## **CRISIS HOTLINE**

"Help is Available"

All Emergencies - 911

Suicide Crisis Line – 1-800-649-0181

National Suicide Prevention Services – 1-800-273-8255

Thoreau Chapter - (505) 862-0139

Navajo Police - (505) 786-2050

McKinley County Sheriff - (505) 722-7205

New Mexico State Police – (505) 863-9353

Thoreau Fire Station – (505) 862-7945

Prewitt Fire Station – (505) 876-4468

Gallup Indian Medical Center – (505) 722-1000

Crownpoint Indian Health Services – (505) 786-5291

Tohatchi Indian Health Services – (506) 733-8100

Cibola General Medical Center (Grants) – (505) 287-4446

Rehoboth McKinley Hospital (RMCH) – (505) 863-7000

Thoreau Clinic (505) 862-8025

Family Harmony – 1-800-799-2020

Division of Social Services (Gallup) – (505) 726-9375

Division of Social Service (Crownpoint) – (505) 786-2303

Division of Behavioral Health (Crownpoint) - (505) 786-2111

Division of Behavioral Health (Tohatchi) – (505) 733-8100

Division of Behavioral Health (Ft. Defiance, AZ) – (928)729-4201/4012

If you are feeling sad and need to talk to someone please visit the Thoreau Clinic, there will be counseling services available at no charge.

Services will be available Friday through Sunday