

Mental
Health
Resources
On Campus

AND HOW TO ACCESS THEM



UNNM



STUDENT HEALTH
& COUNSELING

WHAT SERVICES DOES THIS RESOURCE PROVIDE?

- Crisis Intervention
- Individual Psychotherapy
- Treatment Groups
- Psychological Testing
- Psychiatry/Medication
- Support/Peer Support
- Mental Health Workshops

WHO CAN USE THIS RESOURCE?

Counseling Services are available to UNM main campus students (4 credit hours or over) or those who choose to pay the fee

DOES THIS RESOURCE CHARGE MONEY?

Intake/triage visit-no cost, \$15 copay or less thereafter, Insurance Billing Including Medicaid

IS THERE A WAIT TIME?

Wait time varies

HOW DO I CONTACT THIS RESOURCE?

Call 505-277-3136 to schedule intake/triage if never seen in Counseling Services before. If seen in the past year you may call SHAC to reschedule or contact your provider via the Health Portal at shac.unm.edu (if student).



STUDENT HEALTH & COUNSELING

COUNSELING SERVICES

SHAC Counseling Services are available to all enrolled UNM Main Campus students to help them function successfully in their academic lives.

[HTTP://SHAC.UNM.EDU/](http://shac.unm.edu/)

WHAT SERVICES DOES THIS RESOURCE PROVIDE?

- Mental Health/Wellness Workshops (including QPR)
- Outreach and outreach requests
- Resources
- Activities
- Podcast

WHO CAN USE THIS RESOURCE?

Events and activities are directed towards students, presentations/workshops/other outreach are open to staff, faculty, and students

DOES THIS RESOURCE CHARGE MONEY?

No

IS THERE A WAIT TIME?

No

HOW DO I CONTACT THIS RESOURCE?

Call: 505-277-1074



STUDENT HEALTH & COUNSELING

HEALTH PROMOTION

The SHAC Health Promotion team provides resources, prevention programs, and services aimed at assisting all Lobos be the healthiest version of themselves.

[HTTP://SHAC.UNM.EDU/HEALTH-PROMOTION/INDEX.HTML](http://shac.unm.edu/health-promotion/index.html)

QPR

Question, Persuade, Refer

Three steps anyone can learn
to help prevent suicide.

FOR STUDENTS



Email tholland1@unm.edu for
more information



STUDENT HEALTH & COUNSELING

HEALTH PROMOTION

Lobo Balance

Benefits of Stress Management

Reduced Tension

Reduced Blood Pressure

Better Sleep

Improved Mood

Improved Mental Health





STUDENT HEALTH & COUNSELING

HEALTH PROMOTION



NEVER RIDE ALONE

APRIL 4, 2023
4:30-6PM
SUB-ACOMA

RICHARD LIMA WAS ORIGINALLY PLANNING ON RIDING HIS BIKE FROM MOORESVILLE, NC, TO ALBUQUERQUE, NM. WITH THE PASSING OF HIS BROTHER TO SUICIDE, RICHARD DECIDED THAT HE NEEDS TO COMMIT HIS RIDE TO HELP OTHERS. JOIN US IN SUPPORT OF THOSE WE'VE LOST AND LEARN THE SIGNS TO HELP THOSE THAT WE CAN HELP SAVE.



LIVES WILL BE SERVED.



#KEEPPEDALING



March 31, 2023
SUB Cafe Lobo: 7:00pm

Join the SUB and SHAC to unwind and destress.

Free food, music, and giveaways!

Enter our raffle too!

Art supplies provided.

STUDENT UNION BUILDING



STUDENT HEALTH & COUNSELING



STUDENT HEALTH & COUNSELING

WELLNESS CALENDAR

All events will take place inside SHAC Health Promotion on the Plaza Level, unless ***.

Mindful Monday

Every 1st and 3rd Monday of the month 12pm- 1pm

- 1/23 Setting an Intention
- 2/06 Practicing Gratitude
- 2/20 Aromatherapy
- 3/06 Pet Therapy
- 3/20 Making Tea
- 4/03 Laughter Yoga
- 4/17 Chalk Activity
- 5/01 Nature Walk***



Email tholland1@unm.edu for more information

WHAT SERVICES DOES THIS RESOURCE PROVIDE?

- Evidence-based interactive mental health modules on a wide variety of topics
- Mental health self-assessments
- Department-wide implementation availability
- Integration of TAO modules into courses that utilize Canvas

WHO CAN USE THIS RESOURCE?

UNM Students, Staff, and Faculty

DOES THIS RESOURCE CHARGE MONEY?

No, as long as you register with your unm.edu email

IS THERE A WAIT TIME?

No. 24/7/365 access

HOW DO I CONTACT THIS RESOURCE?

Click website link to register.

Email tholland1@unm.edu for questions



Therapy Assistance Online (TAO) is a suite of online tools designed to provide you with a tool kit of effective evidence-based mental health resources and interactive modules.

TAO can be utilized on an individual basis or integrated department wide.

[HTTPS://US.TAOCONNECT.ORG/REGISTER](https://us.taconnect.org/register)

WHAT SERVICES DOES THIS RESOURCE PROVIDE?

- Crisis intervention hotline
- Online emotional support (chat)
- Information and referrals
- Volunteer opportunities
- Community training workshops

WHO CAN USE THIS RESOURCE?

Anyone

DOES THIS RESOURCE CHARGE MONEY?

No

IS THERE A WAIT TIME?

Instant (depending on availability of volunteers)

HOW DO I CONTACT THIS RESOURCE?

Phone: 505-277-3013 (for help-line)

E-mail: agora@unm.edu



Agora is a volunteer-led, accredited, 24-hour help-line where trained crisis hotline specialists provide compassionate, non-judgmental help for anyone in need of emotional support. You do not need to be "in crisis" to call or chat with them.

"At Agora, we won't tell you how to solve your problem, but we'll help you figure out what options you might have. Our services include a help-line, online emotional support (chat), information and referrals, volunteer opportunities and community training workshops." WWW.AGORACARES.ORG

WHAT SERVICES DOES THIS RESOURCE PROVIDE?

- Curriculum, didactics, resources, and workshops to help build skills in time management, communication, quality improvement, sleep hygiene, financial wellness and personal resilience

WHO CAN USE THIS RESOURCE?

Medical students, residents and SOM faculty

DOES THIS RESOURCE CHARGE MONEY?

No

IS THERE A WAIT TIME?

Less than one week, often within 1-2 days

HOW DO I CONTACT THIS RESOURCE?

Email: opw@salud.unm.edu

Phone: 505-272-7979



**SCHOOL OF
MEDICINE**

**OFFICE OF PROFESSIONAL
WELLBEING**

The SOM Office of Professional Wellbeing provides initiatives for SOM faculty and learners that improve practice efficiency, enhance a culture of compassion, and promote personal resiliency.

[HTTPS://HSC.UNM.EDU/SCHOOL-OF-MEDICINE/EDUCATION/WELLNESS/INDEX.HTML](https://hsc.unm.edu/school-of-medicine/education/wellness/index.html)

WHAT SERVICES DOES THIS RESOURCE PROVIDE?

- Career Advisement
- Career Fairs
- Career Resource Lab
- Job/internship Listings
- On-Campus Recruiting
- Workshops

WHO CAN USE THIS RESOURCE?

Anyone

DOES THIS RESOURCE CHARGE MONEY?

Students, faculty, staff and alumni are free; small fee for career assessments. Community members must have a higher education degree from any institution; the fee would be \$20 per session with the 1st session free. Small fee for all for career assessments.

IS THERE A WAIT TIME?

Within 1 week

HOW DO I CONTACT THIS RESOURCE?

Email: onlinecareerservices@unm.edu

Phone: 505-277-2531



The primary purpose of the Career Services Center is to assist students, faculty, staff and alumni in developing, evaluating, and/or implementing career, education, and employment decisions. From picking a major, to creating a resume, to applying for jobs.

[HTTPS://CAREER.UNM.EDU/INDEX.HTML](https://career.unm.edu/index.html)

WHAT SERVICES DOES THIS RESOURCE PROVIDE?

- Substance abuse prevention programs, outreach, resources, and information

WHO CAN USE THIS RESOURCE?

Anyone

DOES THIS RESOURCE CHARGE MONEY?

No

IS THERE A WAIT TIME?

Typically within 24 hours

HOW DO I CONTACT THIS RESOURCE?

Email: cosap@unm.edu

Office Tel: 505-277-2795



The Campus Office of Substance and Alcohol Prevention (COSAP) provides programs, outreach, and information to inform UNM students, faculty, and staff about the negative consequences of alcohol and other drugs, promote safe and moderate behaviors, and contest positive perceptions of AOD (alcohol and other drug) abuse.

[HTTP://COSAP.UNM.EDU](http://cosap.unm.edu)

WHAT SERVICES DOES THIS RESOURCE PROVIDE?

- A community of students in recovery from addiction
- Recovery-supportive programming
- A dedicated space
- Committed staff

WHO CAN USE THIS RESOURCE?

UNM Students

DOES THIS RESOURCE CHARGE MONEY?

No

IS THERE A WAIT TIME?

The CRC is open for drop-in hours and recovery meetings daily and no contact needs to be made with staff prior to attending. Participants can meet with staff on the day they choose to attend or schedule a meeting.

HOW DO I CONTACT THIS RESOURCE?

Email recovery@unm.edu, call 505-277-0560, or attend drop-in hours/meetings at the center (check website for schedule)



COLLEGIATE
RECOVERY
CENTER

The Collegiate Recovery Center is a dedicated resource center that provides programs and services for students in recovery from all addictions, at any point on their journey.

*****Currently on hold, due to staffing.**

[HTTPS://RECOVERY.UNM.EDU/INDEX.HTML](https://recovery.unm.edu/index.html)

WHAT SERVICES DOES THIS RESOURCE PROVIDE?

- Trauma-responsive counseling care
- Crisis intervention
- Support groups
- Referral resources

WHO CAN USE THIS RESOURCE?

UNM Faculty, Staff, and Students

DOES THIS RESOURCE CHARGE MONEY?

No

IS THERE A WAIT TIME?

Waiting time varies.

HOW DO I CONTACT THIS RESOURCE?

E-mail: wrcounseling@unm.edu

Call: (505) 277-3716

UNM WRC Counseling Program

Main Campus- UNM Women's Resource Center
North Campus- Vassar House Advocacy Center

The Women's Resource Center offers free in-person and remote (tele-health) mental health care.

[HTTPS://WOMEN.UNM.EDU/SERVICES/SERVICES.HTML](https://women.unm.edu/services/services.html)

WHAT SERVICES DOES THIS RESOURCE PROVIDE?

- Free, confidential counseling to individuals, couples, and families (specialties in: Life Transitions, Adjusting to Changes, Relationship Issues, Stress Management, Family Conflict, Anxiety & Depression, Dealing With Loss, Anger Management)

WHO CAN USE THIS RESOURCE?

Anyone

DOES THIS RESOURCE CHARGE MONEY?

No

IS THERE A WAIT TIME?

Waiting time varies

HOW DO I CONTACT THIS RESOURCE?

Phone: 505-277-7311

(Note: Manzanita is only in operation during the fall and spring semesters)



Manzanita is a counselor training facility affiliated with the Counselor Education Program at the University of New Mexico. They offer free, confidential counseling to individuals, couples and families.

Counseling is provided by advanced graduate students under the supervision of UNM faculty who are licensed professional counselors. Sessions last 50 minutes and are videotaped for training purposes only. In order to ensure confidentiality, all tapes are destroyed at the end of each semester. As part of consent for counseling services, clients sign an agreement to have their counseling sessions at Manzanita videotaped.

[HTTPS://COE.UNM.EDU/DEPARTMENTS-PROGRAMS/IFCE/COUNSELOR-EDUCATION/MANZANITA-COUNSELING-CENTER.HTML](https://coe.unm.edu/departments-programs/ifce/counselor-education/manzanita-counseling-center.html)

WHAT SERVICES DOES THIS RESOURCE PROVIDE?

- Psychotherapy and psychological assessment
- Treatment and assessment for alcohol-related problems
- Cultural counseling
- Youth clinic
- Study participation

WHO CAN USE THIS RESOURCE?

Anyone

DOES THIS RESOURCE CHARGE MONEY?

Yes. Sliding scale, very low cost.

IS THERE A WAIT TIME?

Variable depending on available therapists.

HOW DO I CONTACT THIS RESOURCE?

Call the main clinic phone number, 505-277-5164, and leave a message. Your call will be returned within 48 business hours.



The Department of Psychology Clinic pursues two primary missions: 1) to provide high quality mental health care to the community and, 2) to provide in-house training for clinical psychology doctoral students.

Psychotherapy and psychological assessment are provided by doctoral students in clinical psychology under the supervision of clinical faculty and under the responsibility of the director, who is a licensed psychologist. Anyone in the area may seek services at the Clinic and a sliding fee schedule allows affordable care for all.

[HTTPS://PSYCH.UNM.EDU/COMMUNITY/PSYCHOLOGY-CLINIC.HTML](https://psych.unm.edu/community/psychology-clinic.html)

WHAT SERVICES DOES THIS RESOURCE PROVIDE?

- Working with Positivity 12 Week Class (Online)
- Online Meditations
- Pet therapy
- Individual wellness consultations
- QPR Trainings
- Departmental Presentations

WHO CAN USE THIS RESOURCE?

UNM Faculty, Staff, and Retirees

DOES THIS RESOURCE CHARGE MONEY?

No Cost to Benefit Eligible Employees and Retirees

IS THERE A WAIT TIME?

1-7 days

HOW DO I CONTACT THIS RESOURCE?

Call: (505) 277-4996

Email: wellness@unm.edu



**BENEFITS
& EMPLOYEE
WELLNESS**

Employee Wellness is provided by UNM as part of employee benefits. They exist to help UNM faculty and staff stay healthy through a holistic approach to wellness- helping employees feel better and live longer.

[HTTPS://HR.UNM.EDU/WELLNESS](https://hr.unm.edu/wellness)

WHAT SERVICES DOES THIS RESOURCE PROVIDE?

- Individual and couples counseling
- Supervisory consultations with organization leadership
- Crisis intervention during business hours
- Seminars and workshops
- Departmental in-service training

WHO CAN USE THIS RESOURCE?

Benefits-eligible UNM employees

DOES THIS RESOURCE CHARGE MONEY?

Free of charge for all benefits-eligible employees of the University

IS THERE A WAIT TIME?

Usually within one week

HOW DO I CONTACT THIS RESOURCE?

For Counseling: Call the CARS main phone number 505-272-6868 and leave a message. Make sure to state your name and preferred contact phone number slowly and clearly.

Other: email cars@unm.edu (No confidential information)



**COUNSELING,
ASSISTANCE &
REFERRAL SERVICES**

CARS promotes a healthy work-life balance by providing on-site counseling and services to assist UNM faculty and staff members with professional and personal concerns.

Relationship difficulties, anxiety, stress and job burnout, depression, eldercare, coworker conflicts, alcohol or other drug abuse, managing change, grief and loss issues and preparing for retirement are just a few of the issues CARS can address.

[HTTPS://CARS.UNM.EDU/](https://cars.unm.edu/)

SHAC AFTER-HOURS

MEDICAL: ON-CALL SERVICE REGARDING STUDENTS ONLY (505) 277-3136; OPTION #2

COUNSELING: ON-CALL SERVICE REGARDING STUDENTS ONLY (505) 277-3136; OPTION #3

OTHER IMPORTANT NUMBERS

EMERGENCY: 911

CAMPUS POLICE: (505) 277-2241

AGORA CRISIS CENTER: 505-277-3013



In a crisis?

**Text HOME to 741741
to connect with a
volunteer Crisis
Counselor**

Free 24/7 support at your fingertips.

Thank You!

CONTACT US FOR ANY
QUESTIONS AND COMMENTS



shac.unm.edu



(505) 277-3136



Building 73



STUDENT HEALTH
& COUNSELING