

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, counseling, intensive outpatient program, medical hospital, or community resources).

Our **Mobile Crisis Response Teams** are accessible through calling **1-888-244-3940** and can come directly to the person in crisis to provide immediate, in-person support and intervention. 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. Walk In Crisis Services **Walk in Crisis Services** are available for youth at 2022 East Aztec, Gallup NM and for adults at 2028 East Aztec, Gallup NM. Walk In Crisis Services are available **Monday – Friday 8am to 7pm**.

Common Reasons to Visit or Call the Crisis Center

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

When to Call 911 or Go to the Emergency Room

- A life-threatening medical emergency (chest pain, seizure, unconsciousness)
- A suicide attempt in progress or serious self-harm
- Immediate danger to yourself or others
- For all other mental health or substance use concerns, our crisis team is here to help.

Locations & Hours of Operation:

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

Crisis Line: 1-888-244-3940

Open 24 hours a day, 7 days a week
crisis@sfrecovery.org

All Walk-Ins Accepted. Monday - Friday | 8 AM - 7 PM

