
Come Join Us!

Seeking 2 to 4 Officers,

some from the Albuquerque area and others from elsewhere
in New Mexico or out of state.

WHO ARE WE?

The GSNA is a professional organization that represents and advocates for Graduate Nursing Students. The GSNA officers also allocate funds for travel expenses to graduate nursing students. These funds are collected from students each semester by the UNM Student Government Accounting Office (SGAO) for use by the Graduate and Professional Student Association (GPSA). The GSNA can also hold fundraisers to generate additional funds.

WHAT DO WE DO?

A member of the GSNA attends meetings of the Graduate and Professional Program Committee at the College of Nursing. We meet via video conference @ 3 times a semester; two members of the GSNA need to attend in-person presentations at the beginning of the Fall semester to renew the GSNA charter within the GPSA.

GSNA

**If you have additional questions or are interested in
joining us, send us an e-mail:**

HSC-GSNA@salud.unm.edu

MENTAL HEALTH RESOURCES FOR NURSING STUDENTS

UNM Mental Health Website

Website: <https://mentalhealth.unm.edu>

Phone: N/A

Location: N/A

Resources:

- Access to online and in-person mental health resources around NM
- Lists of essential services resources

UNM Student Health and Counseling

Website: <http://shac.unm.edu/>

Phone: (505) 277-3136

Location: 300 Cornell Mall (across from the Student Union), UNM Main Campus

Resources:

- Student medical and counseling services
- First two appointments are free, bill insurance
- Available for same-day emergent, urgent, and routine appointments
- Provide therapy and psychiatric medications for all mental health needs

TimelyCare: Telehealth for Students

Website: <https://app.timelycare.com/auth/login>

Phone: N/A

Location: N/A

Resources:

- Access to online and physical and mental health resources
- Virtual medical, counseling, and psychiatry appointments

Agora Crisis Center

Website (chat): <http://www.agoracares.org/>

Phone: (505) 277-3013 & (866) HELP-1-NM

Location: N/A

Resources:

- Phone, text, and internet crisis support available 24/7
- Provide emotional support, crisis intervention, and referrals for further treatment

988 New Mexico Crisis & Access Line (NMCAL)

- Website: <https://nmcrisisline.com/>
- Phone: Call, Text and Chat to 988
- Location: N/A
- Resources:
- For healthcare worker specific support:
 - (855) 507-5509
- Consider downloading the **NMConnect App** from the NMCAL to access chat features and NM mental health Resources:

Manzanita Counseling

Website: <https://coehs.unm.edu/departments-programs/ifce/counselor-education/manzanita-counseling-center.html>

Phone: (505) 277-7311

Location: Manzanita Building, UNM Main Campus

Resources:

- Free counseling services
- Services offered by students in the mental health counselor education program

MENTAL HEALTH RESOURCES FOR NURSING STUDENTS (CONT.)

UNM Psychology Department Clinic

Website: <https://mentalhealth.unm.edu>

Phone: (505) 277-5164

Location: 1820 Sigma Chi NE, UNM Main Campus

Resources:

- Free or sliding scale counseling services
- Services offered by students training to be psychologists

UNM Women's Resource Center

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

Phone: (505) 277-3716

Location: Mesa Vista Hall 1160, UNM Main Campus

Resources:

- Free or sliding scale counseling services
- Services offered by students training to be psychologists
- Free counseling services (open to all) and peer support
- Services offered by students training to be counselors and through peer support groups
- Specializations include eating disorders, new parents, sexual assault and survivors of IPV

UNM Collegiate Recovery Center

Website: <https://recovery.unm.edu/>

Phone: (505) 277-0560

Location: B67E Logan Hall (Dept of Psychology - Building #34), UNM Main Campus

Resources:

- Free support in substance abuse recovery to students using the AA model
- Peer support and alternative programming