

707 Broadway Blvd. NE, Suite 500 Albuquerque, NM 87102 505-268-0701 www.newmexicosolutions.com NM Crisis Access Line: **855-662-7474**

AGORA Crisis Center Line: 866-435-7166



I sometimes have panic attacks in response to challenging situations. If I seem anxious, upset, or am having trouble breathing, please just give me a few minutes and allow me to calm down. Please do not think I am defying your instructions or refusing to cooperate. I appreciate your understanding of my condition.