

# NM-ABC Consultation Service

## Child and Youth Mental Health



### Talk to a specialist:

Free consultation service for healthcare providers and other professionals across New Mexico who work with youth who have mental health needs.

Get your questions answered about prescribing, diagnosis, treatment recommendations, resources and more.

Our team includes child and adolescent psychiatrists, psychologists, and social workers. Phone consults are often brief, but we can also assist with complex situations that need more in-depth conversation. Consults usually occur the same day that you call.

There is never any charge for NM-ABC services.

**Supporting the  
professionals who  
support child and  
youth mental health  
in our communities**

**NM-ABC**

**(505) 272-3459**

**[nmabc@salud.unm.edu](mailto:nmabc@salud.unm.edu)**



CENTER FOR  
DEVELOPMENT  
& DISABILITY



NM-ABC is supported by the Health Resources and Services Administration (HRSA) of the U.S. Dept of Health and Human Services (HHS) as part of an award totaling \$589,985 with 19% financed with non-governmental sources. The views expressed are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government.

# NM-ABC Training and Professional Development

## Child and Youth Mental Health



### Increase your knowledge:

Free trainings (with CME/CEUs) offered for healthcare providers and other professionals across New Mexico who work with youth who have mental health needs.

Trainings can be held online or in person, and are customized for your group's interests. Trainings can fit into a lunch meeting, or we can provide more in-depth trainings for those interested.

NM-ABC presenters are specialists with expertise in child and youth mental health; our team includes child and adolescent psychiatrists, psychologists and social workers. Contact us to explore options for your group.

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# CHILD AND YOUTH MENTAL HEALTH:

## Building Solutions for New Mexico



### High Needs

- NM is 47th in the nation for youth mental health and substance use
- 1 in 4 NM children have a mental or behavioral health problem
- Suicide is a leading cause of death in NM for ages 10-24

### Limited Resources

- 97% of NM counties have a mental health care professional shortage
- 75% of NM counties have no child and adolescent psychiatry services
- Youth in crisis often face long wait times to access services

**NM-ABC supports the professionals who support children and youth in our communities**



#### Consults:

Specialists available to answer questions and provide recommendations

#### Training:

Free trainings available (with CME/CEUs) on a variety of youth mental health topics

#### Resources:

Assistance identifying resources for children and youth

**Connecting providers,  
building capacity**



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