

reasons to call

**NEW MEXICO
HEALTHCARE WORKER
AND FIRST RESPONDER**

**SUPPORT
LINE**



855-507-5509

- Facing challenges at work or home due to the COVID-19 pandemic
- Feeling stress, fear, anxiety, sadness, or depression about doing essential work
- Concerned about a friend, colleague, or family member
- Need to talk to someone about what you are feeling, seeing, hearing about, and talking to clients about due to the pandemic
- The emotional impact of isolation during physical distancing

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**Professional counselors are here to hear you
24/7/365 - always free and confidential**