

COMMUNITY RESOURCES

For emergencies - Dial 911

Suicide and Crisis Lifeline – Dial 988

Poison Control Centers - 800-222-1222

Adaptive Equipment/Assistive Technology

- Need assistance accessing assistive technology or adaptive technology services? [NMTAP](#)
- [Carrie Tingley Hospital Foundation](#) provides assistance to children receiving care at Carrie Tingley Hospital and their families for items such as adaptive devices.
- [Adelante Back in Use](#) recycles durable medical equipment and assistive devices and provides them free of charge to those who need them. Call 505.341.7171 or go to their website to request equipment or make an appointment to donate.

Community Access / Activity

- [America the Beautiful-The National Parks and Federal Recreational Lands Access Pass](#)- A free, lifetime pass - available to individuals with a disability. Provides access to more than 2,000 recreation sites.
- [Carrie Tingley Hospital Foundation](#) – Quality Life Programming includes summer camp, virtual camp, wheelchair basketball, and Tread Setters Adaptive Cycling
- [Traillink.com](#) – Look up the best wheelchair accessible trails around New Mexico -
- [Adaptive Sports Program New Mexico](#) offers therapeutic recreational activities to children and adults with disabilities.

Early Intervention Services (Birth to 3 years)

- Find an EI Provider - [FIT CONTACT LIST](#) or Refer for services - [FIT Referrals](#)

Emergency Preparedness

- [Ready.gov](#) provides tips on being prepared for an emergency

Financial

- ABLE accounts allow a person with a disability to save money without losing eligibility for Medicaid, Supplemental Security Income (SSI), and other programs. Money in the account is used for qualified disability expenses. Find out more at [ABLE New Mexico](#).
- A Special Needs Trust allows a person with a disability additional financial support without risk of losing important benefits. Find out more at [The Arc of New Mexico](#).

Food

- Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp Program
 - Apply at [YesNM](#)
- Need emergency food assistance?
 - Click [NM Food Banks](#) or [Roadrunner Food Bank](#) to find food banks in your area
- Do you live on an Indian reservation or are you Native American?
 - [Food Distribution Program on Indian Reservations \(FDPIR\)](#) provides USDA Foods to income-eligible households living on Indian reservations and to Native American households residing in designated areas.

Guardianship

- Need assistance with navigating guardianship and alternatives to guardianship? [Office of Guardianship](#)

Housing

- Need [public housing](#) assistance?
 - Contact your local Public Housing Agency at [Choose your state](#) or [NM HUD](#).
- Need emergency housing?
 - [Emergency Shelter](#)
- Need help with rent or utilities?
 - [St. Vincent de Paul](#) or call 505-346-1500
 - [NM Home Fund](#)
- Facing eviction?
 - [NM Eviction Prevention](#)
- Own your home, but need help with mortgage and utilities?
 - [St. Vincent de Paul](#) or call 505-346-1500
 - [NM Home Fund](#)
- Accessing the internet
 - [The Affordable Connectivity Program](#) provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount towards computer equipment.
 - [Carrie Tingley Hospital Foundation](#) provides assistance, to children receiving care at Carrie Tingley Hospital and their families for items such as ADA accessible home improvements, and rent and utilities.

Medicaid MCO Contacts

- BCBS of NM Customer Service - 1-866-689-1523
 - BCBS Ombudsman – 888-243-1134 nmcentennialcareombudsman@bcbsnm.com
- Presbyterian – 505-923-5678 or 1-800-356-2219
 - Presbyterian Ombudsman – 505-923-5780 ombudsman@phs.org
- Western Sky Community Care – 1-844-543-8966
 - WSCC Ombudsman – 844-225-6672 ombudsman@westernskycommunitycare.com
- Care Coordination can be requested through any of the MCOs and provides support with accessing necessary care and treatments and addressing barriers to access.

Mental Health

- Suicide and Crisis Lifeline – Dial 988 or 1-800-273-8255; Available 24 hours a day. The 24/7 Lifeline for Emotional, Mental or Substance Misuse Support
- UNM Mental Health - (505)272-2800
- Alcoholics Anonymous - (505)266-1900
- AGORA UNM Crisis Center - (505)277-3013
- Domestic Violence Hotline - 1-800-773-3645
- National Maternal Mental Health Hotline - 1-833-TLC-MAMA (1-833-852-6262)

Miscellaneous Information

- Disability Questions? Contact the [UNM Center for Development & Disability Information Network](#) - 800.552.8195 or 505.272.8549.
- [Informational Tip Sheets from the CDD](#) provide information that may be helpful for persons with disabilities.
- [Parents Reaching Out \(PRO\)](#) provides support, training and tools for families and youth with disabilities or complex medical needs.
- [NM Disability Resource FINDER](#) is a directory of services, programs and helpful articles for the disability community.
- [SHARE New Mexico](#) is provides a searchable, comprehensive resource directory.
- [NM DOH Resource Guide for Children and Youth with Special Health Care Needs](#)

School

- Need help navigating special education and the IEP process?
 - Contact Special Education Ombud (505) 841-4565/Michelle.Tregembo@state.nm.us
 - [Education for Parents of Indian Children with Special Needs \(EPICS\)](#) provides support to Native American children with disabilities and special healthcare needs.
 - NM Public Education Department Special Education [Resources](#)
- [Parents Reaching Out \(PRO\)](#) provides support, training and tools for families and youth with disabilities or complex medical needs navigating many aspects, including school.

Self-Advocacy

- [The New Mexico Center for Self Advocacy](#) holds an Advocate Leadership Academy which provides education, resources and hands-on experience.
- [The Leadership Education in Neurodevelopmental and Related Disabilities \(LEND\)](#) traineeship provides interdisciplinary training and education to self-advocate leaders, family members of individuals with disabilities, students and professionals.

Transition Support

- Healthcare transition
 - [Got Transition](#) aims to help youth and young adults move from pediatric to adult health care.
- Youth to adult transition
 - [School-to-Work Transition Guide](#)
 - [DVR Transition Services](#) supports students with disabilities as they move from high school to the world of work & adult life.

Transportation

- Door-to-door /curb-to-curb accessible transportation [Search by City, State or Zip Code](#)
- [Sun Van - Paratransit service in Albuquerque](#)
- Accessible Vehicles - [United Access of Albuquerque](#) [Freedom Motors](#)

Specific Health Needs

- [The Morgan Project](#) – Provides an extensive list of disability resources and connections
- [National Organization for Rare Disorders](#) search their database for information and resources
- [Complex Child](#) is a source of information written by parents of children with healthcare needs and disabilities
- [Parenting Special Needs Magazine](#)
- [Clinicaltrials.gov](#) is a searchable site to find clinical trials from around the world
- [Dravet Syndrome Foundation](#)

- [The Arc](#) – Provides resources from health to future planning
- [Make-A-Wish](#)
- [Federation for Children with Special Needs](#)
- Service Dogs
 - [New Horizons Service Dogs](#)
- Safety Beds
 - [SleepSafe Beds](#)
- Air Transportation
 - [Children's Flight of Hope](#) and [Miracle Flights](#) provide flights to specialized medical care

Support groups

- [PACER Center](#)
- [Mommies of Miracles | Facebook](#)
- [The Global Tracheostomy Collaborative](#)
- [Caregiver Action Network](#)