

Mental Health Helplines



Do you need to talk to someone? Are you a youth or elder that would like to seek help with depression, anxiety or stress?

DBMHS staff are prepared to listen to you and/or answer questions about your mental health.

Arizona Outpatient

Chinle
Dilkon
Fort Defiance
Kaibeto
Kayenta
Newlands
Red Mesa
Tuba City

M-F (8am-5pm) Phone Number

(928) 674-2190
(928) 657-8000
(928) 729-4012
(928) 673-3267
(928) 697-6777
(928) 688-3475
(505) 368-1438
(928) 283-3346

After hours & weekends Phone Number

(928) 551-0247
(928) 551-0624
(928) 551-0247
(928) 551-0624
(928) 551-0247
(928) 551-0247
(928) 551-0394
(928) 551-0624

New Mexico Outpatient

Crownpoint
Gallup
Navajo Regional Behavioral
Health Center

M-F (8am-5pm) Phone Number

(505) 786-2111
(505) 722-9470
(505) 368-1438

After hours & weekends Phone Number

(928) 797-3413
(928) 551-0566
(928) 551-0508

National Suicide Lifeline 1 (800) 273-TALK (8255)

**Veterans Crisis Line 1 (800) 273-TALK (8255) - Press 1
Chat-VeteransCrisisLine.net Text 838255**

Crisis Text Line Text HELLO to 741741

<http://nndbmhs.org/>