

The University of New Mexico School of Medicine

COUNSELING and **PSYCHOTHERAPY GUIDE**



SCHOOL OF
MEDICINE

Equal Opportunity

The University of New Mexico is committed to providing equal educational and employment opportunity regardless of race, color, religion, national origin, physical or mental disability, age, sex, sexual preference, ancestry, or medical condition. Title IX of the Educational Amendments of 1972 prohibits discrimination on the basis of gender in any educational program or activity receiving federal financial assistance by way of grant, contract, or loan. Title VI of the Civil Rights Act of 1964 is similar in its prohibition of discrimination on the basis of race, color, or national origin. Section 504 of the Rehabilitation Act of 1990 prohibits discrimination against qualified individuals with disabilities.

Issues regarding equal opportunity should be directed to the Office of Compliance, Ethics, and Equal Opportunity (CEEEO) at 505-277-5251.

UNM Health Sciences Center Counseling and Psychotherapy Guide 2022-2023

Dear Students:

Welcome to the University of New Mexico School of Medicine. Your years in training to become a health care professional or biomedical scientist may be some of the most satisfying and rewarding years of your lives.

You will inevitably face many challenges on your long and rigorous journeys to becoming clinicians and scientists. At times, you may feel overwhelmed or confused, stressed or disillusioned.

The “Counseling and Psychotherapy Guide” will provide you with resources to use during the times you feel well and the times you feel challenged. Knowing how and when to seek help is an important skill to have when you are a health care professional or biomedical scientist. Often intervention with a trained professional can facilitate your capacity to cope with and resolve problems in a constructive and growth-related manner.

Please do not hesitate to contact any of the people or resources listed, and please let me know if you come across information in this guide that will be useful to others in the future.

Best,

Liz Lawrence, MD, FACP
UNM SOM Chief Wellness Officer and Assistant Dean for Professional Wellbeing
[Office of Professional Wellbeing](#)
Elawrence@salud.unm.edu

Joyce Phillips, MD
Director, Student Wellbeing Initiatives
[Office of Professional Wellbeing](#)
JPhillips@salud.unm.edu

Need a place to hand out and relax?
Check out the **STUDENT LOUNGE**
Domenici Center Auditorium Building, east end
24/7 access with HSC badge

When Should I Seek Help?

- When you have discussed your feelings with family and/or friends and they/you do not feel they can help.
- When you choose not to discuss your feelings further with family and/or friends for fear of “burdening” them.
- When you feel isolated and believe that you have no one who cares about how you feel.
- When you don’t spontaneously snap out of feeling badly within a few days to several weeks.
- When you feel stuck in a behavior, thoughts, or feelings that you want to change but can’t change on your own.
- When you want the perspective of a trained professional.
- When you believe your work and/or relationships may be compromised by how you are feeling, thinking, or behaving.
- When you want to learn a specific coping skill, i.e., relaxation, biofeedback, assertiveness, etc.
- When you and your partner want help communicating better (couples counseling).
- When your self-esteem seems to be draining away and/or you feel overwhelmed with responsibilities.
- When you don’t necessarily feel you have a problem but would like to think “preventively” about your emotional health and personal growth.
- When you feel you are using alcohol or illicit drugs to “self-medicate” or to make yourself feel better.
- When you feel burned out and/or emotionally exhausted.
- When you are thinking about self-harm or about suicide.
- When you are engaging in self-harm or self-destructive behavior.
- Whenever you think it would be helpful to you.

Selecting a Mental Health Professional

Just because someone calls him/herself a counselor or mental health professional is no guarantee of quality. Consider the following:

- **CONNECTION**

Trust your intuition when you speak with any counselor. If you do not feel safe or comfortable, choose a different counselor or mental health professional.

- **EDUCATION**

Ask when and where degree was earned, along with subsequent relevant training, if any.

- **EXPENSE**

Hourly fee, charge for introductory session, sliding fee scale, covered by insurance.

- **EXPERIENCE**

Counselor's work experience (i.e. public or private sector, clientele).

- **PHILOSOPHY**

Philosophical approach taken (Freudian, Jungian, Rogerian, existential, etc.).

- **TIME COMMITMENT**

Number of sessions considered appropriate as a normal intervention.

Counseling and Psychotherapy Services
ALL SERVICES ARE FREE AND CONFIDENTIAL

OFFICE OF PROFESSIONAL WELL-BEING

(Available for School of Medicine Students)

Raven Cuellar, PhD (Available to all SOM Students & Residents)

Raven Cuellar, Ph.D. is a licensed clinical psychologist and Assistant Professor in the UNM Department of Psychiatry and Behavioral Sciences. Dr. Cuellar's clinical approach is broadly relational, multicultural, and empowerment based. She is trained in a variety of evidence-based treatment models. She has also trained extensively in somatic and archetypal psychology, which informs her approach to fostering wellness and resilience in all learners in the SOM.

Dr. Cuellar also specializes in professional wellbeing and resilience; coping with stress, trauma, and grief reactions; recognizing and responding to secondary traumatic stress, burnout, and moral distress; issues related to identity and self- development throughout the lifespan; and methods of promoting empowerment, equity and justice.

Dr. Cuellar can be reached by at ravencuellar@salud.unm.edu.

Rebecca Ezechukwu, PhD

Rebecca Ezechukwu, PhD, is a licensed clinical psychologist and Assistant Professor in the UNM Department of Psychiatry and Behavioral Sciences. Dr. E approaches psychotherapy from multicultural, developmental, and relational perspectives. She is trained in a variety of evidence-based treatment approaches and is available to see all SOM learners.

Dr. E's areas of specialized training, education & practice: treatment of anxiety, depression, stress and trauma-related disorders, including burnout and secondary traumatic stress; provider resilience and human development; multicultural stress, identity development, and cultural bias reduction; archetypal and experiential approaches to psychotherapy.

Dr. E can be reached by e-mail at REzechukwu@salud.unm.edu

Stephen Sanchez, MD

Dr. Sanchez is a native New Mexican and lifelong Lobo. After earning a Bachelor of Arts from the University of New Mexico, he completed his medical degree and general psychiatry residency at the University of New Mexico School of Medicine.

He is currently an Assistant Professor in the Department of Psychiatry and Behavioral Sciences with positions in the Office of Professional Well-Being (OPW) and as the outpatient Clinic Director of SRMC. His professional interests include college mental health, occupational and organizational psychiatry and sports psychiatry.

School of Medicine students can email Dr. Sanchez at ssanche0@salud.unm.edu for in-person and virtual appointments beginning August 1, 2022. Jeff Dunn, MD is covering for Dr. Sanchez until August 1 and can be reached at JeDunn@salud.unm.edu.

Liz Lawrence, MD

Dr. Lawrence is the Chief Wellness Officer and the Assistant Dean for Professional Well-being at the UNM School of Medicine and Professor in the Department of Internal Medicine. Dr. Lawrence has worked with students throughout much of her career and has special expertise in the area of physician and trainee health and wellness.

Dr. Lawrence is available to meet with students in a safe and confidential setting either virtually or in person to discuss any question, concern or problem that may arise concerning wellness. In this setting, options are explored, and solutions sought, and, if indicated, referrals will be made to professionals within the therapeutic community.

Dr. Lawrence is available by appointment. To schedule an appointment, please contact Dr. Lawrence directly at ELawrence@salud.unm.edu.

Joyce Phillips, MD

Dr. Phillips is director of Student Wellbeing Initiatives in the Office of Professional Wellbeing and Professor Emeritus in the Department of Anesthesiology. Dr. Phillips has been involved in the education of medical students, residents and fellows. She is a former Learning Community mentor. She has abiding interest in the wellbeing and support of each student.

Dr. Phillips is available to meet in a safe and confidential setting either virtually or in person to discuss any question, concern or problem that may affect your wellbeing as a medical student.

Dr. Phillips is available by appointment. Please contact her directly to schedule an appointment at JPhillips@salud.unm.edu.

Health Sciences Center (HSC) Resources

OFFICE OF MEDICAL STUDENT AFFAIRS

(Health Professions Programs contact their program directors, Associate Dean, or the HSC Student Services with questions. BSGP students please reach out to Dr. Laura Gonzalez Bosc.)

Sheila Hickey, MD, Associate Dean of Students
Alfonso Belmonte, MD, Co-Director of Career Advisement
Jody Stonehocker, MD, Co-Director of Career Advisement

Drs. Hickey, Belmonte, and Stonehocker are available to discuss planned and emergent leaves of absence as well as many other topics.

They are available by appointment Dr. Hickey: SHickey@salud.unm.edu, Dr. Belmonten: ABelmonte@salud.unm.edu, Dr. Stonehocker: JStonehocker@salud.unm.edu

APPLIED COGNITION IN THE MEDICAL SCIENCES PROGRAM

(At this time, this service is only available to medical students. Please check back as we are working to expand our services)

Tom Markle, PhD, Director
Alyssa Gammon, MEd, Learning Specialist

The Applied Cognition in the Medical Sciences Program (ACMSP) focuses on the use of cognitive science to enhance student abilities throughout medical school. ACMSP teaches advanced techniques for retaining medical knowledge, and methods of transferring complex information into problem solving skills for medical exams or clinical settings. ACMSP provides workshops and walk-in support for preparing for USMLE Step 1 & 2 exams; developing data driven study habits; improving memory by understanding neural networks; and understanding the science of comprehending high volumes of information. For more information, [click here](#).

Dr. Markle can be reached at DTMarkle@salud.unm.edu, and Alyssa Gammon at AAGammon@salud.unm.edu

ASSESSMENT AND LEARNING

(At this time, this service is only available to medical students).

Jacob Imber, MD

Dr. Imber is an Associate Professor in the Division of Hospital Medicine and is the Executive Director of Assessment and Learning at the School of Medicine. He has experience teaching in all phases of the medical curriculum from facilitating Doctoring and Clinical Reasoning blocks to in-patient mentorship for sub-interns. Dr. Imber and his office are available to review any performance or computer-based testing assessments as well as provide support and feedback on all assessments. He has availability most days of the week by appointment and can be reached via e-mail at jimber@salud.unm.edu or at 505-272-8028.

LEARNING ENVIRONMENT OFFICE

(Available to all SOM students)

Diana Martínez, MPH, Director

Emma Naliboff Pettit, MA, Assistant Director

The mission of the Learning Environment Office (LEO) is to foster an inclusive learning environment where teachers, staff, and learners thrive, and relationships are mutually respectful and beneficial to each other and to our institutional climate. The primary goals are to increase exemplary behavior and decrease incidents of learner mistreatment. Diana and Emma are available to discuss incidents of personally experienced or observed mistreatment and review your options for reporting with you. If you have experienced or witnessed potential Title IX – Sexual Misconduct or Sexual Harassment, and you are not sure if you want to report it, please consider speaking directly with Diana, who is a Confidential Employee and not required to report the incident to the UNM Office of Equal Opportunity. Diana can be reached at: deemb@salud.unm.edu and Emma at ecpettit@salud.unm.edu.

LGBTQ SUPPORT

(Available to all SOM Students)

Cameron Crandall

Dr. Crandall is a Regents' Professor in the Department of Emergency Medicine and the Associate Vice Chancellor for LGBTQ Diversity, Equity, and Inclusion in the UNM HSC Office for Diversity. Dr. Crandall is available to LGBTQ students who may need support or with career planning. He can be reached at: ccrandall@salud.unm.edu.

SOM OFFICE FOR DIVERSITY, EQUITY AND INCLUSION (DEI)

(Available to all SOM Students)

Assistant Dean, Kathleen Reyes, MD, kreyes@salud.unm.edu

Interim Executive Diversity Officer, J.P. Sánchez MD, MPH, jopsanchez@salud.unm.edu

The office helps to support the academic, professional and personal well-being and success of diverse learners across the SOMs graduate and certificate programs, including the MD Program, Residencies/Fellowships, the Health Professions Programs, and Research Education Programs. Learn more about office staff, resources, and programs via <https://hsc.unm.edu/medicine/diversity/>

UNM HSC ACCOMODATONS

(Available to all HSC Students and Residents)

If you think that you might need accommodations while you are in school and/or for national standardized testing, please contact Kelly Cano at KCano26@unm.edu. Further information is available at the [Accessibility Resource Center](#)

PARENTS-IN-MEDICINE

(Available to all HSC Students and Residents)

Sign-up/list-serv: <https://app.smartsheet.com/b/form/0f0d4fa4fe1d47efa5b4e862dbb38e84>

Facebook: https://www.facebook.com/groups/3064481010489882/?ref=share_group_link

CHILD CARE CENTER (CHILDRENS CAMPUS)

If you have any questions regarding the program or options for care, please contact the UNM Children's Campus at (505) 277-3365 or send an email to:

unmccenrollment@unm.edu for all waiting lists and enrollment inquiries. This includes submitting health screenings, immunization records, student schedules, and all other registration-related documents.

unmccbilling@unm.edu for all billing inquiries. This includes questions about rates, questions about your bill, flexible spending requests, tax information, etc.

weecare@unm.edu for general inquiries not concerning the waiting list, enrollment, and billing.

If you'd like to speak with an Administrator at any point, please feel free to contact:

Daniela Baca (Director, danielah@unm.edu; 505-277-8819)

Lisa Ortiz (Associate Director, lortiz33@unm.edu; 505-277-3365)

UNM-SOM CROSSROADS

(Available to Medical Students ONLY)

Crossroads is a student advocacy organization promoting the health and well-being of all medical students. It is their goal to provide a forum in which to identify and diffuse stress issues and to offer confidential support to all students, especially those in danger of impairment and to educate peers on recognition of these issues and avenues for self-help.

For more information, email Crossroads at crossroads@salud.unm.edu.

For additional information, contact HSC-OMSA@salud.unm.edu.

VASSAR HOUSE

Located at 917 Vassar NE, is the North Campus satellite office for the UNM Women's Resource Center. The Women's Resource Center offers free counseling and crisis intervention.

<https://women.unm.edu/>

CENTER FOR NATIVE AMERICAN HEALTH

If you are a current Native American HSC student and would like more information on student services and events, please contact Micah Clark, Supervisor, Student & Workforce Development at mclark02@salud.unm.edu or 505-925-0776. For more information, [click here](#).

INTERESTED IN MORE RESOURCES?

Check out mentalhealth.unm.edu

Main Campus Resources

UNM STUDENT HEALTH AND COUNSELING CENTER

The University of New Mexico Student Health and Counseling (SHAC) has a multidisciplinary professional staff (psychiatry, psychology, and counseling) with expertise and experience in the difficulties generally encountered within a student population. Counseling Services offers assessment and referral, counseling, and workshops in addition to crisis intervention.

Counseling is initiated through a walk-in Triage process. You may walk-in Monday through Friday between 10:00am and 4:00pm. Ongoing appointments are scheduled by calling 505-277-3136 between 8:00am and 5:00pm, Monday through Friday. Further information is accessible through their website at: <https://shac.unm.edu/services/mental-health/index.html>

If you are in crisis that cannot wait until regular SHAC clinic hours, call SHAC Counseling Services After-Hours On-Call Service (for UNM students only) at 277-3136; select option #3. A licensed counselor will receive your call and convey your need to the Director of Counseling Services. You may use this line 365 days a year.

MANDATORY REPORTING

We care about discrimination and harassment and want all of you to have a respectful and safe place to learn. If you tell SOMREO staff, faculty, or instructors anything about discrimination or harassment based on your identity, we need to tell the equal opportunity office at UNM Graduate student TAs are mandatory reporters for gender or sexual orientation but encouraged to report for all identities. Faculty and staff are mandatory reports for all identities

We are absolutely here to listen to you, but we are not confidential. We won't tell anyone except the Office for Equal Opportunity or people that need to help connect you to resources. If you want to tell someone who can keep things confidential, there are a few resources on campus we can introduce you to called confidential reporting locations:

LoboRESPECT Advocacy Center

LGBTQ Resource Center

****SOM Learning Environment Office**** - recommended place to start

Student Health and Counseling (SHAC)

Vassar House

Women's Resource Center

Office of Compliance, Ethics, and Equal Opportunity (Formerly Office of Equal Opportunity)

AGORA CRISIS CENTER

“Call us anytime. Call us about anything.” Agora is a hotline aimed specifically for students to talk about personal or academic problems they may be having.

Volunteers at Agora are trained peer counselors who offer compassionate and non-judgmental listening. Agora also acts as a referral service.

To contact Agora, call their hotline at 505-277-3013. They also offer walk-in counseling at 1820 Sigma Chi Monday through Friday, 8:00 a.m. to 5:00 p.m. Their website is accessible at:

<http://www.agoracares.org>

CAMPUS SAFETY

Recognizing the safety needs of its campus community, the University of New Mexico has taken another step in its goal of enhancing safety for all its faculty, staff and students. UNM has added LoboGuardian, the latest technology-driven app designed to increase user safety through real-time interactive features that create a virtual safety network of friends and family. For a free download, go to <http://loboguardian.unm.edu/>. LoboGuardian allows users to designate “Guardians” to act as a virtual safety escort in timed Safety Sessions. From the LoboGuardian website, there are links to additional topics on campus safety.

AFRICAN AMERICAN STUDENT SERVICES

African American Student Services is to recruit, retain, and uplift the Black student population at UNM by providing educational discourse, leadership development, holistic wellness, and community engagement. We support students in realizing their full potential self through collaborative advocacy, intentional allyships, and the exploration of the many facets of Blackness. As an essential resource, AASS contributes to the University’s commitment to a diverse campus culture by appreciating and creating space for Black student scholars to thrive. For more information, [click here](#) or call 505-277-5645

AMERICAN INDIAN STUDENT SERVICE (AISS)

American Indian Student Services (AISS) was established during the 1980-1981 academic year to increase the recruitment & retention of Native students. Currently, American Indian Student Services provides a range of student support programming for American Indian students attending The University of New Mexico-Main Campus to ensure their academic achievement and assist in the development of personal, cultural, and social success. For more information, [click here](#) or call 505-277-6343

EL CENTRO DE LA RAZA

El Centro de la Raza will positively impact the transition, retention, and graduation of students through an engaging environment built on academic, cultural, personal and professional activities. El Centro commits to cultivate a supportive community that helps students develop skills to fulfill their lifelong goals and expectations. For more information, [click here](#) or call 505-277-5020

MEN OF COLOR INITIATIVE (MOCI)

The Men of Color Initiative (MOCI) is a project of the Division for Equity and Inclusion that focuses on educational success and the well-being for men of color. MOCI is driven by Asian/Pacific Islander, Black, Latino, Native and other men of color students organizing together with campus and community partners to increase access and success for men of color in education. For more information, [click here](#) or call 505-277-7000

PROJECT FOR NEW MEXICO GRADUATE STUDENTS OF COLOR (PNMGC)

Project for New Mexico Graduates of Color (PNMGC) is a student-led program working to retain graduate students of color through ongoing peer mentoring that provides academic, social, cultural and emotional support. For more information, [click here](#).

GRADUATE RESOURCE CENTER

For more information, [click here](#) or call 505-277-1407

OFFICE OF GRADUATE STUDIES (OGS)

Staff are always eager to assist students, and we often collaborate with UNM administrators, faculty, graduate students, and staff in implementing many programs and services. For more information, [click here](#) or call 505-277-2711

CAMPUS ASSESSMENT RESPONSE EDUCATION (CARE)

CARE hosts a comprehensive online reporting form about students who are exhibiting any disturbing behaviors so students can receive or stay connected to the academic support and student wellness services. For more information, [click here](#)

CAREER SERVICES

Many free supports while you are a student and for life after graduation. Services include resume/CV, interviews, job search, personality assessments, career advice, etc. For more information, [click here](#) or call 505-277-2531.

CLINICAL LAW PROGRAM

Law students provide limited legal assistance with attorney supervision for a small fee. Call to schedule an appointment; 505-277-5265 or visit for more information, [click here](#).

PARKING AND TRANSPORTATION

Parking and Transportation Services supports the University's education, research and service missions by providing access to key programs for faculty, staff, students and visitors through a variety of parking and transportation services. For more information, [click here](#) or call 505-277-1938

RECREATION FACILITIES & PROGRAMS

Recreational Services Department of the University of New Mexico is to provide a wide variety of opportunities to enhance the educational, recreational and cultural experiences for a diverse University community. For more information, [click here](#) or call 505-277-0178

STUDENT ACTIVITIES CENTER

Enhance the academic student experience at the University of New Mexico by facilitating opportunities for students to develop and practice essential skills, cultivate meaningful relationships, and connect with the campus community. For more information, [click here](#) or call 505-277-4706

TRANSGENDER RESOURCE CENTER OF NEW MEXICO

Provides advocacy, education, and direct services in support of transgender, gender nonconforming, nonbinary, and gender variant people and their families. Holds free transgender 101 trainings upon requests. For more information, [click here](#).

VETERANS RESOURCE CENTER

Dedicated to providing the highest quality and comprehensive support to student veterans in an atmosphere that provides commitment, respect, and academic excellence. They provide education, administrative services, and job advisement to our student veterans, their families, and active-duty students, as well as outreach to military communities at large. For more information, [click here](#) or call 505-2773181 or 505-277-3184

SEXUAL HARASSMENT AND ASSAULT

The University of New Mexico is committed to maintaining a campus environment that is free from sexual harassment and assault. To ensure that the best and most effective services and process for handling sexual assault on campus are available, UNM has created a Sexual Misconduct and Assault Response Team (**SMART**).

SMART is part of the university's overall efforts to reduce sexual violence on campus. It is a victim centered, victim controlled coordinated response team composed of community and university organizations to quickly respond to cases of sexual violence while providing appropriate services to all parties involved.

SMART responders make services for victims a priority. Victims of sexual assault may choose to activate one, or all, components of the response team: medical, counseling, law enforcement, and/or the student conduct process.

If you have been sexually assaulted, it is important to remember it is **not your fault**. Seek the appropriate services so all your needs can be met. If you wish to be accompanied by a trained and sensitive advocate, you can **call the Rape Crisis Center's 24-hr hotline at 505-266-7711** and an advocate will meet you.

You can choose to utilize any or all components of the sexual assault response team.

Call the SMART responder that you feel most comfortable contacting:

| | | |
|---|---------------------|-----------------|
| ABQ Sexual Assault Nurse Examiners (SANE) | 505-884-7263 | 24-hour hotline |
| Rape Crisis Center of Central New Mexico. | 505-266-7711 | 24-hour hotline |
| Student Health and Counseling (SHAC) | 505-277-3136 | 24-hour number |
| Counseling and Referral Services (CARS) | 505-272-6868 | |
| UNM Police Department (UNMPD) | 505-277-2241 | 24-hour number |
| Dean of Student (DOS) | 505-277-3361 | |

Other contacts:

The LoboRESPECT Advocacy Center provides a safe and welcoming environment for students to receive support and advocacy services for several areas. It can be accessed at <http://loborespect.unm.edu>

The UNM Office of Compliance, Ethics, and Equal Opportunity provides information on UNM's response to campus sexual assaults. <https://ceeo.unm.edu/>

Albuquerque Psychiatrists, Psychologists, & Counselors Interested in Working with Health Sciences Students*

| | |
|---|--------------|
| Molly Adler, LCSW (LGBTQ community) | 505-916-1081 |
| Patricia Allaire, LPCC | 505-514-8630 |
| Michael Baron, PhD | 505-843-7279 |
| Rev. Dr. Jeanine Driscoll (LGBTQ community) | 919-448-6202 |
| John R. Evaldson, MD (Santa Fe) | 505-983-1887 |
| Lisa Feierman, MD | 505-450-7626 |
| Gail Carr Feldman, PhD | 505-833-4356 |
| Debbie C. Gee, MD | 505-837-9782 |
| Julie Kilpatrick, MD | 505-345-6944 |
| Linda Najjar, PhD | 505-306-4144 |
| Kevin Rexroad, MD | 505-255-4701 |
| Janet Robinson, PhD | 505-206-7558 |
| Matt Tandy, LPCC, LADAC (substance use) | 505-385-7194 |
| Holly Finley, MA (eating disorders specialist) | 505-266-6121 |
| Vivian Fernandez, PhD (Spanish, BIPOC & LGBTQ focus) | 505-321-0833 |
| Claire Wilcox, PhD (General Psychiatry & substance abuse) | 505-633-8102 |
| Umoja Behavioral Health | 505-633-8173 |

* Please note that these clinicians are in private practice and are not necessarily covered by UNM student health insurance. All financial arrangements must be worked out individually.

Support Groups and Community Resources

ALCOHOL AND SUBSTANCE ABUSE

| | |
|---|----------------------------|
| Adult Children of Alcoholics | 505-263-0289; 505-269-5861 |
| Al-Anon Information Service | 505-262-2177 |
| Alcoholics Anonymous | 505-266-1900 |
| Addictions & Substance Abuse Program (UNM) | 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 |

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 |
| Collegiate Recovery Center | 505-277-0560 |
| 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 |
| ULifeline | 1-800-273-8255 |
| 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 |

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

Office of Professional Well-being
University of New Mexico School of Medicine
Fitz Hall Room 106
Albuquerque, NM 87131
505-272-7979

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Revised July 2022
with thanks to Dr. Greg Franchini and Dr. Cheri Koinis, the original authors of this guide