



Guide to Student Resources

(updated Aug. 2025)

Guide to Student Resources

Finding balance between life and school can be difficult; we want you to have the resources you need to succeed.

This document serves as a guide to services most used by students.

Do you have questions? Recommendations? Updates? Do you want to know more about resources for students?

Please contact:

Cami Hartman, Student Resource Navigator
575-737-3697 or chartman8@unm.edu or visit room# 1345 in the Pathways Building O in Thrive: Food and Resource Center (Klauer campus, Padre Martinez hall).

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Clothing

The Giving Tree

Clothing, household items, diapers, emergency food Wed-Fri 12:30-2:30
710 K Paseo del Pueblo Sur, Taos, NM
givingtreetaos.com
givingtreetaos@gmail.com

Community Against Violence (CAV) Thrift store

Clothing voucher for any individual experiencing homelessness/hardship
1509 Paseo del Pueblo Sur, Taos, NM
575-751-4824
<https://taoscav.org>

St. James Episcopal Church

Help with clothing, Household items
208 Camino de Santiago, Taos, NM
575-758-2790
<https://www.stjamestaos.com/fellowship.html>

Counseling Services

Timely Care-Is an online platform available for all UNM enrolled students. This platform provides virtual counseling services with a licensed therapist up to 12 sessions a year for free. If you wish to continue after the 12 sessions, Timely Care will bill your insurance. You must download the app to begin the process <https://timelycare.unm.edu/> . If you have technical difficulties, please call (833) 484-6359.

Taos Behavioral Health-Offers in person and online counseling support for individuals, couples, families or groups.

105 B Bertha Taos, NM 87571

575-758-4297

<https://taosbehavioralhealth.org/>

Teambuilders Behavioral Health-Offer in person and online counseling for children, adolescents, adults and families.

920 Salazar rd, Taos, NM 87571

575-751-7037

<http://teambuilders.org/>

Embudo Questa Health Center-PMS Offers Behavioral/Medical/Dental health support for individuals and families, also offer Medically Assisted Therapy (M.A.T.) services.

2573 HWY 522 Questa, NM 87556

575-586-0315

<https://www.pmsnm.org/locations/questa-health-center/>

Pinwheel Healing Center-Offers online Individual therapy and Medically Assisted Therapy (M.A.T.).

1335 Gusdorf Suite E Taos, NM 87571

505-636-6100

<https://www.pinwheelhealing.com/>

Lozen and Company-Offers in person and online counseling for adults and children.

412 Sipapu Rd Taos, NM 87571

505-633-0733

Counseling Services Continued

Taos Picuris Indian Health Service- Behavioral Health, Medical/Dental
(free to federally enrolled tribal members)

575-758-6900

<https://www.ihs.gov/albuquerque/healthcarefacilities/taospicuris/>

Golden Willow Retreat Center-offering free online grief support groups
No appointment needed. <https://www.goldenwillowretreat.org/>

El Centro Family Health-Offers Medical/Behavioral health support in
Taos, Penasco and Embudo:

<https://ecfh.org>

1. **El Centro/Taos Medical Clinic** 1331 Gusdorf rd Taos, NM 87571
575-758-3601
Open Mon-Thurs 8am-7pm; Fridays 8am-5pm
2. **El Centro/Embudo Clinic**
2243 NM-68
Embudo, NM 87531
575-579-4255
Open: Monday to Friday: 8am – 5pm
3. **El Centro/Peñasco Clinic**
State Road 75 # 15136
Peñasco, NM 87553
575-587-2205
Open: Monday to Friday: 8am – 5pm
<https://ecfh.org>

UNM main campus Student Health and Counseling (SHAC)-Offers
online individual therapy for UNM Taos students for \$151 per half year plus
a co-pay (generally not more than \$15)

505-277-3136

<https://shac.unm.edu/services/mental-health/index.html>

Counseling Services Continued

Manzanita Counseling Training Clinic by the UNM Counselor Education Program at main campus-Offers free online counseling during Fall and Spring semesters for UNM Taos students. 505-277-7311

<https://coehs.unm.edu/departments-programs/ifce/counselor-education/manzanita-counseling-center.html>

UNM LGBTQ Resource Center: We are committed to serving our UNM community by providing education, advocacy, and support through our events, trainings, and student groups. The LGBTQ Resource Center was founded in 2010 by students, staff, faculty, and community members to create a space where our LGBTQIA community can not only survive, but thrive.

505-277-LGBT (5428)

<https://lgbtqrc.unm.edu/resources/index.html>

UNM Women's Resource Center Counseling Program-Offers telehealth counseling services offered by upper level graduate students in the final stages of their training in the UNM Counselor Education Program.

505-277-3716

<https://mentalhealth.unm.edu/resources/womens-resource-center.html>

Crisis Lines In case of immediate emergency call 911 or visit the nearest emergency room.

Suicide and Crisis Lifeline: Call or text **988**. Available for those who are experiencing mental health-related distress or are worried about someone else who might need support. Callers can connect with a trained crisis counselor for free, confidential support 24/7/365.

NM Crisis line 24/7 855-662-7474 (1-855-NMCRISIS) You can find help 24 hours a day, seven days a week for any kind of emotional crisis, mental health or substance use concern.

NM Crisis and Access line also offers a Peer-to-Peer Warm line-Call or text 1-855-466-7100 to connect with a peer.

Crisis Text Line: Text **741741** from anywhere in the U.S. 24/7. Connect with a trained counselor for support during crisis.

AGORA Crisis Center 505-277-3013 (Helpline hours 6:00am-midnight (based on availability of volunteers). As trained crisis hotline specialists, our volunteers are ready to provide compassionate, non-judgemental help for anyone in need of emotional support. Anyone is welcome to use our service, and you do not need to be “in crisis” to call or chat with us.

National Sexual Assault hotline-RAINN is fully confidential and available 24/7. 1-800-656-4673
<https://www.rainn.org/resources>

Veterans Crisis Line: Call 800-273-8255 or text 838255 – Offers confidential crisis support. Responders are specially trained to work with Veterans and their loved ones. Available 24/7.

Lifeline for Vets: Call 888-777-4443. Provided by the National Veterans Foundation. Offers crisis management and support for veterans in need.

Homelessness Hotline: 877-424-3838. A crisis line for veterans who are currently experiencing homelessness or at risk of homelessness. Family members and supporters of veterans at risk can also call.

Crisis lines Contd

LGBTQ Crisis lines:

The Trevor Project: This organization provides confidential support for LGBTQ+ youth in crisis, 24 hours a day, 7 days a week.

TrevorLifeline 866-4-U-TREVOR (1-866-488-7386): Crisis intervention and suicide prevention phone service available 24/7/365

TrevorChat: Confidential online instant messaging with a Trevor counselor, available 24/7. Access via computer.

TrevorText – Text START to 678-678: Confidential text messaging with a Trevor counselor, available 24/7/365. Standard messaging rates may apply.

SAGE LGBT Elder Hotline: 1-877-360-LGBT (5428) Connects older members of the LGBTQ community with friendly, helpful responders. Confidential support and crisis response available 24/7.

Trans Lifeline: 877-565-8860. This grassroots hotline provides direct emotional and financial support to trans people in crisis. It offers peer support for trans individuals given by trans individuals. The lifeline is available daily 7am-1am PST. Volunteers may be available during off hour.

Domestic Violence/Sexual Assault

Community Against Violence (C.A.V.) in Taos, NM

C.A.V. offers free confidential services to children and adults in our community who are survivors of domestic violence or sexual assault. Contact the 24 hour helpline 575-758-9888 or textline 575-770-2706.

For more information call the office 575-758-8082 (8-5, M-F)

Services include: 24 hr helpline, Shelter, Transitional Housing, legal advocacy, medical accompaniment, counseling/support groups, offender re-education, children's programs, information and referrals.

National Domestic Abuse Hotline: 24/7 support in English/Spanish
1-800-799-SAFE

https://www.thehotline.org/?utm_source=youtube&utm_medium=organic&utm_campaign=domestic_violence

National Sexual Assault hotline-RAINN is fully confidential and available 24/7. 1-800-656-4673

<https://www.rainn.org/resources>

Catholic Charities VAWA Project- Assists individuals who have been the victim of domestic violence and/or sexual assault to obtain lawful status and permanent residency.

ccasfnm.org/vawa.html

Enlace Comunitario- Enlace offers free legal help to victims of domestic violence. They assist clients in obtaining Domestic Violence orders of protection, as well as direct legal representation for domestic matters cases. They also provide legal immigration assistance to victims of DV.
505-246-8972

enlacenm.org

Financial Assistance

Emergency funds available for UNM Taos students contact Cami Hartman, Student Resource Navigator
575-737-3697
chartman8@unm.edu

Financial aid/scholarship support contact the financial aid department:
Gary Matney, Financial aid officer- UNM Taos
575-737-6217
gmatney@unm.edu

HELP NM-Depending on grant availability, the Office of Economic Opportunity (OEE) provides services to individuals and families, youth, veterans, migrant and seasonal farm workers and seniors. Our priority is to provide general services related to economic security for employability, attaining educational goals, and income management. OEE also provides services that support family well-being through housing, health, and nutrition to help families in crisis.

106 Gusdorf Pl, Taos, NM
505-437-1327
<https://helpnm.com/>

Self Help Inc. Each year, through grants and private and public contributions, our organization is able to support those who need help most, during emergencies or in the quest to become economically self-sufficient. Self Help is a member of United Way of Northern New Mexico Serving Los Alamos and Rio Arriba Counties.
2390 North rd Los Alamos, NM
505-662-4666
<https://selfhelpla.org/>

Apply for Supplemental Nutrition Assistance Program (S.N.A.P) at
<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>

Financial Assistance continued

Apply for heating/cooling assistance with LIHEAP

https://www.hsd.state.nm.us/wp-content/uploads/2020/12/LHP-602-LIHEAP-Application-Revised-83116_fillable.pdf

Help paying for utility bills-Holy Trinity Parish/St. Vincent De Paul

Call Francis 575-776-2273 (bring driver's license, copy/proof of bill)
498 NM-150 Arroyo Seco, NM 87514

Apply for Medicaid/Medicare/Health insurance or for coverage on the Health Exchange call Mary Walker, Benefit Navigation Coordinator at Holy Cross Medical Center

575-751-5848

<https://holycrossmedicalcenter.org/?s=Benefits+Navigation>

Or make an appt with **Be Well NM** to learn about the health exchange program in NM or how to qualify for Obamacare (833) 862-3935

<https://bewellnm.com>

Support for renters facing eviction: NM Eviction Prevention

<https://www.nmevictionprevention.com/>

File taxes to apply for the Earned Income Tax Credit (EITC) helps low-to moderate-income workers and families get a tax break. If you qualify, you can use the credit to reduce the taxes you owe – and maybe increase your refund. <https://www.irs.gov/credits-deductions/individuals/earned-income-tax-credit-eitc>

Apply for the child tax credit by filing taxes (even if you don't earn enough to file taxes) People with kids under the age of 17 may be eligible to claim a tax credit of up to \$2,000 per qualifying dependent. \$1,500 of that credit may be refundable if you file taxes

<https://www.irs.gov/help/ita/does-my-childdependent-qualify-for-the-child-tax-credit-or-the-credit-for-other-dependents>

Help paying for phone service- Assurance Wireless is a federal Lifeline Assistance program. Enrollment is available to individuals who qualify based on federal or state-specific eligibility criteria.

<https://www.assurancewireless.com/lifeline-services/what-lifeline>

Financial Education/Tax Preparation

Center for Financial Capability-UNM main campus-offers one on one financial consulting as well as workshops to improve your financial health. This service is available to UNM-Taos and is free. They also offer help filing taxes.

Free tax preparation support thru AARP (During Feb-mid April)
Use the tax locator to find support in Taos, NM.

<https://www.aarp.org/money/taxes/aarp-taxaide/locations/>

Food

Apply for Supplemental Nutrition Assistance Program (S.N.A.P) at <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program> or for assistance applying for SNAP contact Cami Hartman, Student Resource Navigator. 575-737-3697 chartman8@unm.edu

If you are pregnant or have children 5yrs or younger-apply for food assistance with the NM Women, Infant, and children (WIC) office in the **Taos Public Health Office** 1400 Weimer rd, Taos, NM 87571
575-758-1078
<https://www.nmwic.org/>

Food Pantries

UNM-Taos Thrive: Food and Resource Center

Free Food for students, staff and faculty in Padre Martinez on Klauer campus and at Rio Grande Hall. Hours vary: Call 575-737-3702 or 575-737-3697 for more details. Ask about food boxes if you are unable to pick up food at local food pantries.

Shared Table/Food Distribution at El Pueblito Methodist Church

1309 Paseo del Pueblo Norte, El Prado, NM 575-758-2790 Food distribution 2nd and 4th Wednesdays/ month 9:30-11:30am Also available at the **Talpa Community Center** 3 Archuleta Rd, Ranchos De Taos, NM 87557 from 1:30-3:00pm 575-751-1014

St. James Episcopal Church/food pantry

Food distribution every Thursday 12:30-4:00
208 Camino de Santiago, Taos, NM
575-758-2790 <http://www.stjamestaos.com>

La Jicarita Food Basket

Penasco Community Center
14136 NM-75, Peñasco, NM 87553
2nd and last Wednesday of the month 9:00 am.
505-480-3846

Food/Food pantries continued

North Central Food Pantry (Questa) (Next to Ancianos)

Food distribution 2nd and 4th Friday from 9am-12pm

Must fill out registration form and stay in car for food delivery to your trunk of your vehicle

Contact: wrmesquire2@gmail.com or Jeannie Masters 575-586-0486

<https://www.ncfpquesta.com/>

Our Lady of Guadalupe Food Pantry

Our lady of Guadalupe Church

205 Don Fernando St Taos, NM 87571

2nd and 4th Thursday of every month 9am-11:30am

(575)758-9208

<https://www.ologtaos.com/>

St. James Episcopal Church/food pantry

Food distribution every Thursday 12:30-4:00

208 Camino de Santiago, Taos, NM

575-758-2790

<http://www.stjamestaos.com>

The Giving Tree

Clothing, household items, diapers, emergency food Wed-Fri 12:30-2:30

Food distribution the last Wednesday of the month 12:00-3:00pm

710 K Paseo del Pueblo Sur, Taos, NM

givingtreetaos.com

givingtreetaos@gmail.com

Lil Food Pantries around town sponsored by Taos Immigrant Allies.

Locations include: Gusdorf Park by bench. Fred Baca Park under tree in

front parking lot, Rio Lucero Road across from #118, Mariposa Road just

off Kit Carson, Civic Plaza - in front of Bataan Hall, In Front of First Pres.

Church, Vigil Trailer Park under Taosnet sign, Straight Arrow Road -at start

by mailboxes, Arroyo Seco behind the Church.

Food/Prepared Meals

Ancianos Senior Center

Free lunch for people over 60 (\$1.50 donation optional)

601 Lovato Place, Taos, NM

575-758-4091

<http://www.taoscounty.org> › Senior-Services

Housing (Emergency/Low Income)

DreamTree Project offers emergency and transitional housing for youth 16-24yrs.

128 La Posta rd

575-758-9595

<https://www.dreamtreeproject.org/>

Taos NEST (Navigating Emergency Support Together Temporary Shelter for adults (18+ years old) women, men, and gender expansive individuals who are in need of emergency overnight shelter can check in by 6p.m.-10p.m. **Families with Children** in need of shelter can come by 8 p.m. nightly. Meals served nightly 5:30-6:30p.m.

601 Lovato Place Taos, NM 87571 (Behind SuperSave)

575-758-9595

https://www.dreamtreeproject.org

Community Against Violence addressing the needs of victims of domestic violence/assault with emergency shelter and transitional housing support.

945 Salazar rd, Taos, NM

575-758-8082

<https://taoscav.org/>

Taos County Housing Authority apply for low income or section 8 housing.

525 Ranchitos Rd UNIT 962

575-758-3930

Low income/Subsidized Housing

Mariposa Apartments, 201 Mariposa Pl, 575-751-0910

Tierra Montosa, 750 Gusdorf Rd, 575-758-0471

El Cerrito Apartments, 250 Paseo del Canon E, 575-751-1892

Loma Parda, 1200 Camino de la Cruz, 575-758-4400

Ochenta Housing, 120 Herdner Rd, 575-770-7829

Cielo Azul, 400 Wiemer Road #23, 575-751-9582

Bella Vista Apartments, 110 Otono Rd, 575-751-1017

Support for renters facing eviction: NM Eviction Prevention

<https://www.nmevictionprevention.com/>

Housing Navigation Support

Youth Heartline Assistance for community members to navigate housing challenges.

224 Cruz Alta Rd Ste F Taos, NM

575-758-0106

Self Help, Inc.

Housing Stability Coordinator Priscilla Garcia

505-662-4666

email priscilla@selfhelpla.org

Immigrant and Refugee Support

Sin Fronteras-Support for Immigrants (individuals/families) in Taos County. Contact Jose Gonzalez 575-779-6765

Taos Immigrant Allies- To support immigrant families educationally, financially, and emotionally, and educate our community on immigration issues to become a more supportive, integrated, and prosperous Taos community. <https://www.taosimmigrantallies.org/>

NM Immigrant Law Center- To provide accessible legal representation to low-income immigrant communities.

625 Silver Ave SW Alb. NM 87102

505-247-1023

<https://www.nmilc.org/>

Enlace Comunitario- Enlace offers free legal help to victims of domestic violence. They assist clients in obtaining Domestic Violence orders of protection, as well as direct legal representation for domestic matters cases. They also provide legal immigration assistance to victims of DV.

Albuquerque:(505)2468972

enlacenm.org

Other resources available for undocumented students through UNM main campus website.

<https://undocumented.unm.edu/resources/community-resources.html>

Internet/Phone/IT

UNM-Taos Library-loans internet hot spots and laptops to students (when available). UNM Taos library can also provide a list of free wifi access sites around Taos County. Call 575-737-6242 or visit UNM Taos Klauer campus in the Pathways building.

Help paying for phone service- Assurance Wireless is a federal Lifeline Assistance program. Enrollment is available to individuals who qualify based on federal or state-specific eligibility criteria.

<https://www.assurancewireless.com/lifeline-services/what-lifeline>

IT Support:

UNM main campus customer support by calling 505-277-5757 or visiting <https://it.unm.edu/>

Center for Academic Success and Achievement (CASA) at UNM-Taos by contacting Rachel Gift 575-737-6257 or emailing rgift@unm.edu

UNM-Taos HIVE offers free computer support (one on one tutoring to meet your unique needs).

1146 Gusdorf Rd Taos, NM 87571

<https://www.taoshive.com/computer-support>

575-779-5858

Legal Support

NM Legal Aid- Our services range from education, advice and brief services, to full representation in some cases. No one is denied access on the basis of race, age, gender, religion, political affiliation, beliefs, or disability. New Mexico Legal Aid (NMLA) has practice groups in four areas of law, providing legal services in state and tribal jurisdictions: Consumer Law, Domestic Violence and Family law, Economy Security Law, Housing Law and include other special project areas.

575 758 2218

<https://www.newmexicolegalaid.org/>

Modest means hotline-Provides legal advice by phone and if appropriate, may refer to pro bono attorneys.

505-797-6013

<https://www.sbnm.org/For-Public/Modest-Means-Helpline>

New Mexico Center on Law & Poverty- Provides limited client representation on systemic advocacy related to Center's work. Can help answer some questions around Medicaid, SNAP/TANF benefits, small loans issues, and can occasionally provide legal help with wage claims.

505-255-2840

nmpovertylaw.org

Free Legal resources for the Elderly:

<https://www.nmbar.org/Public/LREP>

Pegasus Legal Services For Children

505 Marquette Ave NW Suite 1350, Albuquerque, NM 87102

(505) 244-1101

Glad Law-GLBTQ Legal Advocates and Defenders

<https://www.gladlaw.org/>

American Civil Liberties Union (ACLU) defends the rights of all people.

<https://www.aclu.org/>

LGBTQ Support

UNM Taos Gender Sexuality Alliance (GSA) Club: Contact Enrico Trujillo (GSA Advisor) 575-737-3763. We provide a safe space for LGBTQ students/staff/faculty to find community, fun activities and safety.

UNM LGBTQ Resource Center: Call 505-277-LGBT (5428) We are committed to serving our UNM community by providing education, advocacy, and support through our events, trainings, and student groups. The LGBTQ Resource Center was founded in 2010 by students, staff, faculty, and community members to create a space where our LGBTQQA community can not only survive, but thrive.

The Trevor Project: This organization provides confidential support for LGBTQ+ youth in crisis, 24 hours a day, 7 days a week.

TrevorLifeline 866-4-U-TREVOR (1-866-488-7386): Crisis intervention and suicide prevention phone service available 24/7/365

TrevorChat: Confidential online instant messaging with a Trevor counselor, available 24/7. Access via computer.

TrevorText – Text START to 678-678: Confidential text messaging with a Trevor counselor, available 24/7/365. Standard messaging rates may apply.

SAGE LGBT Elder Hotline: 1-877-360-LGBT (5428) Connects older members of the LGBTQ community with friendly, helpful responders. Confidential support and crisis response available 24/7.

Trans Lifeline: 877-565-8860. This grassroots hotline provides direct emotional and financial support to trans people in crisis. It offers peer support for trans individuals given by trans individuals. The lifeline is available daily 7am-1am PST. Volunteers may be available during off hours.

Medical

El Centro Family Health (ECFH) (Medical and Mental Health Services in Taos, Embudo and Penasco. Dental services also provided in Taos clinic.) [Accept Medicaid, Medicare and most insurances; if no insurance have a sliding scale based on income.](#)

1-800-284-7284

<https://ecfh.org>

El Centro/Taos Medical Clinic 1331 Gusdorf rd Taos, NM 87571

575-758-3601

Open Mon-Thurs 8am-7pm; Fridays 8am-5pm

El Centro/Embudo Clinic

2243 NM-68

Embudo, NM 87531

575-579-4255

Open: Monday to Friday: 8am – 5pm

El Centro/Penasco Clinic

State Road 75 # 15136

Penasco, NM 87553

575-587-2205

Open: Monday to Friday: 8am – 5pm

<https://ecfh.org>

Questa Health Center-Presbyterian Medical Services (Medical, Dental, Behavioral Health, M.A.T.-substance use, reproductive health) [Accept Medicaid, Medicare and most insurances; if no insurance have a sliding scale based on income.](#)

2573 Hwy 522

Questa, NM

575-586-0315

<https://www.pmsnm.org/locations/questa-health-center/>

Medical continued

Taos Picuris Indian Health Service- Behavioral Health, Medical/Dental
(free to enrolled tribal members) 575-758-6900

<https://www.ihs.gov/albuquerque/healthcarefacilities/taospicuris/>

Holy Cross Medical Center is the central hub for health care in north-central New Mexico. Our hospital and clinics are home to over 80 physicians, covering a variety of ever-expanding specialties that include internal medicine, wound care, dermatology, ob/gyn, orthopedics, general surgery, urology and a fully-staffed emergency department.

1397 Weimer Rd.

Taos, NM 87571

575-758-8883

<https://holycrossmedicalcenter.org/>

NextCare Urgent Care

330 C Paseo Del Pueblo Sur Taos, NM 87571

575-758-1414

https://nextcare.com/locations/nm/taos-urgent-care/?utm_source=GoogleMaps&utm_medium=Local&utm_campaign=taos

Family Practice of Taos

630 Paseo Del Pueblo Sur #150 Taos, NM 87571

575-758-3005

<https://www.familypracticeassociatesoftaos.com/>

Schreiber Family Medicine

630 Paseo Del Pueblo Sur Suite 125

575-751-7430

<https://schreiberfamilymedicine.com/>

Taos Medical Group

1399 Weimer Rd, Taos, NM

575-758-2224

<https://www.taosmedicalgroup.com/>

Medical continued

Taos Whole Health Integrative Care- We offer a spectrum of Eastern & Western approaches to restore balance and give voice to what is happening within.

1331 Maestas Rd

Taos, NM 87571

575-776-7806

info@taoswholehealth.org

<https://taoswholehealth.com/>

WIC/Taos Public Health Office offers breastfeeding and healthy nutrition support for birthing persons. They also offer family planning and STD testing.

1400 Weimer rd, Taos, NM 87571

575-758-1078

<https://www.nmwic.org/>

Parenting

Early Development

Children's Trust Fund/Taos Loves Kids offers classes and groups in English/Spanish for parenting support/classes. Our services are free to families/cargivers prenatally to 18 years of age.

413 Sipapu st Taos, NM

575-751-8904 or cvigil@taoshospital.org

<https://holycrossmedicalcenter.org/program/childrens-trust-fund/>

Youth Heartline- We assist families in our community with education, referrals, support, therapeutic services, and activities to foster family connection.

224 Cruz Alta Rd, Ste F Taos, NM 87571

575-758-0106

<https://www.youthheartline.org/>

Las Cumbres Community Services- Community based prevention/intervention support, case management and family navigation.

337 Gusdorf Suite O, Taos, NM 87571

Contact Vanessa Gonzalez at 575-779-9119

<https://www.lascumbres-nm.org/taos>

Early Childhood Education and Care Dept. Financial support for childcare for eligible families who qualify.

505-753-0222 Or call 1 (800) 691-9067 to speak with a Family Specialist who can help you review your child care options and walk you through the process of applying.

<https://www.nmececd.org/child-care-assistance/>

NewMexicoKids website offers a variety of services and resources for both educators and families in the State of New Mexico. Whether searching for quality child care or looking for professional development for early childhood educators, you will find information on this site that links you to the information or services you may need.

<https://www.newmexicokids.org/>

Parenting/Early Child Development

First Steps- Holy Cross Hospital's First Steps Program provides home visiting services to parents of children **ages prenatal to five**, including fathers, adoptive parents, and foster families in Taos and Western Colfax Counties.

413 Sipapu st. Taos, NM

575-751-5764

<https://holycrossmedicalcenter.org/program/first-steps/>

Tiwa Babies Tiwa Babies serves expectant parents/caregivers and parents/caregivers of children **0-5 years** old with a family support specialist. Tiwa Babies services promote optimal child and family development. Services are universal, at no cost, and provided in the family's home or another location of the family's choice. We offer our services to Native Families and Non-Native Families living in Taos County.

230 Rotten Tree rd. Taos Pueblo, NM

575-758-7824 ext.112

<https://www.tiwababies.com/>

Youth Development Incorporated (YDI) provides free early childhood education, family development services, and child care for children **ages 0 to 5 years old**. The Head Start curriculum supports the physical, cognitive, social, and emotional development of young children and also offers prenatal care and education for pregnant women. Eligible services based on income.

Home Visiting (pre-natal-3)

Early Headstart (12 weeks-3yrs) Enos Garcia, Llano Quemado, Vadito hours 7am-3pm

Headstart (3yr-5yr) Questa, Arroyos del Norte, Enos Garcia, Llano Quemado, Vadito hours 7am-3pm

575-758-4556

<https://www.ydinm.org/programs/early-childhood-education/>

Parenting continued

Childcare

UNM Kids Campus/Center for Early Learning serves children **6 weeks to 5 years of age.**

1157 County rd 110, Ranchos de Taos, NM

575-737-6255

<https://taos.unm.edu/community/kids-campus/index.html>

Anansi day school- Ages served: 3 years - 5 years

57 New Mexico state highway 230, El Prado, NM 87529

575-776-5711

<https://anansidayschool.org/>

Inspire Bilingual Early learning center- Ages served: 2 months - 5 years

120 Camino De La Placita, Taos, NM 87571Contact:

inspiretaos@gmail.com https://m.facebook.com/InspireTaos/?_rdr

Little Bug Inc. Ages served: 6 weeks - 5 years

1221 Gusdorf, Taos, NM

575-751-1060

https://m.facebook.com/taoslittlebug/?_rdr

Taos family development center at Taos High (GRADS) Serves infants to 4yrs old.

134 Cervantes St, Taos, NM 87571

575 751-8070 or 575-751-3884

https://childcarecenter.us/provider_detail/taos_family_development_center_taos_nm

Ensuenos y los Angelitos Ages served: 0 - 5 years and adults with various disabilities or special needs. 1030 Salazar Rd, Taos, NM 87571

575-758-4274

<https://eladc.org/>

Parenting continued

Free Diapers

UNM-Taos Thrive Food and Resource Center-offers free diapers for parenting UNM-Taos students. Located at Klauer campus in Padre Martinez Hall or check Rio Grande Hall on Civic plaza drive.
575-737-3702

Diaper Program-offering free diapers size 0-6.

El Pueblito Methodist Church

Contact Cheri Lyons, Pastor
1309 Paseo Del Pueblo Norte, El Prado, NM 87529
575-758-3166

The Giving Tree Clothing, household items, diapers and emergency food
Wed-Fri 12:30-2:30

1128 Paseo del Pueblo Sur Ste C (Behind Subway) Taos, NM
505-980-3387

taoshope@gmail.com

<https://www.taoshope.com/>

Breastfeeding Support

Taos County Breastfeeding Resources <https://breastfeedingnm.org/wp-content/uploads/2020/04/Taos-County-Resource-List.pdf>

WIC offers breastfeeding and healthy nutrition support for birthing persons.

Taos Public Health Office

1400 Weimer rd, Taos, NM 87571
575-758-1078

<https://www.nmwic.org/>

Substance/Recovery Support

Peer support

Recovery Friendly Taos offers a peer support model/outreach for Mental Health/Substance Use and they do have a center on Sipapu to drop in and support groups for men, women and veterans. They can also help with food/clothing and employment support.

412 Sipapu St, Taos, NM 87571

575-213-6002

<https://rfnm.org/>

Taos Pueblo Recovery Works- Empower Taos Pueblo natives to reclaim their lives from addiction and mental health challenges.

575-779-0366

augusta@taospueblo.com

Treatment options (Taos) (residential)

NM Wellness-Residential drug and alcohol treatment-dignified 24-hour care from our experienced, on-site providers. This care includes medical stabilization from caring, experienced medical providers. Clients will then transition to specialized clinical groups and individual meetings with our experienced staff.

1333 Paseo Del Pueblo Sur, Taos, NM 87571

575-224-6320

Reachout@newmexicowellness.com

<https://taosnmwellness.com/about-us/>

Vista Taos Renewal Center-Inpatient medical detox and result-based holistic residential treatment with MD board certified in addiction medicine, two physician assistants, and nurse practitioner, extended care services including structured sober-living, and 5-day per week IOP, intensive aftercare planning.

259 Blueberry Hill, El Prado, NM 87529

575-758-5858

Admissions Email: JLihte@vistataos.com

www.vistataos.com

Substance/Recovery cont'd

Shadow Mountain Recovery Center -Taos Men's Detox and Residential Addiction and Treatment Center (for males 18+yrs) is a unique drug detox and residential rehabilitation treatment center built around helping you heal and rebuild. Nestled in the Sangre de Cristo Mountains in the Carson National Forest, the Shadow Mountain Recovery Center in Taos is an ideal setting for individuals who need a focused break from their daily lives to discover paths for healing and recovery.

[\(855\) 953-3725](tel:(855)953-3725)

<https://www.shadowmountainrecovery.com/programs/>

Creative Mind Therapy is a drug rehab facility in Taos, New Mexico. It is a Substance Abuse Residential Rehab Facility and provides treatment to people with drug addiction and other substance abuse problems.

522 Paseo Del Pueblo Norte Taos, NM 87571

630-561-5826

Treatment options (Taos) (Outpatient) Harm Reduction/Medically Assisted Therapy (M.A.T.) (This includes Suboxone, Methadone and Naloxone treatments).

Rio Grande ATP- Intensive Outpatient services for substance use disorders, peer support, comprehensive assessments, individual and group therapy, drop-in support.

105 Paseo Del Canon W Suite A, Taos, NM 87571

Admissions Phone: 575-737-5533

Admissions Email: mmartinez@riograndeatp.org

<https://riograndeatp.org/>

Porchlight Health-Treat patients with no referrals needed. Make an appointment, bring your ID and drink water so you can take a urine analysis test. Accept Medicaid/Medicare and most insurances and will also allow for payment based on a sliding scale.

105 Paseo Del Canon West, suite A.

1(866) 628-7828.

Substance/Recovery cont'd

Pinwheel Healing Center- Intensive Outpatient treatment for substance use disorders (both adult and adolescence), MAT, Medication management, outpatient services for cases of primary mental health, peer support, and recovery tools. Pinwheel is one of the very few programs equipped to treat sex offenders.

1130 Butterfly Rd, Taos, NM 87571

505-636-6100

Admissions Email: info@pinwheelhealing.com

www.pinwheelhealing.com

Questa Health Center-Presbyterian Medical Services (Medical, Dental, Behavioral Health, M.A.T.-substance use, reproductive health) [Accept Medicaid, Medicare and most insurances; if no insurance have a sliding scale based on income.](#)

2573 Hwy 522 Questa, NM

575-586-0315

<https://www.pmsnm.org/locations/questa-health-center/>

El Centro Family Health (ECFH) (Medical and Mental Health Services in Taos, Embudo and Penasco. Dental services also provided in Taos clinic.) [Accept Medicaid, Medicare and most insurances; if no insurance have a sliding scale based on income.](#) 1-800-284-7284

<https://ecfh.org>

Taos Medical Group

1399 Weimer Rd, Taos, NM

575-758-2224

<https://www.taosmedicalgroup.com/>

Taos Whole Health Integrative Care- We offer a spectrum of Eastern & Western approaches to restore balance and give voice to what is happening within.

1331 Maestas Rd

Taos, NM 87571

575-776-7806

info@taoswholehealth.org

<https://taoswholehealth.com/>

Substance/Recovery cont'd

Statewide Treatment options (inpatient/outpatient)

New Mexico Leaders in Recovery

Resource Guide (Spring 2023) This guide is only available online but is a comprehensive list of treatment centers across NM.

Sponsored by Vista Taos Renewal Center, Turning Point Recovery Center and Zia Recovery Center

<https://sharenm.s3.amazonaws.com/library/R7axbixjZlyU4PUhix77dYJcPMzHkX4TQd2KlIBz.pdf>

Textbooks

UNM-Taos Library-students may check out (available) textbooks or can request for copies to be made of the first few chapters until a textbook is obtained. **Please see the library for a comprehensive list of resources to find textbooks.** Visit or call 575-737-6242.

<https://taoslibrary.unm.edu/library>

UNM Bookstore online

1-800-981-2665

<https://bookstore.unm.edu/>

Thriftbooks- online platform for ordering used books.

<https://www.thriftbooks.com/>

Chegg books-online platform for renting or buying used books.

<https://www.chegg.com/books>

HELP NM-Depending on grant availability, the Office of Economic Opportunity (OEE) provides services to individuals and families, youth, veterans, migrant and seasonal farm workers and seniors. Our priority is to provide general services related to economic security for employability, **attaining educational goals**, and income management.

106 Gusdorf Pl, Taos, NM

505-437-1327

<https://helpnm.com/>

Transportation

North Central Regional Transit Department (NCRTD)-MYBlue-on demand app to order a bus service to pick you up at your location and drop off to your destination (within the Taos zone—2 mile radius from the nearest bus stop). **Service to UNM Taos Klauer campus is free for UNM Taos students during the Fall 2025 semester.**
<https://www.ncrtd.org/MyBlue/>

Private drivers in the Taos area:

Terrie Perez 575-613-6137

John Pruitt 575-770-1040

Veteran Services

Veterans Upward Bound (VUB) at UNM-Taos

VUB is designed to assist veterans in the development of academic and other requisite skills necessary for acceptance and success in a program of post-secondary education. The project provides assessment and enrichment of basic skills through instruction, advising, and tutoring. The goal of the program is to increase the rate at which participants enroll in and complete post-secondary education programs.

UNM-Taos Klauer campus

1157 County rd 110 Ranchos de Taos, NM 87571

<https://taos.unm.edu/students/vet/index.html>

Not Forgotten Outreach Inc. is dedicated to the reintegration and whole health healing of Military, Veterans, Military Families, and Gold Star Families of fallen heroes. Our goal is motivating our clients to participate in the restorative and regenerative programs available at our locations. We welcome our heroes and their families to join us in our programs, classes, and events to improve relationships, and build comradery within the military and local community.

575-758-0433

610 Paseo Del Pueblo Norte, Taos, NM 87571

<https://notforgottenoutreach.org>

Veterans Off grid helps veterans in need of community, shelter and social services while helping the earth by teaching and practicing sustainable building and agriculture principles.

(919) 673-0398

veteransoffgrid@gmail.com

50 USFR 600 Carson, NM 87517

<https://www.veteransoffgrid.org>

Veteran Services Continued

Recovery Friendly Taos offers a peer support model/outreach for Mental Health/Substance Use and they do have a center on Sipapu to drop in and support groups for men, women and veterans.

412 Sipapu St, Taos, NM 87571

575-213-6002

<https://rfnm.org/>

National Association of County Veterans Service Officers

Lety Cano, Veteran Service Officer

505-709-5263

<https://www.nacvso.org/>

Taos Veterans Affairs Clinic Our outpatient clinic provides primary care and specialty health services, including telehealth (mental health, behavioral health), Laboratory (EKG) and more.

575-751-0328

1353 Paseo Del Pueblo Sur

Taos, NM 87571-5801

<https://www.va.gov/new-mexico-health-care/locations/taos-va-clinic/>

New Mexico Veterans Integration Centers Mental health counseling, emergency housing, transitional housing, food pantry, nutrition education, clothing donation and transportation services for veterans throughout the state of New Mexico. No payment required.

505-562-0800

2115 Wyoming Blvd NE Albuquerque, NM 87112

<https://www.nmvic.org/>

Veteran Services Continued

Crisis lines for Veterans:

Veterans Crisis Line: Call 800-273-8255 or text 838255 – Offers confidential crisis support. Responders are specially trained to work with Veterans and their loved ones. Available 24/7.

Lifeline for Vets: Call 888-777-4443. Provided by the National Veterans Foundation. Offers crisis management and support for veterans in need.

Homelessness Hotline: 877-424-3838. A crisis line for veterans who are currently experiencing homelessness or at risk of homelessness. Family members and supporters of veterans at risk can also call.