

COVID-19 Resources:

News about COVID-19 (Coronavirus) may create anxiety and concerns for many people. The NM Crisis Line is a professional Mental Health line with a solution-focused approach built on validation, normalization, and access to resources. This organization is prepared to appropriately respond not only to mental health concerns, but also the COVID-19 (Coronavirus) outbreak.

Click here: [NM Crisis Line](#)

Click here: [Tip Sheet Supporting COVID-19 Concerns](#)

For more information about COVID-19, please call the NM Department of Health Coronavirus Hotline at 855-600-3453.

[NMDOH-Coronavirus](#)

[COVID-19 Information, Resources, and tips for Businesses, Organizations, and Workers](#)

[Utility Support](#)

[Corona Wifi Spots/Locations](#)

[Community Resources During COVID 19 from the City of Albuquerque](#)

[Unemployment Information from NM Gov](#)

[21 Ways to Practice Self Care Right Now — Move This World:](#)

[What Kids Want To Know About Coronavirus: An Original Comic: Goats and Soda : NPR](#)

[How to Talk to Your Anxious Child or Teen About Coronavirus | Anxiety and Depression Association of America, ADAA](#)

[Coping with stress during the 2019-nCoV outbreak](#)

[Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 \(COVID-19\)](#)

[Activities for children and adolescents with no screen time](#)