

Grief Packet: Resources for Albuquerque, New Mexico

COUNSELING AND THERAPY

- University of New Mexico Journeys Clinic
 - Counseling and therapy services to individuals and couples, provided by mental health providers that specialize in perinatal mood care
 - Located in the Women's Health Center on the fourth floor of the University of New Mexico Hospital
 - Call **505-272-2245** for more information
 - All insurances accepted
- Wallin & Luna Counseling
 - Mental health counseling and therapy services to individuals and couples. They are located in Albuquerque, NM. They specialize in counseling and therapy services related to reproductive health issues such as pregnancy loss, infant loss, stillbirth and postpartum mood disorders.
 - More information is available at their website: www.Wallin-luna.com.
 - They can be contacted at **505-821-5894** to schedule an appointment, or emailed at inquiry@wallin-luna.com.
 - They do not accept Medicaid/Medicare, and do not have a sliding scale.

PEER SUPPORT

- Grief Resource Center
 - Peer support group for parents who have experienced miscarriage or lost an infant through age 2 years. Meetings are facilitated by parents who have lost children.
 - The mission of this group is to provide a safe place for parents to share and talk about their loss with other parents who have experienced a similar loss and to encourage parents as they move forward in life after the passing of their child.
 - For more information contact the Grief Resource Center at **(505) 842-7166** or Val Crockett at (505) 328-4129 or Meghan Yates-Sanchez (505) 573-6292.
 - Free Event that meets the 2nd Tuesday of each month at address 1113 University Blvd NE, Albuquerque, NM 87102.
 - See their website at www.griefnm.org for more helpful information and resources

ANONYMOUS HOTLINES

- All-Options Backline
 - Peer-based counseling support from non-healthcare providers or mental health specialists, regarding past/current experience with abortion, adoption, parenting, infertility, pregnancy loss etc.
 - 1-888-492-0092 (Mon-Fri 10a-1a and Sat-Sun 10a-6p EST)
- Exhale Pro Voice
 - After abortion counseling and emotional support
 - Call 866-439-4253 (866-4EXHALE) (Sun, Mon, Wed, Thur from 4p until 10p)
 - Text 617-749-2948 (Tues, Fri, Sat from 4p until 10p)
 - Additional talk lines, books websites available at: <https://exhaleprovoice.org/resources/>
- ACCESS: Womens Health Justice
 - Bilingual ACCESS healthline, linking women in need of reproductive healthcare to resources

LOCAL FUNERAL HOMES FOR PERINATAL LOSS

Daniels Family Funeral Services

www.danielsfuneral.com

Locations:

9420 4th St NW – 505-898-3160

3113 Carlisle Blvd NE – 505-884-1188

7601 Wyoming Blvd NE – 505-821-0010

All Services are on a sliding-scale or free for those with very limited financial resources. For embryonic/fetal remains and infants/children under age 2 residing locally, this includes transfer, dressing, service, viewing, graveside service, and casket. Cremation of infants over 500g need a cremation permit that costs approximately \$100.00. Costs do apply to upgrade certain items.

French Funerals & Cremations

www.frenchfunerals.com

Locations:

1111 University Blvd NE – 505-843-6333

10500 Lomas Blvd – 505-275-3500

7121 Wyoming Blvd NE – 505-823-9400

9300 Golf Course Rd NW – 505-897-0300

1275 Unser Blvd NE – 505-338-2000

All Services are free for embryonic/fetal remains and infants/children under age 2, residing locally. Cost is \$500 for non-local families. Cremation after any signs of life, requires cremation permit of \$210.00 (required by state). This includes (cremation): a required 30 minute family visit, pick up from hospital, teddy bear urn, and cremation. This includes (burial): a required 60 minute family visit, pick up from hospital, family limo from funeral home to cemetery, casket and graveside service. Costs do apply to upgrade certain items (headstones, purchased through Sunset Cemetery, or urns).