

# Medical, Behavioral Health & Family Outpatient Services in North Central New Mexico

## El Centro Family Health \* 505-753-7395

2010 Industrial Park Rd.  
Española, NM 87532

El Centro has clinics throughout Northern New Mexico

(two in Española, Peñasco, Las Vegas, including a student health center at NMHU))

**Services:** Behavioral Health (BH) counseling for depression, anxiety, addiction case management, reproductive health, prenatal care. medical/dental, asthma, diabetes, Veteran's Program

## Las Clínicas del Norte

### Abiquiu Clinic

Highway 84 #185  
Abiquiu, NM 87510  
866-578-1668 toll free  
505-685-4532

### El Rito Clinic

SR 571 #28  
El Rito, NM 87530  
800-869-7624 toll free  
575-581-4728

### Ojo Caliente Clinic

Highway 285 #35282  
Ojo Caliente, NM 87549  
866-665-6832 toll free  
505-583-2191

**Services:** BH counseling, medical, dental, Teen Wellness Centers

## La Clínica Del Pueblo \* 575-588-7252

US 84 County Road 34 # 14  
Tierra Amarilla, NM 87575

**Services:** BH counseling, medical, dental, Teen Wellness Centers, emergency services

## PMS Valley Community Behavioral Health Center \* 505-747-7400

1206 N. Riverside Drive  
Española, NM 87532

**Services:** Counseling, therapy for mental illness, emotional problems, substance abuse counseling, psychosocial rehabilitation (PSR), CCSS case management, medication assistance programs.

## New Mexico Department of Health, Public Health Office \* 505-753-2794

2010 Industrial Park Rd.  
Española, NM 87532

**Services:** immunizations, TB and confidential HIV testing, WIC, Families FIRST (prenatal case management)

## Rio Arriba County Health & Human Services \* 505-753-3143

2010 Industrial Park Rd.  
Española, NM 87532

**Services:** Case Management: Substance Abuse / At-Risk Pregnancy / Jail Release / ER Diversion Program

## H.E.L.P. \* 505-753-7181

1302-C Calle de Merced  
Española, NM 87532

**Family services:** low income utilities help;  
rent, tuition & books assist; case mgmt..  
Workforce Investment Act (WIA) Youth Services

## Tewa Women United \* 505-747-3259

912 Fairview Lane  
Española, NM 87532

**Services:** women's support for alcoholism, suicide,  
domestic and sexual violence, doula, H.O.P.E.  
environmental justice, Grandmothers Circle

## John Hyson Family Resource Center \* 505-351-2447

Due east of the old San Buenaventura Plaza in Chimayó, NM

**Services:** A Rio Arriba Works TANF site; available: food, clothing, and diaper bank; weekly needle exchange  
\*\*\*\*\*

### Student Insurance Options:

## Transamerica Student Security Plan

Administered by: E.J. Smith & Associates, at 1-847-564-3660. See [www.ejsmith.com](http://www.ejsmith.com) for details/costs

**American College Student Association:** See <http://www.acsa.com/student-health-plans.aspx>

### Self-Care:

Powell, D.R. (2007). *HealthyLife® Students' Self-Care*. Farmington Hills, MI.: American Institute of Preventive Medicine. Retrieved November 3, 2011 from <http://www.southwestern.edu/studentlife/clinic/>