

Disclaimer

PLEASE READ THIS CAREFULLY BEFORE
ACCESSING OR USING
losalamosmentalhealth.org

NOTE: losalamosmentalhealth.org is not a crisis resource.

If you are feeling suicidal, thinking about hurting yourself, or are concerned that someone you know may be in danger of hurting himself or herself, call the **National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255)**. It is available 24 hours a day, 7 days a week and is staffed by certified crisis response professionals.

You can find help in locating a mental health professional by consulting with your health care provider, Employee Assistance Program, the National Suicide Prevention Lifeline (1-800-273-TALK), or the National Mental Health Information Center (<http://www.mentalhealth.samhsa.gov/databases/>).

United Way of Northern New Mexico and Self Help, Inc. have formed a partnership to assist the community of Los Alamos in accessing mental health care. The losalamosmentalhealth.org website includes information for individuals who struggle with mental health issues, their families, co-workers, friends, clergy, and teachers and gives community members a place to turn to for current information. and does not provide any medical, psychological, diagnostic or treatment services. **For accurate diagnosis of suicidality, depression and alcohol problems or other mental illnesses, participants need to call and/or be seen by qualified healthcare professionals.** We do not assume any legal obligation to follow up with individual users.

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Results from the any of the tools provided are not diagnostic, but merely indicate the presence, or lack thereof, of symptoms that are consistent, or inconsistent with depression and/or suicidality. Negative responses to the questionnaires do not rule out suicidality and/or depression, and positive responses do not conclusively establish suicidality and/or depression. A diagnostic evaluation by a healthcare professional is always necessary to determine whether or not there is the presence/absence of depression/suicidality.

Should a user of losalamosmentalhealth.org receive information that in any way might indicate a serious or potentially life-threatening problem for themselves or someone else, we urge the individual to call 1-800-273-TALK, contact a mental health services professional, visit the nearest emergency room or call 911. Please note that in some cases the losalamosmentalhealth.org webpage may not be displayed on your computer for technical reasons, and losalamosmentalhealth.org and its developers do not assume any legal obligation to ensure that the webpage is displayed. Even if the webpage is not displayed, **any online user who believes that he or someone else may have a serious or potentially life-threatening problem is encouraged to visit the nearest emergency room or call 911.**

Note: *The pictures included on this website are of models and are for illustrative purposes only.*

The information on this site is intended to help users learn about suicide and suicide prevention. It is provided for informational and referral purposes only. The web site should

NOT be used as a substitute for medical advice, counseling, or other health-related services or as a replacement for the services of a trained medical or mental health professional. For medical or mental health advice, services, and treatment, consult your primary care physician or a qualified mental health care professional. losalamosmentalhealth.org and United Way of Northern New Mexico and Self Help, Inc do not make any warranty that information contained on this website, or on any site linked to this website, is complete, accurate or up-to-date; and losalamosmentalhealth.org and United Way of Northern New Mexico and Self Help, Inc is not responsible for the results of reliance on any such information.

**Call 1-800-273-TALK
or visit your local emergency room!**

Links to Other Sites

The losalamosmentalhealth.org website contains links to other sites. If you choose to visit other sites, losalamosmentalhealth.org is not responsible for another site's privacy practices or content. Links to other organizations' web sites or pages do not necessarily imply approval or endorsement of these organizations, their purpose, their programs, or the accuracy of their materials. In addition, United Way of Northern New Mexico and Self Help, Inc do not assume responsibility for the content of other web sites or pages.