

**FEELING...  
STRESSED?  
ANXIOUS?**

**(DURING THIS COVID-19 TIME)**

**TALK TO US.**



*CALL...*

WE ALL HAVE GOOD  
DAYS & BAD DAYS

*PUEBLO OF LAGUNA..*

**NEED  
TO  
TALK?**

LAGUNA BEHAVIORAL HEALTH

**MENTAL HEALTH HOTLINE (505) 552-5660**

*HOW IT WORKS..*



**CALL**

Call our helpline:  
**(505) 552-5660**



**CONNECT**

Our helpline is monitored  
by a clinician 24/7 who will  
listen without judgement and help  
you move from crisis to calm.



**CALM**

The conversation only  
ends when you are in a  
calm and safe place.