



Comprehensive Community Support Services  
Marriage, Family, & Youth Therapy  
Alcohol & Drug Abuse Counseling

(575) 740-5096 OFFICE

900 Marshall  
Truth or Consequences, NM 87901

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New Horizons Counseling Center

# Mental Health Resource Packet

## New Horizons Counseling Center, LLC

## **Client Resources**

### **National Suicide Prevention Lifeline**

800-273-TALK (8255)

### **The Crisis Text Line**

Text "MHFA" to 741741 for 24-hour counseling

[www.crisistextline.org](http://www.crisistextline.org)

### **The Lifeline Chat Website**

<https://suicidepreventionlifeline.org>

### **The Trevor Project (LGBTQ Community)**

866-488-7386

Text "start" to 678678

[www.thetrevorproject.org](http://www.thetrevorproject.org)

### **The Substance Abuse and Mental Health Administration (SAMHSA) National Helpline**

800-662-HELP (4357)

<https://www.samhsa.gov/find-help/national-helpline>

### **New Mexico Crisis and Access Line**

855-NMCRISIS (662-7474) (Connect with a counselor)

### **New Mexico Peer-to-Peer Warm Line (call or text to connect with a peer)**

855-466-7100

Call from 7:00 am to 11:30 pm and Text from 6:00 pm to 11:00 pm

### **The National Sexual Adult Hotline and Online Hotline**

800-656-HOPE (4673)

<https://hotline.rainn.org/online>

### **The National Domestic Violence Hotline**

800-799-SAFE (7233)

<https://www.thehotline.org>

### **The Disaster Distress Helpline**

800-985-5990

Text "TalkWithUs" to 66746

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

## **Mental Health Providers in Sierra County**

(Information purposes only, no guarantees of services or openings)

### **Ben Archer Health Center**

Psychiatrists and Counselors  
575-894-8057 or 575-894-7622  
1960 Date Street, TorC, NM

### **New Horizons Counseling Center, LLC**

Counseling and Comprehensive Community Support Services  
Chari Spears Skidmore, LMFT, LADAC, MAC  
575-740-5096 or email [nhcc1@msn.com](mailto:nhcc1@msn.com)  
900 Marshall, TorC, NM

### **Breaking Boxes, LLC**

Penni Sears, LMFT, LADAC [www.breakingboxes.com](http://www.breakingboxes.com)  
575-297-4039 or email [breakingboxesllc@hotmail.com](mailto:breakingboxesllc@hotmail.com)  
606 Ivy, TorC, NM

### **Desert Rain Therapy**

MJ Dyke, LCSW  
575-894-0043 or email [mjinpeace@yahoo.com](mailto:mjinpeace@yahoo.com)  
Telehealth only

### **Dorcus Brem**

Dorcus Brem, LPCC  
575-937-7751 or email [dorcusnm@gmail.com](mailto:dorcusnm@gmail.com)  
428 Marr St. T or C, NM

### **Great Mountain Movers Family Therapy**

Jonna Smith, LMFT  
575-297-0157  
312 N Broadway St. T or C, NM

### **Liz Tudor**

Liz Tudor, LCSW  
575-313-2385 or email [lagartia@gmail.com](mailto:lagartia@gmail.com)

**The Olive Tree**

Counseling, Behavioral Health, and Creative Arts Community Center  
575-208-4045 or email [lisa.daniel@theolivetreem.org](mailto:lisa.daniel@theolivetreem.org)  
808 Fir, T or C, NM

**Sierra Vista Hospital**

Medication and Counseling  
(575) 894-2111  
800 E 8th Ave., TorC, NM

**SMK Counseling Center**

Susan Morrongiello-Koenick, LPCC  
575-894-0505 or email [smklpcc@gmail.com](mailto:smklpcc@gmail.com)  
118 Main Ave, TorC, NM

**Zen Lotus Counseling**

Vicky Matthews  
405 North Date Street, Suite 9  
T or C, NM 87901  
575-520-1919

## **Sierra County Public Assistance**

- Church at the Butte-575-744-4487
- American Legion Unit #44- 744-4144
- Moose Lodge- 894-6520
- St. Paul Church -894-9596
- St. Paul Food Bank – 894-9596
- Help-New Mexico, INC – Economic Empowerment – 575-526-2402 (Helps families find jobs)
- Catholic Church – 894-7804
- Housing Authority – 894-2244
- Roadrunner Food Bank (Families with children in TCES, SEC or TCMS)– 894-8350
- First Methodist Church Food Bank -894-2553
- Coordinated home health mobile food pantry – 894-3118
- Community Action Agency – 894-3793
- Income Support Division – 894-3011
- LIHEAP (Energy Assistance) – 894-3011
- Public Health Office – 894-2716

\*\* Free Public Assistance - [http://www.freepublicassistance.com/ci/nm-truth\\_or\\_consequences](http://www.freepublicassistance.com/ci/nm-truth_or_consequences)

## **Psychological Testing - Las Cruces, NM**

### **Exclusive Psychiatric Care**

1161 Mall Dr Ste C, Las Cruces, NM 88011 · ~64.4 mi  
(575) 522-2330  
exclusivepsychiatriccare.com

### **Martin Greer PHD**

Psychologist  
Address: 1395 Missouri Ave, Las Cruces, NM 88001 · ~64.7 mi  
Phone: (575) 522-5466  
Website: lookingglasscenter.com

### **Comallie-Caplan**

637 N Alameda Blvd, Las Cruces, NM 88005 · ~62.9 mi  
(575) 526-4222  
comallie-caplan.com

### **La Frontera/Las Cruces Behavioral**

100 W Griggs Ave, Las Cruces, NM 88001 · ~63.3 mi  
(575) 647-2800  
lafronteranm.org

### **Noah K Kaufman Ph.D.**

Psychologist  
Address: 1188 W Hadley Ave, Las Cruces, NM 88005 · ~62.9 mi  
Phone: (575) 526-9090  
Website: noah-kaufman.com

### **NMSU Autism Diagnostic Center**

1220 Stewart St. Las Cruces, NM 88001  
Phone:(575) 646-3177

### **Autism Learning Partners**

1100 S Main St.  
(888) 805-0759

### **Aprendamos**

301 Perkins Drive Suite B, Las Cruces, NM 88005  
[\(575\) 526-6682](tel:5755266682)

## **Managing Stress and Depression**

- Try to be open with your feelings.
- Spend time with family and friends and share this information with them.
- Consider the importance of spirituality in your life.
- Get involved with after-school activities.
- Accept others- thanks, compliments and praise.
- Plan your future and set realistic goals.
- Volunteer – you have a lot to offer.
- Exercise! (It releases uplifting endorphins).
- Get enough sleep and eat right
- Never underestimate the power of chocolate!
- Laugh and keep your sense of humor!
- Read subjects that interest you.
- Remember: alcohol and other drug use inhibit judgment and increase depression.
- Do not tolerate physical, emotional, or sexual abuse from ANYONE. Get help!
- Seek help if you feel overwhelmed or troubled.
- Needing help is not failing, it is simply being human.