



# **TRANS** **RELOCATIONS** **RESOURCES**

**if a resource is not listed that should be  
or if a non-viable resource is listed  
please let us know.**

**[Education@tgrcnm.org](mailto:Education@tgrcnm.org)**

# TRANS RELOCATIONS RESOURCES

## PINKHAVEN.ORG

PA collective of organizations and individuals who are committed to trans liberation and joy and to growing community defense, mutual-aid, and alternative systems of care for gender diverse people.

## HRC's Guidebook: Living as an LGBTQ+ Person (PDF)

For many LGBTQ+ individuals and families, living in some states has become unsafe. LGBTQ+ people are now facing hard questions: Do I stay and try to fight or do I flee to safety? What do I do if I have no option but to stay? This guide is designed to support all individuals and families regardless of their choices or options.

## RAINBOWRELO.COM

Rainbow Relocation helps LGBTQ+ youth, their families and allies to move, live and thrive abroad.

Jess@rainbowrelo.com or +1 847-907-1283 Cell + WhatsApp.

## TCPIPELINE.ORG

The Trans Continental Pipeline (TCP) is a grassroots mutual aid network turned nonprofit based in Denver CO providing resources to help LGBTQ+ individuals move from unsafe situations and political climates to Colorado.

## TRANSRESCUE.ORG

Helps trans people decide if they are ready to relocate, then assists with moving from countries, regions, or situations where they're in danger to a safer place.

## PFUNDFOUNDATION.ORG

A regional response to legislation in the upper Midwest. The goal is to support transportation costs for queer youth from North Dakota, South Dakota, and Iowa to receive necessary and life-saving healthcare out-of-state, cover tuition costs for remote schools that are welcoming to all gender identities in cases where students' local districts are not safe spaces for transgender and queer youth, and provide small cash grants to other organizations doing groundwork in those states.

# TRANS RELOCATIONS RESOURCES

## ● TRANSPORT.ORG

A newly formed non-profit organization, founded by two transgender activists in North Dakota. The goal is to help transgender people who want to leave the country get up-to-date legal documents, such as IDs with accurate genders and passports, and ultimately to assist with applications for work visas and asylum claims.

## ● TRANSJUSTICE.IO

A grassroots organization founded by a transgender man in Missouri this year in response to the bans of gender-affirming healthcare across the country. Its purpose is to provide aid, housing, and other support for transgender political refugees who are fleeing persecution.

## ● OPENARMS.TRANCTIONPNW.ORG

A new and rapidly growing searchable directory of vital, vetted resources such as gender-affirming healthcare, affordable housing options, job opportunities, mutual aid, peer support, and community groups in the Pacific NW.

## ● TRANSRELOCATIONPROJECT.COM

The Trans Relocation Project is a Portland-based, queer-run collective, made up of like-minded activists from a variety of backgrounds, united by a common, yet impossibly important, goal: doing what we can to help trans people (and their families) in relocating to Oregon, from states that are enacting anti-trans legislation.

## ● WAF.ORG

We Are Family is South Carolina's oldest nonprofit that provides life-affirming and life-saving programs for LGBTQ+ young people that have a lasting and measurable impact, with a focus on those who are BIPOC and/or low-income.

## ● TRANSEMPowerMENT.ORG

Emergency Food Deliveries through Instacart; Toiletries Deliveries; Gender-affirming Clothing Packages; Gender-affirming Items (Binders, Packers, Gaffing, etc.); HRT Assistance (Hormone Replacement Therapy); Emergency Transportation To Safe Shelter; Connections to 3rd Party Resources and recommendations for additional issues that our community may be struggling with.

# TRANS RELOCATIONS RESOURCES



**ELEVATEDACCESS.ORG**

An organized effort of volunteer pilots who believe that everyone deserves access to healthcare such as abortion services and gender-affirming care. They transport passengers — at no cost — to access the healthcare they need.



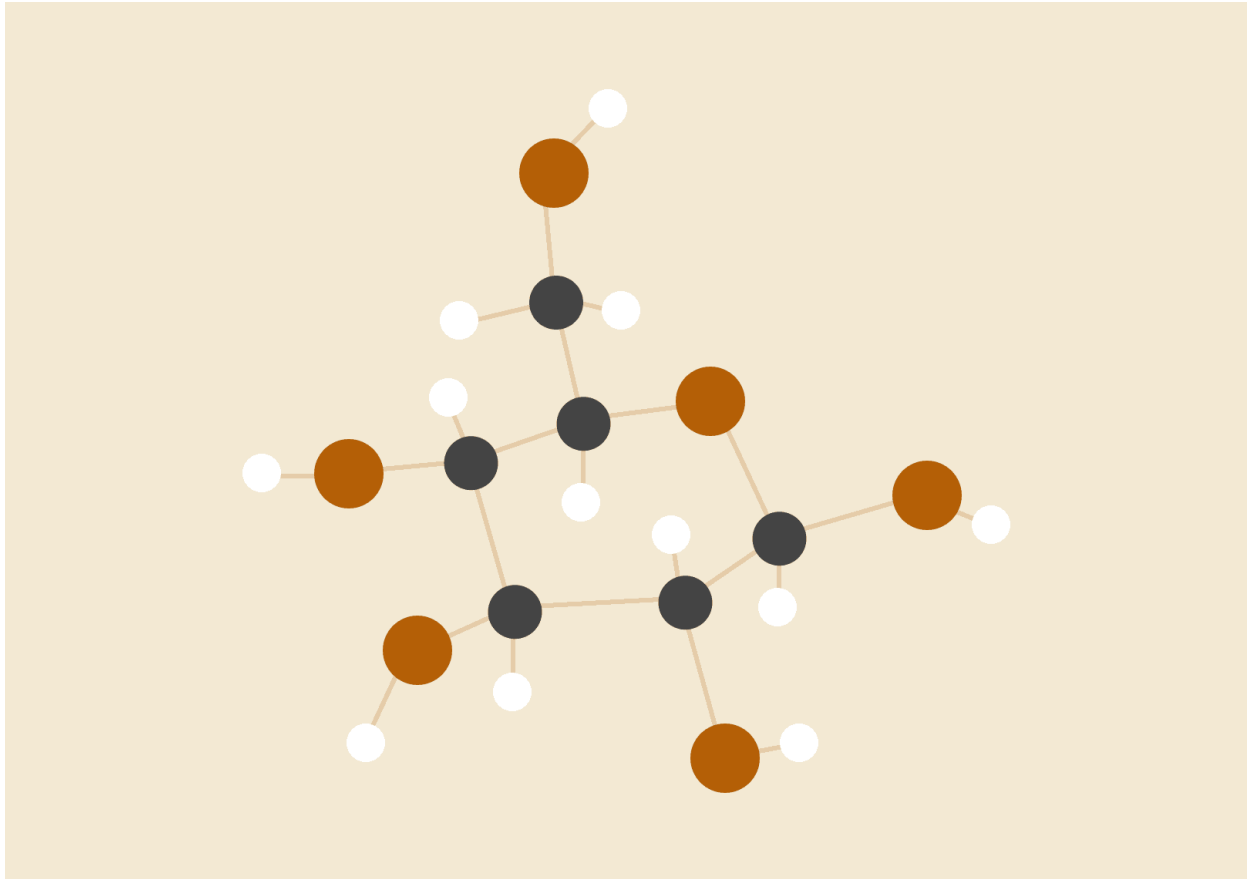
**TEXASPRIDEREALITY.COM/FLEEREDSTATES/**

Texas-based realtors who specialize in helping LGBTQ+ people sell their current homes and find a new one in an LGBTQ+ friendly state.

PLEASE NOTE THAT THE CONTENT ON THE FOLLOWING PAGES WAS NOT CREATED BY TGRC, BUT BY ONE OF OUR PARTNER ORGANIZATIONS.

The following pages provide an in-depth guide from our partners at NMLA.

# Coming to New Mexico: A Relocation Guide



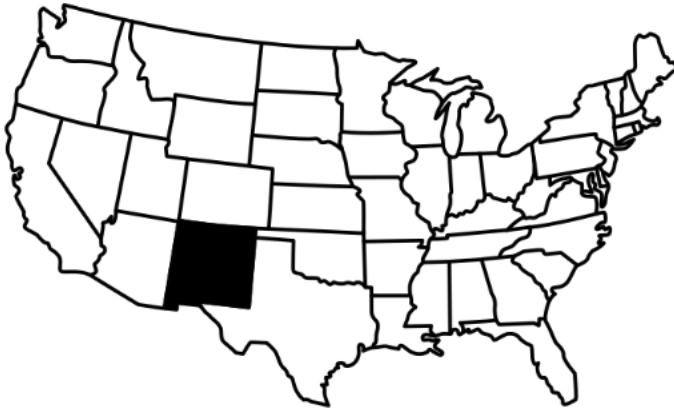
Last updated: 09.04.2024

# INTRODUCTION

Are you moving or thinking about moving to New Mexico? Welcome! New Mexico is a great state, and we're excited to have you.

This guide provides an outline for relocating to New Mexico. While this guide is focused on New Mexico resources and procedures, the steps in this guide can also be applied to relocating to other states.

Here, we seek to provide a list of resources you can visit to ensure you have what you need to get set up.



# Your Moving Checklist



## Before your move:

- ☐ Learn more about New Mexico (page 3)
- ☐ Learn about legal protections here in New Mexico (page 4)
- ☐ Calculate your moving costs (page 5)
- ☐ Make sure you have the documents that you'll need (page 6)

## Once you're here:

- ☐ Find housing (page 7)
- ☐ Apply for a driver's license or ID (page 8)
- ☐ Do you need to file a name change? (page 11)
- ☐ Register your vehicle in the state (page 12)
- ☐ Register to vote and learn about your local elected officials (page 13)
- ☐ File a change of address and mail forwarding with USPS (page 14)
- ☐ Change your address with government agencies, banks, insurance, etc. (page 15)
- ☐ Find healthcare coverage (page 17)
- ☐ Other medical considerations (page 19)
- ☐ Get connected with services (page 21)

# BEFORE YOUR MOVE

## Learn about New Mexico



New Mexico is known as the Land of Enchantment for a reason!

**Albuquerque** is the largest city in the state with a metro area of nearly 1 million people. It is located in the center of the state and is home to the annual International Balloon Fiesta, the University of New Mexico (UNM), a vibrant downtown and cultural centers, and lots of museums and restaurants. Learn more about the city at [visitalbuquerque.org](https://visitalbuquerque.org) or by checking out the [Albuquerque Journal](#).

**Las Cruces**, on the southern end of the state, is the economic and geographic center of the Mesilla Valley and the home of New Mexico State University (NMSU), New Mexico's land-grant university. The city is also near the Organ Mountains and White Sands National Park. Learn more about Las Cruces at [visitlascruces.com](https://visitlascruces.com).

**Santa Fe** is the capital of New Mexico and is located about an hour's drive north of Albuquerque. At nearly 7,000 feet of elevation, it is also the US state capital located at the highest altitude! Santa Fe is known for its historic city center and thriving art scene. Learn more about Santa Fe at [santafe.org](https://santafe.org).

New Mexico is home to 23 federally recognized tribes, including nineteen Pueblos (Pueblos of Acoma, Cochiti, Isleta, Jemez, Laguna, Nambe, Ohkay Owingeh, Picuris, Pojoaque, Sandia, San Felipe, San Ildefonso, Santa Ana, Santa Clara, Santo Domingo, Taos, Tesuque, Zuni and Zia), the Navajo Nation, and three Apache tribes (the Fort Sill Apache Tribe, the Jicarilla Apache Nation and the Mescalero Apache Tribe).

There is also amazing natural beauty and cultural resources in New Mexico. Learn more about the resources managed by the National Park Service [on their website](#).

To learn more about the different regions in New Mexico, learn more about cities and urban areas of New Mexico, and to check out some of the amazing natural and cultural resources, check out the state tourism website ([newmexico.org](https://newmexico.org)).



## Learn About New Mexico Legal Protections



One of the things that makes New Mexico a great state to live in is the number of protections for LGBTQ+ rights, gender equality, and reproductive justice.

These protections are hardwired into New Mexico's legal framework. The New Mexico Human Rights Act, passed in 1969, protects people from discrimination in employment, housing, and public accommodations based on race, color, national origin, ancestry, religion, sex, age, physical or mental ability, serious medical conditions, sexual orientation, or gender identity ([Section 28-1-2 NMSA 1978](#)). The New Mexico Constitution's Equal Protection clause, added in 1973, provides more extensive protections than the Federal Equal Protection Clause, including protections against sex discrimination ([New Mexico Constitution, Section 18](#)).

What other protections exist here?

- If federal protections for **marriage equality**, were removed, those in New Mexico would stay in place.
- **Conversion therapy** is prohibited in New Mexico.
- Same-sex couples have the same rights to **adopt and foster children** as straight couples.
- People **can update their name and gender marker** on their driver's license and birth certificate.
- **Gender-affirming healthcare** is legally protected in New Mexico and insurance companies cannot exclude gender-affirming healthcare.
- **Reproductive health:** New Mexico does not have abortion restrictions found in other states and people in New Mexico have the right to make confidential decisions about their reproductive health.

To learn more, and to see how New Mexico compares to other states, check out [New Mexico's Equity Profile](#) on the Movement Advancement Project website or [Know Your LGBTQ+ Rights](#) from ACLU of New Mexico. If you have a specific legal issue that you would like to talk to someone about, call toll free or text New Mexico Legal Aid's LGBTQ helpline: **1-877-545-7270** or email: [Safe2BU@nmlegalaid.org](mailto:Safe2BU@nmlegalaid.org).

## Calculate your Moving Costs



Moving can be expensive. To help you prepare for your move, here are some things to consider:

|  |  |          |
|--|--|----------|
| <b>Moving your things</b>                  | Will you hire a moving company to move your things? Rent a truck and move them yourself? Will you need to store your things on either end?   | \$ _____ |
| <b>+ Moving yourself</b> (and your family) | Are you going to drive to your new home? Fly? Take the train? Take another form of transportation? How much will that cost? Will you need to stay anywhere on your trip?                     | \$ _____ |
| <b>+ While you're settling in</b>          | Will you have housing right away or will you need to find a place to stay until then? What living costs will you need to cover? For how long?  | \$ _____ |
| <b>+ Move-in expenses</b>                  | Once you find housing, there are often move-in expenses like a security deposit, first month's rent, a first mortgage payment, renter's or homeowner's insurance, utility hook-up fees, etc. | \$ _____ |
| <b>+ Other costs</b>                       | What other costs do you need to consider?  | \$ _____ |
| <b>= Total:</b>                            |  | \$ _____ |

Note: Please don't let these costs scare you. The Human Rights Campaign has [put together a list](#) of organizations that help queer and trans folks leave places they may be unsafe. These organizations may be able to assist in relocating to New Mexico. Included in this guide, you will also find a list of organizations that may be able to assist you with your basic needs once you arrive in New Mexico.

## Make sure you have the documents that you'll need



Having copies of documents will be required for applying for new State IDs, Driver's Licenses, and other government documents. For more information about replacing documents, you can visit NMLA [here](#)<sup>1</sup>.

### **Proof of address/residency**

You can contact your local utility (water, gas, electric, etc.) company to get a copy of recent bills, which can serve as proof of your current address.

### **Birth Certificates**

Contact the state you were born in's Vital Records Office. You can apply for replacement birth certificates online or by mail. Generally, you pay a fee to have a birth certificate replaced.

### **Copies of Insurance Policies**

To obtain copies of insurance policies, you should contact your insurance agent or the insurance company directly.

### **Driver's Licenses and IDs**

First, you must notify your local police department that your license was lost or stolen. Call the non-emergency line and obtain a copy of the police report. Next, visit your local Motor Vehicle Division (MVD) field office and bring the police report, a signed written statement saying that you want MVD to issue you a new license because your old one was lost or stolen, and the replacement fee (\$18 for a four-year license or \$34 for an eight-year license). Drivers who are 79 years old or older are not charged a replacement fee.

### **Social Security Cards**

You can apply for a replacement card online or in person at a local Social Security office. For support, you can call 1-800-772-1213 between 8:00 a.m. and 7:00 p.m. and tell the representative you want to request a replacement Social Security card.

### **Permanent Resident Cards (Green Cards)**

The U.S. Citizen and Immigration Services (USCIS) can replace your Green Card. For assistance, call USCIS customer service at 1-(800) 375-5283.

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<sup>1</sup> <https://newmexicolegalaid.org/disaster-legal-services/replacing-lost-documents/>

# ONCE YOU'RE HERE

## Find housing

Welcome, you made it! Like most areas, you can search online or contact a local real estate agent for available homes to rent or buy.

Additional support for housing can be found here:

- Albuquerque Homeless Helpline: phone (505)-768-4357 or Text (505)-600-2835
- Albuquerque Housing Authority (505)-764-3920
- Bernalillo County Housing Dept. (505)-314-0400
- Crossroads for Women, 239 Elm St NE (505)-242-1010 \*Walk-In Avail.
- Oxford Houses – (Sober living for men/women/ young child (575) 224-9711, email: <https://sharenm.org/oxford-houses-of-new-mexico/oxford-house-of-new-mexico>
- Vizionz-Sankofa, (505)-832-7141 eviction prevention, and relocation services.

### **Rent & utility assistance** (call 311 for the city to get a listing)

- Alamosa Center-(Diapers) 6900 Gonzales SW (505)-836-8800
- East Central Center- (clothing/diapers) 7525 Zuni SE (505)-767-5700
- John Marshall Center-(clothing/diapers) 1500 Walter SE (505)-848-1345
- Los Griegos Center- (Diapers) 1231 Candelaria NW (505)-761-4050
- Red Cross
- United Way-(505) 505-247-3671

### **Emergency Overnight Shelters**

- AOC Men's Shelter/Heading Home (505)-344-4340 --(no walk-ins) 715 Candelaria NE
- Barrett House (24/7-Women & Children Only) (505)-246-9244
- Good Shepherd Center (men only), (505)-243-2527, 218 Iron SW
- HopeWorks, 1201 3rd St. NW (505)-242-4399
- Westside Emergency Housing Center (Shelter)/Heading Home: for Adult Men & Women (no families) 24/7 (3 meals/day) & drops off daily in ABQ Pickups for individual adults: NE corner of Indian School Rd & 1st St. NW (3, 4, 5, 6, 7 pm 7 days/week)

### **Youth Shelters**

- Casa Q (24/7 for LGBTQ+ youth ages 14-17) (505)-872-2099
- NM Dream Center (The Harbour) (505) 900-3833, 126 General Chennault St. NE
- New Day Shelter, ages 11–17 (24 hours 7 days/wk) 938-1060
- Amistad Shelter, ages 12–17 (24 hours 7 days/wk) 877-0371

## Apply for a Driver's License or ID



Once you've arrived, you'll have to apply for a Driver's License or a state ID. The New Mexico Motor Vehicle Division (MVD) has information on how to do this. On the [MVD website](https://www.mvd.newmexico.gov/nm-drivers-licenses-ids/)<sup>2</sup>, you can find an application for a New Mexico license or ID card.

### State IDs:

To obtain a state ID, you must go in-person to an MVD office to present the necessary documents. You can apply for a REAL ID card or a "non-compliant standard ID card." For the REAL ID, you will need to show:

- One (1) proof of identification number
- One (1) proof of identity
- Two (2) proofs of New Mexico residency

For the standard ID card, you will need to show:

- One (1) proof of identity and age
- Two (2) proofs of New Mexico residency

**NOTE: If you cannot provide proof of lawful status as a U.S. resident, you can only apply for a Standard ID card.**

### Drivers' Licenses

Once you have established residency in New Mexico, you are required to give up your license from any other state and apply for a New Mexico license.

Like the state ID, you must go in-person to an MVD office to get a driver's license.

You can apply for a REAL ID driver's license or a standard driver's license. For the REAL ID, you will need to show:

- One (1) proof of identification number
- One (1) proof of identity
- Two (2) proofs of New Mexico residency

For a standard driver's license, you will need to show:

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<sup>2</sup> <https://www.mvd.newmexico.gov/nm-drivers-licenses-ids/>

- One (1) proof of identity and age
- Two (2) proofs of New Mexico residency

You will also have to undergo a DWI (Driving While Intoxicated/Impaired) records check – state law requires this check for all drivers moving to New Mexico from out of state.

A four-year license costs \$18.00, and an eight-year license costs \$34.00. The DWI records check costs \$15.00.

**NOTE: If you cannot provide proof of lawful status as a U.S. resident, you can only apply for a standard driver's license.**

## Examples of Documents

You'll have to present several documents at the MVD field office. Generally, document requirements are stricter for REAL ID applications. The acceptable REAL ID document list can be found [here](#).<sup>3</sup>

Generally, you will have to present an original or a certified copy of these documents.

Proofs of Identity and Age – the full list can be found [here](#)<sup>4</sup>

- Birth certificate
- Letter of Enrollment by a federally recognized Indian nation, tribe, or pueblo
- Valid Identification card issued by a federally recognized Indian nation, tribe, or pueblo
- Affidavit of Indian Birth
- State issued driver's license
- State government-issued photo ID card
- U.S. active duty/retiree/reservist military ID card (DOD ID DD-2)
- N560 Certificate of Citizenship (if verified in SAVE)
- N550 Certificate of Naturalization (if verified in SAVE)
- Valid Permanent Resident card issued by the U.S. government (if verified in SAVE)
- Valid I-551 resident alien card, issued since 1997 (if verified in SAVE)
- Individual Tax Identification Number (ITIN)
- Court order for name change, gender change, adoption or divorce (as long as it includes the legal name, date of birth, and court seal)
- Passport or Passport card from the US (if verified through SAVE)

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<sup>3</sup> <https://www.mvd.newmexico.gov/wp-content/uploads/2020/12/REALID-acceptable-docs-2.pdf>

<sup>4</sup> <https://realfile.tax.newmexico.gov/RevisedStandardacceptabledocs3.10.23.pdf>

Proofs of New Mexico residency the full list can be found [here](#)<sup>5</sup>

- Current real property rental or purchase agreement
- Utility bill (does not include cell phone bills) dated within last 60 days
- Bank or credit card statement dated within last 60 days
- Employment pay stub containing applicant's name and address dated within last 60 days
- Documentation from an education institution such as a transcript, report card or enrollment confirmation.

**NOTE: If your name is different from what is listed on your proof of identity, you will also need to show a clear trail of name changes. This could be an original or certified copy of a:**

- Marriage Certificate
- Divorce Decree
- Adoption Record
- Court Order for name change

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<sup>5</sup> <https://realfile.tax.newmexico.gov/RevisedStandardacceptabledocs3.10.23.pdf>

## Do You Need to File a Name Change or Update a Gender Marker?

If you need to file a name change or update a gender marker on your official documents, you can do so once you arrive in New Mexico. The Transgender Resource Center of New Mexico has a comprehensive name change guide and forms you can use [on their website](#) but here are some agencies/documents you may wish to update with your chosen name and your correct gender marker.

1. Social Security Administration
2. New Mexico DMV
3. U.S. Passport
4. Selective service Registration
5. Birth Certificate

In order to change many of these documents, you will need a certified copy of your Order for Change of Name from the court.

In order to obtain a legal name change in New Mexico, you must submit a request, called a petition, to the court.

The requirements for name change are as follows:

1. File in the District Court's nearest location to your residence
2. You must have lived within the State of New Mexico and the County in which you will be filing your application in for at least six (6) months
3. You must be 14 years of age or older
4. You must have proper and reasonable cause for the requested change of name. Note that "proper and reasonable cause" can be just because you go by a different name than the one you were given.
5. You must not be changing your name to avoid debts or to defraud creditors or anyone else

For applicants under 14 years of age, the Transgender Resource Center has a link to a guide [here](#). This page also has more comprehensive information about obtaining a name change at any age and updating your documents.



## Register your Vehicle in the State

Once you move, you'll also need to register your vehicle in state. On the MVD website, you can find instructions for how to [register a vehicle](#).<sup>6</sup>

If you have no prior New Mexico vehicle title or registration for your vehicle, you are eligible to register in New Mexico.

You will have to go to an MVD office to complete your application, but completing the registration application form online will save you time at the MVD office.

When you come to the office, you must bring:

- Original Primary Document for Proof of Ownership
- The original Manufacturer's Certificate of Origin (MCO)
- The original or certified copy of the Purchase Agreement or Dealer's Invoice
- If your vehicle is financed, you must request the original title from the lienholder
- Odometer Statement – you can show either:
  - Odometer mileage statement on the back of the MCO
  - Odometer Mileage Statement
  - Application for Title and Registration
- Proof of insurance
  - Current auto insurance card
  - Copy of current auto insurance policy
  - A letter from your auto insurance company (on company letterhead) verifying auto insurance coverage.
- Two (2) proofs of New Mexico Residency
- Proof of identity
- If you are a resident of Bernalillo County, you must also show a valid emissions check
- If you are moving to New Mexico from out of state, you are also required to show a VIN Inspection (you should check your MVD office location to make sure this is possible to be completed at that office)

Registration fees for passenger vehicles range from \$27.00 to \$62.00 for a one-year registration or \$54.00 to \$124.00 for a two-year registration. More information on registering trucks, trailers, and used vehicles is available at the [MVD website](#).

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<sup>6</sup> <https://www.mvd.newmexico.gov/vehicles/vehicle-registration/register-your-vehicle/>

## Register to Vote (and Learn about your Local Elected Officials)



You should update your voter registration or register to vote upon moving to a new state. You can do this by visiting [vote.gov](https://vote.gov)<sup>7</sup> online!

You can usually change your registration address:

- Online
- By mail
- By phone
- In person at your local election office

You can find out who your local elected officials are on [the Secretary of State's website](#).

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<sup>7</sup> <https://vote.gov/>

# File a Change of Address and Mail Forwarding with USPS



## Filing for a Change of Address

By law, a vehicle owner/licensed driver who moves to a new address must notify the MVD of the new address within 10 days of moving.

The [Change of Address form](#)<sup>8</sup> on the [MVD website](#)<sup>9</sup> can be used to update your address.

## Mail Forwarding

Changing your address with the U.S. Postal Service (USPS) only affects your mail forwarding. You must still update government agencies (like for your benefits, driver's license, and voter registration) and companies (banks, insurance) of your change of address.

You can change your address online through the [USPS Change of Address website](#). Through the online option, you will have to verify your identity – if you are unable to do so online, USPS will send an email with instructions to go to a Post Office near you to change your address.

You should ideally complete this process 2 weeks before you move so you don't miss any mail.

More information can be found on the [USPS website](#).<sup>10</sup>

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<sup>8</sup> <https://www.mvd.newmexico.gov/wp-content/uploads/2020/12/mvd10284.pdf>

<sup>9</sup> <https://www.mvd.newmexico.gov/nm-drivers-licenses-ids/change-your-address/>

<sup>10</sup> <https://www.usps.com/manage/forward.htm>

## Change your Address with Government Agencies, Banks, Insurance, etc.

You'll also have to change your address on record with other major companies. These might include:

### 1. The IRS

For the IRS, you can update your address by completing and submitting form 8822, which you can find [here](#)<sup>11</sup>.

After you complete the form, instructions on the form will tell you what mailing address to return it to.

### 2. Bank

### 3. Credit card companies

### 4. Financial institutions

### 5. Tax preparation services

Often, these services have options to file an address change on their website, but you can also call the customer service number for information on how to change your address.

### 6. Social Security/Benefits

- a. Retirement
- b. Disability
- c. Medicare
- d. Survivor Benefits
- e. Supplemental Security Income

In order to receive social security payments, you'll have to update your address as soon as possible when you move. You can update your address online through the Social Security Administration's online form. You can only change your address if you are already receiving benefits – you can find more information about how to change your address [here](#)<sup>12</sup>.

**Note: Even if you receive your benefits through direct deposit, Social Security Administration will stop your payments if they cannot contact you by mail, so it's very important that you update your address as soon as possible to keep receiving benefits uninterrupted.**

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<sup>11</sup> <https://www.irs.gov/pub/irs-pdf/f8822.pdf>

<sup>12</sup> [https://www.ssa.gov/personal-record/update-contact-information?gad\\_source=1&gclid=Cj0KCQiA0--6BhCBARIsADYqyL-DLGtqwOXn53Aet3TB0DOJIUk\\_gYqE6lqwss8tL3QaPkeyv\\_gwt8QaAj10EALw\\_wcB](https://www.ssa.gov/personal-record/update-contact-information?gad_source=1&gclid=Cj0KCQiA0--6BhCBARIsADYqyL-DLGtqwOXn53Aet3TB0DOJIUk_gYqE6lqwss8tL3QaPkeyv_gwt8QaAj10EALw_wcB)

## 7. Utilities

- a. Water
- b. Electricity
- c. Gas
- d. Sewage

If your utility provider operates in multiple states, you might be able to transfer over your services and change your address.

However, when you're moving states, it is likely that you'll need to cancel those utility services and start a new account with a new provider.

## 8. Insurance

- a. Car Insurance
- b. Health, dental, and life insurance
- c. Homeowners or renter's insurance

Any insurance you might have will need your updated address. When you move to a new state, you will often need to change your insurance coverage.

You can call these insurance companies or go online to your account to change details.

More information on finding health insurance coverage is in the next section in the guide.

## 9. Cable and internet

You'll most likely have to contact your internet and/or cable providers to have your cable/internet services set up at your new address. This might require a technician to come set up these services.

## 10. Subscription services

If you are subscribed to any streaming services (like Netflix or Hulu), print subscriptions (like newspapers), or delivery services (like Amazon Prime), you'll have to change your address to keep your deliveries and bills arriving at the right address.

Your account should be able to be accessed online and so you can most likely change your address via the subscription website, but you can call customer service to change your address or ask for more information on how to do so.

## Find Healthcare Coverage

In New Mexico, you have several options for health insurance:

- New Mexico's Medicaid Program
- BeWell, New Mexico's Health Insurance Marketplace
- New Mexico Medical Insurance Pool

Determining which option you're eligible for is difficult, but the New Mexico Medicaid Portal has a guide [here](#) to help you determine eligibility<sup>13</sup>.

### Medicaid

Medicaid provides health insurance to low-income Americans. It covers pregnant women, children, families, people with disabilities, people who are elderly and need long term care, people who are in mental health crisis, and more.

Qualification depends on income and family size.

#### Eligibility:

- Lawful Permanent residents (LPRs/Green Card holders): eligible after 5 years of qualified status
- Lawfully residing pregnant women or children: eligible immediately
- International Students with an F1 visa: eligible immediately
- Refugees and asylum seekers: eligible immediately
- Deferred Action for Childhood Arrival (DACA) recipients: not eligible
- Undocumented immigrants: not eligible for Medicaid coverage – they are eligible only for medical emergency services

CHIP: If you're a "qualified non-citizen," you're generally eligible for coverage through Medicaid and the Children's Health Insurance Program (CHIP), if you meet state income and residency rules.

For more information and to apply for Medicaid coverage, you can visit the YES New Mexico website [here](#)<sup>14</sup>.

### BeWell

If you do not qualify for Medicaid, you may qualify for low-cost or no-cost private insurance through

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<sup>13</sup> [https://nmmedicaid.portal.conduent.com/static/PDFs/HIX%20Got%20You%20Covered%20Flyer%20w\\_FPL.pdf](https://nmmedicaid.portal.conduent.com/static/PDFs/HIX%20Got%20You%20Covered%20Flyer%20w_FPL.pdf)

<sup>14</sup> [https://yes.nm.gov/nmhr/s/?language=en\\_US](https://yes.nm.gov/nmhr/s/?language=en_US)

beWellnm.

BeWellNM has an eligibility estimator [here](#)<sup>15</sup>. The estimator helps determine your eligibility when you submit your zip code, county, number of family members, ages of family members, disability status, pregnancy status, whether you are part of a Native American/American Indian tribe, and incarceration status.

In order to be eligible for BeWellNM, you must:

- Be a New Mexico resident
- Have no access to employer-sponsored coverage, Medicaid or Medicare.
- Be lawfully present (lawfully residing) with a valid Social Security number, F1 Visa or other immigration documentation

**Eligibility – for more information, you can visit the BeWellNM website [here](#)**<sup>16</sup>:

- Lawful Permanent residents (LPRs/Green Card holders): [eligible](#)
- Lawfully residing pregnant women or children: [eligible](#)
- International Students with an F1 visa: [eligible](#)
- Refugees and asylum seekers are [eligible](#)
- Deferred Action for Childhood Arrival (DACA) recipients: [eligible](#)
- Undocumented immigrants: [not eligible](#)

For more information on BeWellNM, you can visit the BeWellNM website [here](#)<sup>17</sup>.

## New Mexico Medical Insurance Pool

If you don't qualify for Medicaid or special enrollment through BeWellNM, you can get coverage through the New Mexico Medical Insurance Pool (NMMIP). NMMIP provides health insurance coverage to New Mexico residents who are denied health insurance and considered uninsurable.

You can find an eligibility calculator on the NMMIP website. For more information on NMMIP, you can visit the NMMIP website [here](#)<sup>18</sup>.

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<sup>15</sup> <https://getcovered.bewellnm.com/individual/prescreenNav/beginNewApp>

<sup>16</sup> <https://bewellnm.com/how-to/noncitizen-health-insurance/>

<sup>17</sup> <http://bewellnm.com/>

<sup>18</sup> <https://nmmip.org/>

## Other Medical Considerations



### Transgender Exclusions

There is a possibility of blanket exclusions for “gender reassignment surgery,” “sex change,” “sex transformation” etc. on insurance policies. Only 3% of plans sold on the New Mexico health insurance Marketplace have these kinds of blanket exclusions.

Out2Enroll has a consumer guide on their [website](#)<sup>19</sup> that can help New Mexico residents navigate finding an insurance plan.

If you get your health insurance from an employer’s healthcare plan, you can ask Human Resources if the insurance plan has a transgender exclusion. It might be best to email the HR department to have a response in writing.

### Your Healthcare Rights: Gender-Affirming Care

The New Mexico ACLU has a guide to common questions about your healthcare rights that you can find [here](#)<sup>20</sup>.

Gender-affirming care is legal in New Mexico – this means that your right to psychological, behavioral, surgical, pharmaceutical, and medical care, services and supplies provided to support an individual's gender identity.

### Your Healthcare Rights: Citizenship Status

You do not need to tell a healthcare provider if you are undocumented or say that you do not have a Social Security Number.

If you go to a provider and they ask for insurance, you may tell the staff that you do not qualify for insurance or ask about self-pay options for patients.

### HRT and PReP

For HRT and PReP coverage, you can check gender-affirming care under Medicaid or another insurance plan.

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<sup>19</sup> <https://www.out2enroll.org/consumer-resources/new-mexico>

<sup>20</sup> <https://www.aclu-nm.org/en/know-your-rights/gender-affirming-health-care-new-mexico>



## Finding a Provider

The Transgender Resource Center of New Mexico (TGRCNM) has a directory for finding providers who have experience working with transgender, nonbinary, and gender nonconforming clients; you can find the directory [here](https://tgrcnm.org/providers)<sup>21</sup>.

## Medical/Mental Health/Recovery Organizations

- Brightspacesnm.org
- First Choice (505)-768-5450
- First Nations Community (505)- 262-2481 5608 Zuni Road SE
- Nizhoni Counseling (505)-322-6837
- Sage Neuroscience Center (505)-884-1114 Behavioral health and Integrated care.
- Southwest C.A.R.E. Center 4710 Jefferson NE, Suite A Albuquerque, NM 87109 (505)-780-4040 [www.SouthwestCare.org](http://www.SouthwestCare.org)
- Turquoise Lodge (inpatient and outpatient treatment) 841-8978
- University of New Mexico Hospital UNMH (505)-272-2111 Turquoise Care Medicaid Programs: (Assistance with resources/case management).
- Blue Cross Blue Shield 1-866-236-1702
- Molina Healthcare 1-844-862-454
- Presbyterian 1-800-356-2219
- United Healthcare 1-877-236-0826

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<sup>21</sup> <https://tgrcnm.org/providers>

# GET CONNECTED WITH SERVICES

Moving and starting over in a new place is hard, but there are a lot of people and organizations here that can help make that transition a little easier.

## Approaching conversations about asking for help:

- Begin in a cozy environment: Select a quiet, secure area to talk about your needs.
- Clearly communicate what you are asking for, can write it down using “I” statements to help gather your thoughts.
- Establish boundaries: Clearly indicate what you are comfortable revealing, if you are not yet ready to reveal personal information.
- Take your time: Recognize that it may take some time for other people to comprehend the information you provide and adjust to using the appropriate pronouns.

## Organizations:

- Bold Futures (505) 832-8930 <https://www.boldfuturesnm.org/>
- CASA Q (505)-872-2099
- Equality New Mexico (EQNM) 505-363-0152 <https://www.eqnm.org/>
- M Power 505-610-9358
- PFLAG Albuquerque (505) 505-873-7373 <https://www.pflagabq.org/>
- Strong Families NM / Forward Together <https://forwardtogether.org/programs/state-national-action/strongfamiliesnm/>
- The Older Rainbow Community of Albuquerque (ORCA) P.O. Box 20421 Albuquerque, NM 87154 [www.orcaabq.org](http://www.orcaabq.org)
- Trans Lifeline 1-877-565-8860
- Transgender Resource Center of New Mexico (TGRC) (505)-200-9086 [tgrnm.org/request-support-inquiry](http://tgrnm.org/request-support-inquiry)
- Trevor Lifeline 1-866-488-7386. Text START to 678-678. Chat / Reach A Counselor

## Church and Religious Organizations

- First Unitarian Albuquerque 3701 Carlisle Blvd. NE. Albuquerque, NM 87110 505-884-1801 [www.UUABQ.com](http://www.UUABQ.com)
- Metropolitan Community Church of Albuquerque 1103 Texas St. NE. Albuquerque, NM 87110 505-268-5252 [www.MCCABQ.com](http://www.MCCABQ.com)
- Rising Sun Christian Community 11515 Lomas Blvd. NE Albuquerque, NM 87112 505-605-2030 [www.RSCCABQ.com](http://www.RSCCABQ.com)
- St. Paul Lutheran Church 1100 Indian School Rd. NE. Albuquerque, NM 87012 505-242-5942 [www.StPaulABQ.org](http://www.StPaulABQ.org)
- St. Michael & All Angels Church 601 Montaño Rd NW, Albuquerque, NM 87107 505 345-8147 [www.stmichaelsabq.org](http://www.stmichaelsabq.org)

- First Congregational United Church of Christ 2801 Lomas Boulevard Northeast, Albuquerque, NM, 87106 505-265-5749 [www.firstuccabq.org](http://www.firstuccabq.org)
- Albuquerque Mennonite 1300 Girard Blvd NE, Albuquerque, NM 87106 505-254-1824 [www.abqmennonite.net](http://www.abqmennonite.net)
- Church of the Good Shepherd 7834 Tennyson St NE, Albuquerque, NM 87122 505-856-1004 [www.ucccogs.org](http://www.ucccogs.org)
- St. Timothy's Lutheran Church 211 Jefferson St NE, Albuquerque, NM 87108 505-255-8001 [www.sainttimothyslutheranchurch.wordpress.com](http://www.sainttimothyslutheranchurch.wordpress.com)

## Legal Assistance

- NM Legal Aid 1-833-LGL-HELP (1-833-545-4357)
- Public Defender, 505 Marquette NW (Compass Bank) (505)-505-369-3600
- Metro Court (505)-841-8151
- Outreach Court (505)-841-8142
- Pegasus Legal Services for Children (505)-244-1101 [Pegasuslaw.org](http://Pegasuslaw.org)

## Youth and Family Services

- ABQ Adult Learning Center (families) ([abqalc.org](http://abqalc.org)) (505)-907-9957
- All Faiths Children's Advocacy Ctr (505)-271-0329
- AMI Kids--Bernalillo County Family Services (505)-220-1258
- APS Title I program for homeless children and pregnant women, families living in a vehicle (505)-256-8239
- Asian Family Center (505)-717-2877
- Cuidando Los Niños (505)-843-6899
- Families ASAP (505)-255-4630
- Family Promise (505)-268-0331
- La Plazita Institute, (505)-508-1802 (Traditional & Cultural Healing Services and Garden)
- Locker #505 (Clothing for K to 12th) , (505)-294-1647
- Native American Professional Parent Resource (NAPPR) (505)-345-6289
- NM Early Childhood Education & Care Department 1-800-691-9067
- Open Skies Healthcare, 707 Broadway NE, (505) 401 342-5454
- Parents Reaching Out (PRO) (505)-247-0192 Support for parents of children w/disabilities or special medical needs.
- PB&J Family Services (505)-877-7060
- Pegasus Legal Services for Children (505) 244-1101 [Pegasuslaw.org](http://Pegasuslaw.org)
- The Grief Center (Children's Grief Center) (505)-323-0478
- Transgender Resource Center of New Mexico (TGRC) (505)-200-9086 [tgrnm.org/request-support-inquiry](http://tgrnm.org/request-support-inquiry)
- Western Heights Learning Center (505)-247-2079
- Women, Infants and Children (WIC) (Prenatal care and Nutritious food) 1-866-867-3124
- YDI ([ydinm.org](http://ydinm.org)) (505)-352-3444

## Food Assistance

- Roadrunner Food Bank (505)-349-5340
- City of ABQ Dept. of Senior Affairs (505)-764-6400
- Silver Horizons (50+) (505)-884-3881
- Meals on Wheels (505)-823-8060
- Rio Grande Food Project 600 Coors SW W/F/Sat 9-11 (505)-831-3778
- Storehouse, 106 Broadway SE (Wed/Fri/Sat 9-12) (505)-842-6491
- The Rock at Noon Day (boxes), 2400 2nd St. NW (505)-246-8001
- Transgender Resource Center of New Mexico (TGRC) (505)-200-9086 [tgrnm.org/request-support-inquiry](http://tgrnm.org/request-support-inquiry)

## Survivors of Violence

- Casa Forteleza (Sexual Violence) (bilingual Spanish) (505)-910-4031 2340 Alamo SE #124 (M-F 8:30am - 5pm)
- CVRC of NM 1-800-306-6262
- Domestic Violence Resource Center-Can call 24/7, Walk-Ins 8am-5 pm. (505)-248-3165
- Emergency trafficking hotline– (NM Dream Ctr.) (505)-504-1301
- Enlace Comunitario (DV-Espanol) (505)-246-8972
- Family Advocacy Center M-F 8am-5pm, 625 Silver SW (2nd floor) (505)-243-2333
- Life Link trafficking hotline: (505-438-3733) victims of trafficking
- National DV phone no. (24 hours) 800-799-7233
- Rape Crisis Center (2 offices: walk-ins M-F 8am-5pm): 625 Silver SW (2nd floor) and 9741 Candelaria Rd NE (near Eubank) (505)- 266-7711
- Rape Crisis Center's 24/7 hotline (505)-266-7711
- StrongHearts Native Helpline (24/7) for Native women impacted by DV, dating and sexual violence 1-844-762-8483 Domestic Violence \*All Open 24hrs.
- Esperanza (Santa Fe) (505) 505-473-5220
- Haven House (in Rio Rancho) 896-4869
- Safe House (in Albuquerque) 247-4219
- Valencia Shelter for DV (in Valencia County) 864-1383

## Crisis Hotlines/Helplines

- 988 Suicide and Crisis Lifeline- Call or Text "TALK" to 988
- ABQ Dept. of Senior Affairs info line-764-6400
- Adult Abuse/Neglect Hotline-866-654-3219
- Aging & Disability Resource Center-800-432-2080
- Agora 24/7 Crisis Line-505-277-3013
- Chat at <http://suicidepreventionlifeline.org/chat>
- Child Abuse/Neglect Hotline (CYFD)-855-333-SAFE (7233)
- City of ABQ Dept. of Senior Affairs (age 60+) 764-6400
- \*Equality New Mexico (LGBTQ advocacy eqnm.org)-224-2766
- NMCAL Crisis Line 24/7 (Therapist avail) 855-662-7474
- NMCAL Warm Line (peer support)-855-466-7100 (Call 7:00 am-11:30 pm 7 days/week or text 3:30-11:30 pm)

- Poison Center/Medication Info.1 (800)-222-1222
- \*Trans Lifeline-877-565-8860
- \*Trevor Lifeline: 866-488-7386 or text START to 678-678
- Veterans Crisis Line- call 988 (ext. 1) or text 838255 (this is for veterans, military service members and relatives)

Note: Resources that have an asterisk (\*) are resources specifically for queer and trans people. Other providers listed are not known to be hostile to queer or trans people.