

**FEELING...
STRESSED?
ANXIOUS?**

(DURING THIS COVID-19 TIME)

TALK TO US.



CALL...

LAGUNA BEHAVIORAL HEALTH

MENTAL HEALTH HOTLINE (505) 552-5660

HOW IT WORKS..



CALL

Call our helpline:
(505) 552-5660



CONNECT

Our helpline is monitored
by a clinician 24/7 who will
listen without judgement and help
you move from crisis to calm.



CALM

The conversation only
ends when you are in a
calm and safe place.

WE ALL HAVE GOOD
DAYS & BAD DAYS

PUEBLO OF LAGUNA..

**NEED
TO
TALK?**