

Crisis Services

For Youth and Adults



The Crisis Center in Gallup is a voluntary facility for youth and adults who are experiencing a mental health or substance use crisis.

Individuals stay very short-term for stabilization and are referred to the most appropriate level of care (outpatient clinic, detox, inpatient psychiatric facility, PHP, IOP, medical hospital, or community resources).

Common Reasons to Visit our Crisis Center

- Suicidal or homicidal thoughts
- Depression, feeling down, or angry
- Having a difficult day
- Anxiety, nervousness, panic, homesickness, or worry
- Seeing or hearing things others can't
- Having atypical thoughts or beliefs
- Recently relapsed or used
- In withdrawal
- Grief, loss, or trauma
- Parents, family members, or supports who are experiencing caregiver burnout
- Survivors of violence who need a safe place to plan the next step
- Someone to talk to

Walk-in crisis services are available Monday-Friday, 8:00 AM - 5:00 PM at the following locations:

- **Youth Crisis Services:** 2022 East Aztec, Gallup, NM 87301
- **Adult Crisis Services:** 2028 East Aztec, Gallup, NM 87301

Mobile Crisis Response Services

Our Mobile Crisis Response Teams are accessible through calling 1-888-244-3940. These services are open and accessible 24 hours a day, 7 days a week to youth and adults in McKinley County who are in crisis or anyone who has family member who is experiencing a crisis.

Common Reasons to receive Mobile Crisis Response Services

- The person is not currently safe to be left alone
- The situation may escalate without intervention
- Conflict escalating into a behavioral health emergency