



I am in crisis and need help NOW. Where can I get help?

- DIAL [988](tel:5052729038) – 24/7 Lifeline for Emotional, Mental or Substance Misuse Support -
- [Psychiatric Emergency Services](#). Open 24 hours/day, 7 day/week. Call 505.272.9038.
- [Agora Crisis Center](#) – Hotline staffed by trained specialists – 505.277.3013. If you go to website, you can also find information for a chat hotline.

What about resources for those in the Muslim community?

- [Islamic Medical Association of North America](#)
- [Asian Pacific American Medical Student Association](#)
- [American Muslim Medical Student Association](#)
- [Islamic Center of New Mexico](#)
- [Albuquerque Islamic Center](#)
- [UNM Muslim Student Association](#)
- [LoboRESPECT Advocacy Center](#)
- [UNM HSC Office of Diversity, Equity and Inclusion](#)

How can I keep myself safe on campus?

- Please be aware of your surroundings at all times and especially after dark
- Call security if you would like to be accompanied out of the hospital after your shift 505-272-2160.
- Sign up for [UNM Lobo Alerts](#).
- Download [UNM Lobo Guardian App](#) on your phone.
- On campus, look for the [blue emergency phone towers](#) if you feel unsafe – a push of the button will connect you with UNM police. You can also reach UNM Police at 505-277-2241

I need to talk with someone. Where can I be seen in a timely way?

1. Please visit the [Office of Professional Wellbeing Website](#) and <https://mentalhealth.unm.edu/> for additional and updated counseling resources.
2. Anyone in the HSC community can also access counseling through the Vassar House, the North Campus branch of the [Women's Resource Center](#).
3. [SHAC](#) at 277-3136.
4. Stephen Sanchez, MD is the psychiatrist who is available to see SOM students. He can be contacted for therapy and/or medication management. He can be reached at ssanche0@salud.unm.edu. Katherine Kilgore, MD is the psychiatrist who is available to see house staff. You can e-mail her at KKilgore@salud.unm.edu.
5. Dr. Ezechukwu and Dr. Cuellar are two PhD psychologists available to see SOM students and house. staff. Please feel free to text, call, or e-mail for an appointment
 - a. Rebecca Ezechukwu, PhD, UNM Psychologist Rezechukwu@salud.unm.edu
 - b. Raven Cuellar, PhD, UNM Psychologist Ravencuellar@salud.unm.edu

I just want some resources to check to see how I am doing and get some tips on managing stress

1. To screen yourself anonymously and confidentially for depression, anxiety, burnout and more – or to have a virtual dialogue with a counselor anonymously, visit [UNMSOM.caresforyou.org](https://unmsom.caresforyou.org)
2. SHAC has [Therapy Assistance Online](#), a great self-help resource available to anyone with @salud.unm.edu or @unm.edu address. This resource allows each person to self-assess and participate in multiple curricula related to behavioral health issues such as anxiety, depression, stress.