

Mental Health Resources

(in the ABQ area)

Counseling Resources:

- **Christian Counseling Professionals: 505-856-0300: <https://www.ccpnm.net/>**
 - Kevin Gregory, LMHC; Tom Taylor, LPCC
 - Karina Bell, LMHC; Apryl Bentley, MA LPCC; Brittany Ertz, LMHC; Shelley Shister, LPCC; Kristin Fairley, LPCC
- **Cornerstone Lifeworks: 505-345-2778: <https://www.cornerstonelifeworks.com>**
 - Sam Newmon, LPCC;
- **Christian Therapy Services: 505-343-2010: <https://www.christiantherapyservices.net/>**
 - John Thurman, LPCC; 505-306-0395
- **Focus Christian Therapy: 505-289-0797**
 - Joni Saiz MA, LPCC
- **Hope Forward Therapy: 505-633-4107 : <https://www.hopeforwardtherapy.com/>**
 - Samantha Carillo, LMSW; Sophia Jones, LMSW
- **Rise Above Therapy: 505-226-2115: kelcie@riseabovetherapy.org**
 - Kelcie Jimenez; LMHC
- **High Desert Healing: 505-717-1332: <https://www.hdhnm.com/>**
 - Julian Lopez; Psychotherapist
- **Jennifer Blount, MA, LPCC, NCC: 505-312-8324: <https://jennifer-blount.clientsecure.me/>**
 - Jennifer specializes in Spiritual Formation and Trauma Treatment, EMDR, EFT, Postpartum Depression, PTSD, Fears/Phobias, Collage Mental Health, Abuse, Marital and Premarital Counseling

Therapy/Play Therapy for Children/Teens (Ages: 2-18):

- **The Treehouse: 505-278-0807: <https://www.treehouse.com/>**
 - Kayla Torres, LMSW
 - Chelsea Wright, MA, LPCC
- **Uplift Therapy: 505-675-2902: <https://www.uplifttherapyabq.com/>**
 - Alyssa Logemann, LPCC, RPT

Marriage Counseling:

- **Focus Christian Therapy: 505-289-0797**
 - Joni Saiz MA, LPCC
- **Christian Counseling Professionals: 505-856-0300: <https://www.ccpnm.net/>**
 - Kevin Gregory, LMHC; Tom Taylor, LPCC; Apryl Bentley, MA LPCC; Shelley Shister, LPCC, Dora Milaka, LMFT
- **Hope Forward Therapy: 505-633-4107**
 - Samantha Carillo, LCSW; Sophia Jones, LMSW

Additional Resources For Finding a Therapist:

- ChristianCounselorsNetwork.com
 - This links you to a search engine for Christian Counselors near you. Simply input your zip code and hit search.
- <https://www.psychologytoday.com/us> (Psychology Today Website)
 - This links you to a search engine for Counselors and Psychiatrists near you. Simply input your zip code and any preferences you may have and hit search.
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* **Disclaimer:** If you are currently experiencing a mental health emergency, please call 911 or visit your nearest emergency room. Common Ground Church is not affiliated with, nor endorsing, any individual, company, or organization.

Crisis Helplines/Services

(Additional Resources)

- **Suicide & Crisis Hotline: Dial 988** (Open 24/7 - 365 days a year)
- **Domestic Violence Hotline: 800-799-7233** (Open 24/7 - 365 days a year)
- **Teen Challenge: 505-281-8467**
 - Provides help for adults & teens struggling with alcohol and/or drug dependence
 - <https://sharenm.org/teen-challenge-of-new-mexico/teen-challenge-of-new-mexico>
- **Veterans Crisis Line: Dial 988 (ext.1)** (Open 24/7 - 365 days a year)

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