celebration: Today, Tomorrow, Forever
 - September 23: QPR Suicide Prevention Gatekeeper Training presented by the NM Department of Health Office of School and Adolescent Health
 - September 24 Taos Recovery Celebration

- September 25: Albuquerque Center for Hope and Recovery Hero Run
- September 25: Curry County American Foundation for Suicide Prevention Out of the Darkness Walk
- September 25: Dona Ana County American Foundation for Suicide Prevention Out of the Darkness Walk
 - September 25: New Mexico Women's Reentry Center Celebrating Recovery Car Show
- September 25: Pueblo of Pojoaque Community Recovery Event
 - September 25: Santa Fe Rally for Recovery Event
- September 29: QPR Suicide Prevention Gatekeeper Training presented by the NM Department of Health Office of School and Adolescent Health
 - September 29: Otero County Celebrates Recovery
 - September 30: Albuquerque Celebrates Recovery Event
- Virtual Event: Albuquerque Celebrates Recovery Conversations
 - Virtual Event: Torrance County Suicide Awareness and Prevention Virtual 5k (Run or Walk)
- Look for more recovery events and celebrations on the Recovery Communities of New Mexico website.



Additional Information, Public Awareness Materials, and Utilization Reports can be found on the New Mexico Crisis and Access Line website at: www.nmcrisisline.com.

Should you have any questions, please contact the NMCAL Program Manager at info@nmcrisisline.com or call 855-662-7474

[Previous Mental Health Monday Messages are on the NMCAL website](#)

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The New Mexico Department of Veterans Services

The New Mexico Department of Veterans Services (DVS) provides support and services to New Mexico's veterans and their families. DVS treats every veteran, regardless of their rank achieved during military service, with the respect and gratitude befitting someone who has honorably served our country. We strive every day to live up to our agency's official motto: *Serving Those Who Served*.

Respectfully,

Ray Seva

Public Information Officer
New Mexico Department of Veterans Services
(505) 362-6089

Website: www.nmdvs.org

Twitter: @NMDVS

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Tell us how we're doing! Please take our customer satisfaction survey at:
<http://www.nmdvs.org/customer-satisfaction-survey/>

Office address:

*New Mexico Dept. of Veterans Services
Office of the Cabinet Secretary
406 Don Gaspar Ave.
Santa Fe, NM 87501
Attn: Ray Seva*