



STAY HEALTHY

April 13, 2020

Stay Healthy

The first priority is to protect your health, your family's health, and the health of your neighbors, fellow workers, and community members.

- Follow the Governor's directive to **stay home** except for essential trips for work or necessities.
- Wash your hands often, for 20 seconds
- Stay at least 6 feet from others not in your household
- Wear a mask when you're in public. This does **NOT** replace the rules above. For how to make your own mask out of a bandana and hair ties, here's one [quick no-sew version](#).
- Don't neglect other healthcare needs. Call your health care provider and ask if the services you need are available. Stay on schedule with [your children's vaccinations](#)

Health Insurance Options

The NM Human Services Dept., the NM Medical Insurance Pool, and beWellnm, NM's health insurance marketplace, have teamed up to ensure that every New Mexican has a health coverage option and can get assistance enrolling in the best plan for themselves and their family.

Depending on income and family size, it's possible that New Mexicans may qualify for **Medicaid**. If not, they may be eligible to enroll in a health plan through **beWellnm** if they qualify for special enrollment, premium assistance and cost sharing reductions. If they don't qualify for either Medicaid or special enrollment through beWellnm, they will be eligible to receive coverage through the **New Mexico Medical Insurance Pool**. The NMMIP does **not** require documentation regarding immigrant/residency status. Review your options; [download this flier](#).

Stay Mentally Healthy

Given the times we're in, it's normal to feel stressed. Turning to others and using resources available to us is exactly what we should be doing to keep all of us healthy and safe.

If you need someone to talk to, the NM Crisis and Access line is there to listen and help. The New Mexico Crisis and Access Line is ready to support individuals during this time. Professional counselors are available 24/7.

New Mexico Crisis and Access Line

Toll Free: 1-855-NMCRISIS (662-7474)
TTY 1-855-227-5485
711 for relay (hearing/speech impaired)

Open 24/7, every day

New Mexico Peer to Peer Warmline

Toll Free: 1-855-4NM-7100 (466-7100)
711 for relay (hearing/speech impaired)
Call 3:30pm – 11:30pm

Text 6pm – 11pm every day

Stay in Recovery

Given the stressful times we are in, it's even more important for those in recovery to know where to find help. The federal Substance Abuse and Mental Health Services Agency has a comprehensive list of online and phone supports that are available now. This includes a long list of online groups for those in recovery and their family members as well as tips on how to set up a 12-step virtual group using various online platforms. Check it out [here](#).