

Digital Arts and Technology Academy

1011 Lamberton PI NE, Albuquerque NM 87107 505-341-0888

<https://datacharter.org/>

School Counselor gr10-12

Aubree Boivin (she/her)

aubree.boivin@datacharter.org

505-341-0888 ext 229

School Counselor gr7-9

Cindy Valenzuela (she/her)

cindy.valenzuela@datacharter.org

505-341-0888 ext 228

School Social Worker (students with IEPs)

Laura Martinez, LMSW (she/her)

Laura.Martinez@datacharter.org

505-341-0888 ext 251

School Nurse

Kimberly Gasca, RN (she/her)

kimberly.gasca@datacharter.org

505-341-0888 ext 246

School Counselor Intern

Tess Holtry (she/her)

tess.holtry@datacharter.org

505-341-0888 ext 229

Referral Resources For Students & Families

Healthcare:

NM Alliance for School-Based Healthcare

School-based health centers (SBHCs) run by UNM.

Clinics see everyone regardless of insurance or immigration status.

Services provided: confidential sexual and reproductive health, confidential mental health services and psychiatry, & routine medical care.

Website: <https://www.nmasbhc.org/>

Phone: 505-272-5132.

Mental Health Counseling / Psychotherapy

Southwest Family Guidance Center & Institute

Assessments, Individual and Family Therapy, School and Home-Based Therapy, 2612 Texas St NE, Albuquerque, NM 87110

Phone: 505-830-1871

Website: <http://swfamily.com>

Cottonwood Counseling LLC

Individual and Family Therapy, Play Therapy, EMDR

6300 Riverside Plaza Lane NW, Suite 260 Albuquerque, NM 87120 Phone: 505-266-2839

Website: <https://cottonwood-counseling.com>

Awake & Aware

DBT, Intensive Outpatient, Mindfulness and Alternative Healing (adolescents & adults)

10555 Montgomery Blvd. NE Bldg. 2 Albuquerque, NM 87111 Phone: 505- 503-7946
Email: info@awakeawareabq.com
Website: <https://www.awakeawareabq.com>

Thrive Counseling Services, LLC

Mental health counseling group practice
Albuquerque Office: 6000 Uptown Blvd NE #305, Albuquerque, NM 87110
Rio Rancho Office: 4011 Barbara Loop SE #208, Rio Rancho, NM 87124
Phone: (505) 219-1125
Website: <https://www.thrivecounselingabq.com/>

Age to Age Counseling

Outpatient Mental Health Counseling Services
5916 Anaheim Avenue Northeast, Albuquerque, New Mexico 87113
Phone: 505-291-6314
Website: <https://agetoage.net>

Elevation Counseling

Mental health counseling group practice
6612 Gulton Ct. NE, ABQ NM 87109 Phone: 505-888-1686
Email: office@elevationcounseling.com
Website: <https://www.elevationcounseling.com/>

Mindful Counseling, LLC

Mental health counseling group practice
Two ABQ locations:
4619 Greene St., N.W., Suite C & 4004 Carlisle Blvd., N.E., Suite Q Phone: 505-899-9329
Email: mindfulcounselingllc@gmail.com
Website: <http://www.mindfulcounseling.org/index.html>

Life Change Psychotherapy Institute

Adult psychotherapy for individuals, couples, and groups, art therapy, and sand tray
Phone: (505) 271- 5050
Email: Staff@lifechangetherapy.net
Website: <https://lifechangetherapy.net/>

The Grief Center

Support Groups
Phone: 505-323-0478
Website: <https://childrensgrief.org>
Email: info@childrensgrief.org

Dr. Sarah Steele, Psy.D. LLC

Psychological Evaluations and Psychotherapy
2811 Indian School Road NE, Albuquerque NM 87106
Phone: 505-720-7029
Website: <http://albuquerquepsychologist.org/index.html>

Counseling Associates of Albuquerque, LLC**Denette Varley, LMFT, LSAA**

Individual Psychotherapy for Adolescents / Teens, Mood Disorders, SI, LGBTQI

4004 Carlisle Blvd. NE, Suite J, Albuquerque NM 87107

Phone: 505-414-3883

Website: <http://therapynm.com/therapists.html>

Stefanie Juliano, LPCC

Therapy for Teens and Families, LGBTQI

4111 Barbara Loop SE, Suite E1, Rio Rancho, NM 87124

Phone: 505-715-9587

Southwest Neuropsychology & Behavioral Health LLC

Individual and Family Therapy

Location #1: 400B Montgomery Blvd. NE, Suite 103, Albuquerque NM 87109 Location #2: 6300 Riverside Plaza Ln. NW Suite 210, Albuquerque NM 87120

Phone: 505-247-4900

Email: admin@swneuropsych.com

Website: <https://www.swneuropsych.com>

Kaseman Child & Adolescent Behavioral Health Clinic

Therapy and Mediation Management

8312 Kaseman Ct. NE, Albuquerque NM 87110

Phone: 505-291-5300

ART Therapy**American Art Therapy Association:**

Information, resources, and education

Website: <https://lifechangetherapy.net/>

IEATA, International Expressive Arts Therapy Association:

Information, resources, and education

Website: <https://www.ieata.org/>

Art Therapists (Albuquerque):

Emily Guilbert, MA, LPCC, ERYT500, CIMHP

Expressive Therapies Counseling

<https://www.psychologytoday.com/us/therapists/expressive-therapies-counseling--albuquerque-nm/907811>

emilyguilbert@integrative-counseling-services.com

505-503-5072

Abigail Carter, LPCC, LPAT, LADAC *Specializes in teens
Phone: 505-484-2351

Christy Tackwell, LPCC, LPAT ATR
Center for Creative Studies Inc. 5
Phone: 505-465-4963 x151

Dianne Barnes, LPCC, LPAT, ATR-BC, NCC
Phone: 505-322-6800

Tess Amy Gaudet, LPCC ATR
Phone: 505-365-6628

Equine Therapy:

Equine Therapeutic Connections (A NM Non-Profit Corp.)
Equine-assisted psychotherapy (EAP) & Therapeutic riding
Deborah D. Pierson
10138 Bosque Circle NW
Albuquerque, NM 87114
Phone: 505.488.0990
Website: <https://etcnm.org/>

Loving Thunder, Therapeutic Riding
Rio Rancho, NM
Phone: (505)-554-9493
Website: <https://lovingthunder.com/>

Online Counseling: Professional Licensed Therapists

Talkspace <https://lp.talkspace.com>

Betterhelp <https://www.betterhelp.com>

Teen Counseling <https://www.teencounseling.com>

Psychiatry

UMN Children's Psychiatric Center
1001 Yale Blvd. NE, Albuquerque NM 87106 Phone: 505-272-0053

Integrative Psychiatry Santa Fe
Holistic psychiatry and psychotherapy services

Office: [\(505\) 417-7514](tel:5054177514)
Fax: [1-\(505\) 605-7152](tel:15056057152)
Email: mindicine@gmail.com
Website: <http://mindicine.com/>

Holistic Psychiatry, Sudha Rani Kailas, MD, PhD

Website: <https://www.vedicpsychiatry.com/>
Phone: (505) 428-9504

Neuropsychological Evaluations

UNM Neuropsychology

915 Vassar Dr. NE Suite 170, Albuquerque NM 87106
Phone: 505-272-8833
Website: <https://hsc.unm.edu/health/patient-care/neuropsychology/index.html>

Southwest Neuropsychology & Behavioral Health LLC

Assessment and Psychiatry
320 Gold Ave. SW, Suite 1001, Albuquerque NM 87102 Phone: 505-247-4900
Website: <https://www.swneuropsych.com>

Inpatient Psychiatric Care

UNM Children's Psychiatric Center

Inpatient Hospitalization, Psychological Assessments, Therapy, and Psychiatry 1001 Yale Blvd. NE
Albuquerque NM 87106
Phone: 505-272-2890

Kaseman Inpatient Psychiatric Services

Inpatient Hospitalization, Psychological Assessments, Therapy, and Psychiatry 8300 Constitution Ave. NE,
Albuquerque NM 87110 Phone: 505-291-2540

Adult Treatment Center:

Life Healing Center of New Mexico (Santa Fe)

Residential treatment programs for adults 18+, art therapy, equine therapy, somatic experiencing,
ecotherapy, and more
Website: <https://www.life-healing.com/>

Crisis Information*

***In an Emergency call 911**

Agora Crisis Center

24/7 Hotline & Online Chat

Phone: 505-277-3013 or 855-505-4505

Website: www.Agoracares.org

Lifeline

Suicide Prevention

Ayuda en Espanol: <https://suicidepreventionlifeline.org/help-yourself/en-espanol/>

Cuando usted llama al numero: 1-888-628-9454

English Website: <https://suicidepreventionlifeline.org/>

Phone: 1-800-273-8255

Teen Dating Abuse Hotline

Call, Chat, Text

Phone: 1-866-331-9474

Text: LOVEIS to 22522

Website: <https://www.loveisrespect.org>

Rape Crisis Center of New Mexico

Phone (24 hour Hotline): 505-266-7711

Phone (Counseling Services): 505-266-7712

Puede llama 24 horas. Se Habla Espanol.

Sexual Assault Nurse Examiner (SANE)

24/7 Dispatch: 505-884-7263

The Trevor Project

Suicide Prevention Helpline for LGBTQI Youth

Phone: 866-488-7386 (U.4.Trevor)

ABQ Domestic Violence SANE Collaborative

Phone (24 hour Hotline): 505-884-7263 Phone: 505-883-8720

Email: info@abqsane.org

Domestic Violence Resource Center

HelpLine: 505-248-3165

Additional Resources:

Transgender Resources Center of NM : (505) 440-3402

NM Asian Family Center : (505) 717-2877

Enlace Comunitario

Serving Latino immigrants and those experiencing domestic violence

Bilingual services are available. Se Habla Espanol.

Phone: (505) 246-8972

DVRC Advocates

Advocacy for domestic violence survivors

Phone:(505) 248-3165
Email: dvrc@dvrcnm.org

VAWA Immigration Project, Catholic Charities

Legal representation for immigrant victims of domestic violence and sexual assault

Phone: (505) 724-4662. Se Habla Espanol.

Website: <https://www.ccasfnm.org/immigration.html>

Catholic Charities of Albuquerque

Providing a variety of free resources to the community including: Affordable housing, refugee support, education, childcare, and legal counsel Casa De Corazon -

Main Campus:

2010 Bridge Blvd SW Albuquerque, NM 87105

Phone: (505) 724-4670. Se Habla Espanol.

<https://www.ccasfnm.org>

Planned Parenthood

701 San Mateo NE Albuquerque, NM 87108

Phone 505-265-9511

<https://www.plannedparenthood.org>

Roadrunner Food Bank

Phone: 505.247.2052, 866.327.0267

Email: info@rrfb.org

Website: <https://www.rrfb.org/>

APS Clothing Bank

<https://www.aps.edu/community/clothing-bank>

Phone: 505-248-1873

Email: clothing.bank@aps.edu