

# *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

**855-507-5509**

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