



The New Mexico Department of Veterans' Services

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NEWS RELEASE

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May is National Mental Health Awareness Month

SANTA FE –The New Mexico Department of Veterans' Services (DVS), in honor of May designated as National Mental Health Awareness Month, is encouraging veterans in New Mexico who need mental or behavioral health assistance to seek treatment from programs available to help veterans.

DVS is also challenging family members and all New Mexicans to reach out to, listen to—and if needed, to step in and take action for veterans who need help.

Any New Mexican who is experiencing a mental health crisis, or are having suicidal thoughts, should immediately call the three-digit telephone **9-8-8** Lifeline for Emotional, Mental, or Substance Misuse Support. When prompted, **veterans should then press "1"** to be immediately put in touch with someone who is specially trained to help veterans experiencing a health mental health crisis.

Family members, friends, or anyone who is with a veteran experiencing such a crisis can also call on behalf of that veteran. The 9-8-8 lifeline is in

operation 24-hours a day/365-days a year, and will refer callers to local resources.

For Long-Term/Ongoing Mental Health Care for Veterans

Veterans in New Mexico who are enrolled in VA health care can contact the four Vet Centers here in the state. These facilities, managed by the New Mexico VA Health Care System—focus solely on mental and behavioral health counseling and services:

Farmington (505) 327-9684

<https://www.va.gov/directory/guide/facility.asp?ID=490&dnum=All>

Santa Fe (505) 988-6562

<https://www.va.gov/directory/guide/facility.asp?ID=491&dnum=All>

Albuquerque (505) 346-6562

<https://www.va.gov/directory/guide/facility.asp?ID=489&dnum=All>

Las Cruces (575) 523-9826

<https://www.va.gov/directory/guide/facility.asp?ID=5635&dnum=All>

National Mental Health Awareness Month is also a great opportunity for the public to learn more about mental health, and to realize that there is no shame in seeking help for treatment.

The New Mexico Human Services Department’s [A Dose of Wellness Campaign](#) urges New Mexicans to take a pledge to end the stigma associated with mental health that often prevents those needing help from seeking treatment.

“I ask all veterans who think they may need help dealing with mental or emotional issues to please seek the help outlined above,” said DVS Cabinet Secretary Donnie Quintana. “There is absolutely no shame, no weakness in stepping forward to seek help. You served our country, and now it’s time that we serve you in your time of need. Please don’t suffer any longer. We all want to help you.”

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