**Mental Health Resources**

**UNM Health Sciences**
All UNM Health and Health Sciences staff, faculty, providers, and students have access to an array of mental health and wellbeing resources and trainings, including QPR and Mental Health First-Aid. A peer support network for all staff is currently being developed and more information will be shared soon.
Contact **HSC-BeWell@salud.unm.edu**for additional information on all programming, support, and as a wellbeing network liaison.

[**The Office of Professional Well-being**](https://hsc.unm.edu/medicine/about/well-being/)(OPW) aims to increase access and resources for all our Health Science faculty.  OPW serves SOM faculty and learners, but is a great resource for others to connect for support in developing and aligning with resources.  In the OPW, there is a team of psychologists and psychiatrists who provide 1:1 counseling for learners, medical residents and fellows.  The OPW team works to advocate for system changes to improve professional wellbeing and offers Grand Rounds, Workshops, and other didactic sessions throughout the institution. They have hosted panels of faculty in recovery who share their personal struggles with mental health challenges to destigmatize mental health diagnoses and help-seeking.

* Information about the [**HSC Wellness**](https://hsc.unm.edu/about/wellness/)Team
* Additional information about [**Wellness Resources**](https://news.unm.edu/news/unm-providing-support-services-and-resources-to-campus-community) across UNM campuses
* [**Additional Wellness Resources**](https://mentalhealth.unm.edu/)compiled for Mental Health Awareness Month

**Health Sciences Students**
Students may contact [**Student Health and Counseling (SHAC)**](http://shac.unm.edu/) at 505-277-3136 for mental health and wellbeing support. SHAC after hours on-call services are available at this same number, press option 3. SHAC also offers [**Therapy Assistance Online**](https://thepath.taoconnect.org/local/login/home.php), a great self-help resource available to anyone with an @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, and stress. Students may also access support through [**Agora Crisis Center**](http://www.agoracares.org/), which is staffed by trained specialists. They may be reached at 505-277-3013.

For students experiencing food insecurity, they have 24/7 access to the Health Sciences Student Council Food Pantry located in the HSC Student Lounge.

**UNM Hospital**

* UNM Hospital offers confidential employee support sessions through the [**Employee Well-Being Department**](https://hospitals.health.unm.edu/well-being/) - email **EmployeeWellbeing@salud.unm.edu****,** call 272-0188, or Tigertext "Employee Well Being Team" to request 1:1 support.
* UNMH staff can also access free and confidential counseling sessions through the employee assistance program (EAP) at Outcomes Inc. - call (505) 243-2551 to schedule.
* Staff seeking spiritual support can contact a chaplain through the Spiritual Care & Education Department via Tigertext to "Spiritual Care Chaplain".

**UNM Sandoval Regional Medical Center**
SRMC offers an Employee Assistance Program (EAP), administered by *ACI Specialty Benefits*. This program provides a counseling service that helps manage problems before they adversely affect your personal life, health and/or job performance.
All employees and their family members are eligible for the EAP regardless of whether they participate in our benefit plans. You receive up to 5 face-to-face counseling sessions per incident, per year. They are available 24/7 to assess your needs and find an appropriate solution for a range of concerns.

**UNM Medical Group**
UNMMG offers an Employee Assistance Program (EAP), *Employee Connect*, through Lincoln Financial Group. Similar to the Outcomes program, this program offers professional, and confidential services, such as five sessions with a counselor per person, for our employees and their family.  Please contact the Payroll & Benefits team for assistance at **unmmgbenefitspayroll@unmmg.org**.

**For the Entire Community**

* If you need help now, dial [**988**](https://www.samhsa.gov/find-help/988)– 24/7 Lifeline for Emotional, Mental or Substance Misuse Support.
* [**The Trevor Project**](https://www.thetrevorproject.org/?gclid=Cj0KCQjw1ouKBhC5ARIsAHXNMI8WrY5dj44PLxL1i2vp2RNOa_P0_fgDS7zeEl7xP707P6eroTJ8O3waAr3CEALw_wcB)provides 24/7 crisis support to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. They may be reached at 1-866-488-7386.