

SEPTEMBER IS NATIONAL SUICIDE AWARENESS MONTH



Presenting Seven Days of Events for The University of New Mexico Community

September 12-17 & 23

The UNM HSC Well-Being Coalition is proud to bring you a week of activities focused on suicide awareness and prevention.

The UNM HSC Well-Being Coalition is a collaboration between Agora Crisis Center, UNM Benefits & Employee Wellness, Sandoval Regional Medical Center, UNM Health Sciences Administration, UNM Health Sciences Wellness Program, UNM Hospital Employee Well-Being Program and UNM School of Medicine Office of Professional Well-Being.

mentalhealth.unm.edu

Events and Resources 2021 GUIDE



OBSERVANCES

Join the UNM/UNM HSC community for a suicide awareness walk on UNM's Johnson Field

Honor those we have lost and those left behind at two campus moments of silence and a candlelight vigil.



WEBINARS

Empower yourself and help others with knowledge, understanding and awareness by attending any or all of six lunchtime webinars.



SAFE SPACE

Receive support from Agora volunteers in the Self-Care Room.



RESOURCES

Explore the many resources available to you and your colleagues, friends and family members.



NEW! Interactive Screening for School of Medicine faculty, medical students, residents & fellows



EVENTS AT A GLANCE

Events at a Glance

Sunday, Sept. 12

10 AM - 12 PM

**Suicide Awareness Walk
at UNM Johnson Field**



Monday, Sept. 13

12 PM

**Campus Wide Virtual
Moment of Silence**

12:15 PM

**Webinar: Suicide
Awareness and
Intervention**

Tuesday, Sept. 14

10 AM - 1 PM

**Self-Care Room
SUB - Sandia Room**

11 AM

**Webinar: Suicide
Awareness and
Intervention Lessons**

12:15 PM

**Webinar: Identifying
When Someone is in
Distress & Responding**

**Wednesday,
Sept. 15**

10 AM - 1 PM

**Self-Care Room
SUB - Sandia Room**

12:15 PM

Webinar: Peer Support



Thursday, Sept. 16

12:15 PM

**Webinar: The Impact of
Suicide on Health Care
Workers**



Friday, Sept. 17

10 AM - 1 PM

**Self-Care Room
SUB - Sandia Room**

12:15 PM

**Webinar: Creating a
Safety Plan with
Someone in Crisis**

1 PM

NATIONAL PHYSICIAN SUICIDE
AWARENESS DAY

HSC Moment of Silence

7:45 PM

**Suicide Awareness Week
Closing Candlelight Vigil**



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SPECIAL DEPARTMENT OF INTERNAL MEDICINE GRAND ROUNDS

**Thursday,
Sept. 23**

12:30 PM **Nationally recognized Physician Suicide Expert Presenter** *Tiffany I Leung, MD, MPH, FACP, FAMIA, Asst Professor, Faculty of Health, Medicine & Life Sciences, Maastricht University, The Netherlands; Open to UNM HSC & UNM Community*

UNM WALK FOR SUICIDE AWARENESS

Sept. 12

10 AM - 12:30 PM

All are welcome! Proceeds benefiting Agora Crisis Center

We invite the UNM Community to come together to fight suicide. Bring your friends, family members and coworkers as we walk side-by-side to honor those lost and to raise awareness about mental health and suicide prevention.

Vendor fair and food trucks!

HOW TO JOIN:

**Simply donate to the Agora Crisis Center Fund
and meet at Johnson Field at 9:30 AM**

[CLICK HERE TO DONATE](#)

UNM Campus Wide

SUICIDE AWARENESS MOMENT OF SILENCE

Sept. 13

12:00 - 12:15 PM

Honoring all of those who have taken their own lives and those who grieve, with opening remarks from UNM Executive Vice President for Health Sciences & CEO, UNM Health System, Douglas Ziedonis, MD, MPH

[ZOOM HERE](#)

1 PM

PHYSICIAN SUICIDE AWARENESS DAY

HSC MOMENT OF SILENCE

Honor the memory of physicians lost and remember their invaluable contributions to the health of our communities.

**In person at the Cloudrift statue outside of
the HSLIC Library* or via [ZOOM HERE](#)**

**in person status of event subject to change*

7:45 - 8:45 PM

UNM SUICIDE AWARENESS WEEK CLOSING

CANDLELIGHT VIGIL

**Held virtually. Bring your [digital candle](#) and
join us via [ZOOM HERE](#).**

Sept. 17



WELL-BEING CONNECTION WEBINAR SCHEDULE via Zoom IN OBSERVANCE OF NATIONAL SUICIDE AWARENESS MONTH

Advance registration is required. Webinar link & instructions will be included in your registration confirmation email.

09/13/21
12:15-12:45 PM

Suicide Awareness and Intervention An introduction to the public health issue of suicide and how we can work toward a more suicide safe community of hope. Presented by Molly Brack, Director, Agora Crisis Center

[CLICK HERE TO REGISTER](#)

09/14/21
11 AM-12 PM

Suicide Awareness and Intervention Lessons. Presented by Molly Brack, Director, Agora Crisis Center

[CLICK HERE TO REGISTER](#)

09/14/21
12:15-12:45 PM

Identifying When Someone is in Distress & Responding Learn the physical, behavioral and emotional signs that indicate someone is experiencing emotional distress and strategies to provide support. Presented by Melissa McConnell-Hand, MA, LPCC, Counselor, UNM Hospital Employee Well-Being Program; Skip Murphy, Director, UNM Hospital Pastoral Care-Spiritual Care and Education; Bob Stice, Clinical Director, Outcomes, Inc.

[CLICK HERE TO REGISTER](#)

09/15/21
12:15-12:45 PM

Peer Support Peer Support provides a fast and secure way to obtain support when experiencing a normal reaction to stressful events. Learn what programs are available and how to connect with a Peer Supporter. Presented by Raven E. Cuellar, PhD, Clinical Psychologist, Office of Professional Well-Being, UNM School of Medicine and Steve Nuanez, Manager, UNM Hospital Employee Well-Being Program

[CLICK HERE TO REGISTER](#)

09/16/21
12:15-12:45 PM

The Impact of Suicide on Health Care Workers Discussion on the impact of suicide on our healthcare workers and strategies for individual resiliency. Presented by Alisha Parada, MD, Associate Professor, UNM School of Medicine Department of Internal Medicine, General Internal Medicine Division

[CLICK HERE TO REGISTER](#)

09/17/21
12:15-12:45 PM

Creating a Safety Plan with Someone in Crisis Anyone anticipating a mental health crisis can create a tool to help them stay safe. The crisis may involve anxiety, depression, suicidal ideation, or any other kind of emotional distress. A plan to recognize when we are entering a crisis can help to reduce risk and enhance coping and may help to provide the person at risk with a sense of control and empowerment. We will discuss how to create a simple safety plan for your self, or to help someone else who may be at risk. Presented by Molly Brack, Director, Agora Crisis Center.

[CLICK HERE TO REGISTER](#)

safe



space

SELF CARE ROOM
UNM Student Union Building
Sandia Room
10 AM - 1 PM
September 14, 15 & 17

Feeling overwhelmed by the activities this week?

Visit with Agora volunteers providing this safe, cozy space for supportive listening.

RESOURCES

**FOR
ANYONE IN
CRISIS**

**FOR UNM
HSC
STUDENTS &
RESIDENTS**

**INTERACTIVE SCREENING
PROGRAM FOR UNM
SCHOOL OF MEDICINE
FACULTY, MEDICAL
STUDENTS, RESIDENTS
& FELLOWS**

**FOR UNM
EMPLOYEES**

**FOR
EVERYONE**

**FOR
HEALTH
SYSTEMS**

FOR PATIENTS & THEIR FAMILIES

[UNM Hospital Spiritual Care & Education](#)

Pastoral Care on-call pager 505-380-9955



Resources for Anyone in Crisis

For Patients & Their Families

UNM Hospital Spiritual Care & Education

Pastoral Care on-call pager

505-380-9955

National Suicide Awareness Hotline

800.273.8255

Crisis Text Line (text "**connect**" to **741741**)

24/7, free and confidential support

UNM Psychiatric Emergency Services

505.272.9038 available 24/7

Agora Crisis Center Hotline

505.855.4505

Chat Hotline

www.agoracares.org/chat-service.html

staffed by trained specialists

NM Crisis & Access Line (NMCAL)

855.662.7474

24/7, free and confidential support

Resources for UNM Employees (faculty, staff, residents & fellows)

UNM Hospital

Employee Well-Being Program

505.272.0188

EmployeeWellbeing@salud.unm.edu

Provides confidential 1:1 employee consultation, leader consultation, critical incident debriefing, group facilitation, conflict resolution, and training on a wide array of well-being and mental health topics

UNM School of Medicine

Office of Professional Well-being

505.272.4472

hsc.unm.edu/medicine/about/well-being/

COVID-19 Information website

hsc.unm.edu/about/wellness/covid-19/

Outcomes

505.243.2551 www.OutcomesNM.org

Provides free short-term counseling, education and prevention to all UNM School of Medicine House Officers (medical residents & fellows) and their families. Others may access this service on a sliding fee scale.

UNM CARS (Counseling & Referral Services)

505.272.6868

Functions directly, or through referrals, for short-term counseling and support, as well as referrals for those who need longer-term assistance.



Resources for UNM Health Sciences Students and Residents



COUNSELING

Dr. Jeff Dunn, Associate Professor of Psychiatry
jedunn@salud.unm.edu 505.272.6130

University Psychiatry Consultants Office, Family Medicine Building 4th floor
Available to School of Medicine students and residents by appointment and free of charge

Rebecca Ezechukwu, PhD Rezechukwu@salud.unm.edu 505.274.8919
Raven Cuellar, PhD ravencuellar@salud.unm.edu 505.239.9880

Available to medical residents and fellows by appointment. Schedule via text, call or e-mail

UNMSOM.CARESFORYOU.ORG

ANONYMOUS, CONFIDENTIAL mental health screening, diagnosis and online counselor communication

UNM STUDENT HEALTH AND COUNSELING (SHAC) 505.277.3136

Provides a range of primary care and behavioral health services, acupuncture, massage, and wellness classes to all UNM students.

Also offers free [Therapy Assistance On-Line](#), a program enabling you to find well-being tools and practices. Available to anyone with a salud email account.

For additional resources, visit [UNM's campus climate resources page](#)

Community Mental Health Resources

Agora Crisis Center (24-hour hotline)
505.277.3013

Albuquerque Family Advocacy Center
505.243.2333

Catholic Charities of Central New Mexico
505.724.4670

Domestic Violence Resource Center
505.248.3165

National Suicide Prevention Lifeline
1.800.273.8255

NM Crisis and Access Line (NMCAL)
1.855.662.7474

Outcomes
505.243.2551

Overeaters Anonymous
505.891.2664

Psychiatric Emergency Services
505.247.1121

Rape Crisis Center of Central New Mexico
505.266.7711

Sage Neuroscience Center
505.884.1114

UNM Suicide Prevention Hotline
505.247.1121

UNM Dept. of Psychology Clinic
505.277.5164

UNM Psychiatric Center/Mental Health Center
505.272.2800

UNM Student Health & Counseling Center
505.277.3136

UNM Manzanita Center
505.277.7311

UNM Women's Resource Center
505.277.3716

UNM LGBTQ Resource Center
505.277.5428

Alcohol and Substance Abuse

Adult Children of Alcoholics
505.263.0289 or 505.269.5861

Al-Anon Information Service
505.262.2177

Alcoholics Anonymous
505.266.190

UNM Addictions & Substance Abuse Program
505.994.7999

Cocaine Anonymous
505.344.9828

Narcotics Anonymous (Greater ABQ area)
1.800.798.6649

National Council on Alcoholism & Drug Abuse
314.962.3456

Additional Resources

A detailed list of helpful resources and organizations in the Greater Albuquerque area is also available at <https://www.cabq.gov/help>

Resources for Everyone



Suicide Prevention Resources for Health Care Professionals

The foundational belief of **Zero Suicide** is that suicide deaths for individuals under the care of health and behavioral health systems are preventable.

- **TOOL KIT FOR CLINICIANS AND HEALTH CARE LEADERS** working within the Indian Health Service Framework/working with indigenous American populations.
- **HEALTH CARE WORKFORCE RESOURCES**
- **Resources for Providing Suicide Care during Covid-19**

For the application of the **Zero Suicide framework** and a second framework, **Roy's Adaptation Model**, to address suicidality from a health care provider and a health care systems framework, [Click Here](#)



unmsom.caresforyou.org

Interactive Screening Program (ISP) for UNM School of Medicine faculty, medical students, residents & fellows

UNM School of Medicine faculty, medical students, residents and fellows have access to a **FREE, CONFIDENTIAL** and **ANONYMOUS Interactive Screening Program (ISP)** that enables you to engage with a counselor, assess your own well-being and suicide risk and learn more about available resources.

HOW ISP WORKS



ACCESS THE WEBSITE
unmsom.caresforyou.org



SIGN UP
Sign up with a user id and password - allowing for complete anonymity.
Take the Stress Questionnaire.
Receive feedback and support from a program counselor.



REVIEW THE RESPONSE
Exchange messages with the counselor— ask questions and learn about available services.
You decide how to continue: you can make an appointment, request a referral or do nothing more - it's all up to you.