

SUICIDE PREVENTION RESOURCES



VISIT

Your Primary Care Provider

- ⇒ Zuni Indian Health Services: Urgent Care Services 24 hrs./365 days
- ⇒ Zuni Teen Health & Family Wellness Center: Monday-Friday from 8am-5pm



Find a mental health provider

- ⇒ Zuni I.H.S. Behavioral Health Services: 505-782-7312
- ⇒ Zuni Teen Health & Family Wellness Center: 505-782-5719
- ⇒ Presbyterian Medical Services: 505-863-3828
- ⇒ RMCH College Clinic: 505-726-6910 Providers: Yvonne Mandagaran, Gretchen Larson
- ⇒ Ruth Rhoad, Private Practice 110 E. Hill Ave. Gallup NM ~ 505-722-7439



Suicide Prevention Lifeline

1-800-273-TALK (8255)

Agora Crisis Center (24 Hr.)

1-800-HELP-1-NM (435-7166) or 505-277-3013



Text **TALK to 741741** from anywhere in the USA to text with a trained Crisis Counselor (24/7)



Chat online at www.AgoraCares.org



Call **911** for emergencies