STUDENT HEALTH & COUNSELING

Identifying Students in Distress

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Student Health and Counseling, who are we?

Accredited by AAAHC ACCREDITATION ASSOCIATION for AMBULATORY HEALTH CARE, INC.



All medical and mental health staff are licensed and board certified, where applicable.

Clinical staff provide comprehensive, integrated medical and mental health services on site. Specialty care is coordinated as needed.

Examples:

Aetna, BCBS, Cigna, Tricare, United, etc.

JED CAMPUS MEMBER

ACHA American College Health Association
advocacy • education • research

Multiple Services Offered



- Acupuncture
- Allergy & Immunization
- Health Education
- Laboratory & X-Ray
- LBGQ Health
- Massage
- Men's Health
- Mental Health
- Nutrition
- Pharmacy
- Physical Therapy
- Primary Care
- Trans Health
- Travel Health
- Urgent Care
- Women's Health

After Hours: Call SHAC 505.277.3136
Option 2: Medical | Option 3: Mental Health

Stresses of Student Life

- Academic Demands
- Group Life/Living
- Extracurricular Responsibilities
- Financial Costs/Insecurity
- Social Activities/Social Media
- Family Demands
- Constant Exposure to News Media, Global Issues

How Much a Concern?

- Students in Distress
  - *Withdrawn, Sad, Upset, Disorganized*…
- Students being Disturbing
  - *Disruptive, inappropriate, scary…*
- Students being Threatening
  - *Presenting likelihood of imminent harm…*



Home About Services Insurance Wellness Resources Contact SHAC News

UNM SHAC is located on Main Campus north of Johnson Center and across the mall from (east of) the Student Union Building. (See map below.) SHAC provides quality health and counseling services to all UNM students to foster student success. Fees charged at SHAC are much lower than community rates. SHAC is funded in part by student activity fees. SHAC is accredited by the Accreditation Association for Ambulatory Healthcare (AAAHC).

Tell Us How We Are Doing

Therapy Assistance Online (TAO)

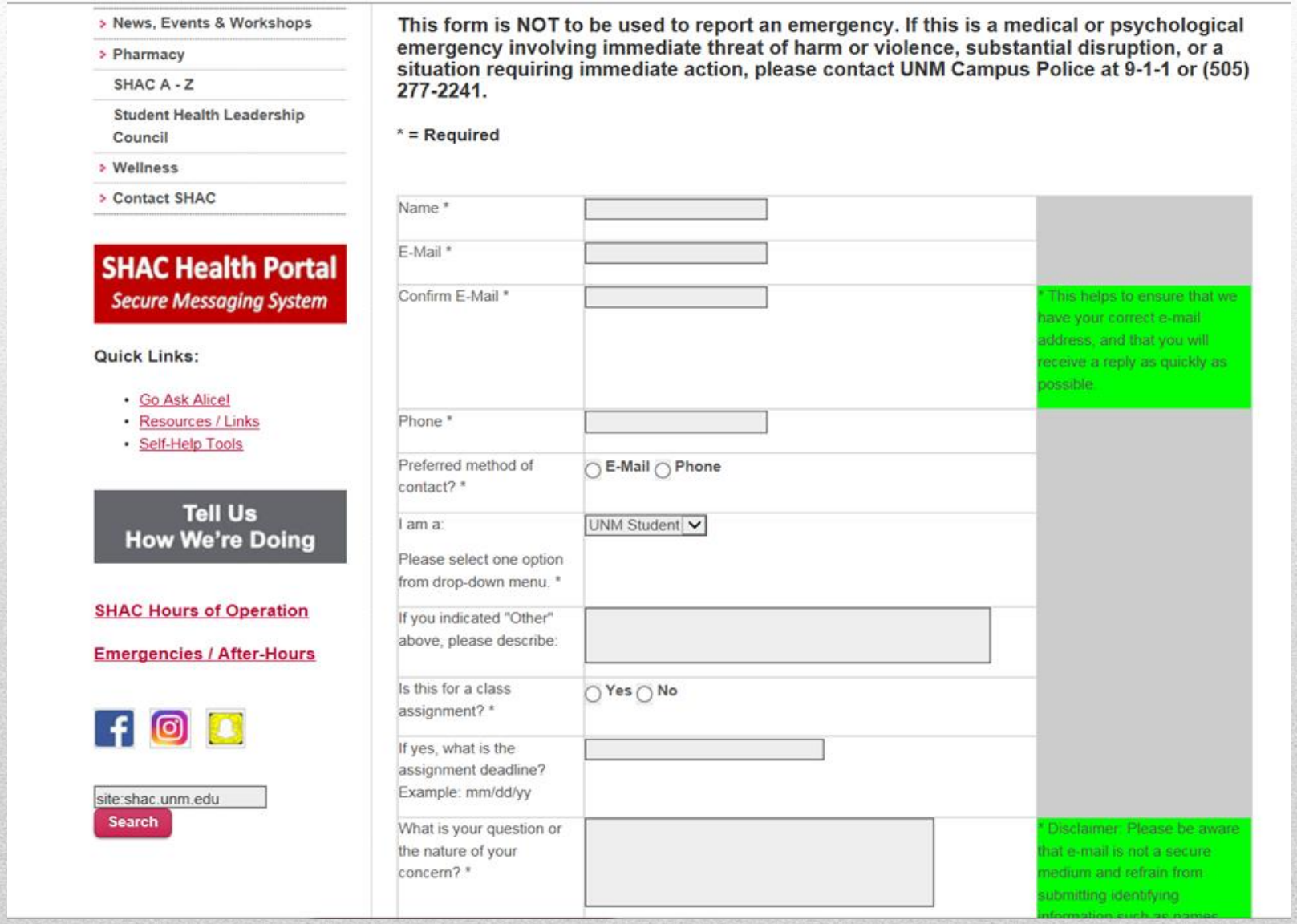
Medical
Learn about services and providers.

Counseling
Learn about services and providers.

SHAC Health Portal
Access your health record.

Important #'s
Appointments, Emergencies / After-Hours, Pharmacy, etc.

SHAC Ask-A-Question Form



- News, Events & Workshops
- Pharmacy
- SHAC A - Z
- Student Health Leadership Council
- Wellness
- Contact SHAC

SHAC Health Portal
Secure Messaging System

Quick Links:

- Go Ask Alice!
- Resources / Links
- Self-Help Tools

Tell Us How We're Doing

SHAC Hours of Operation

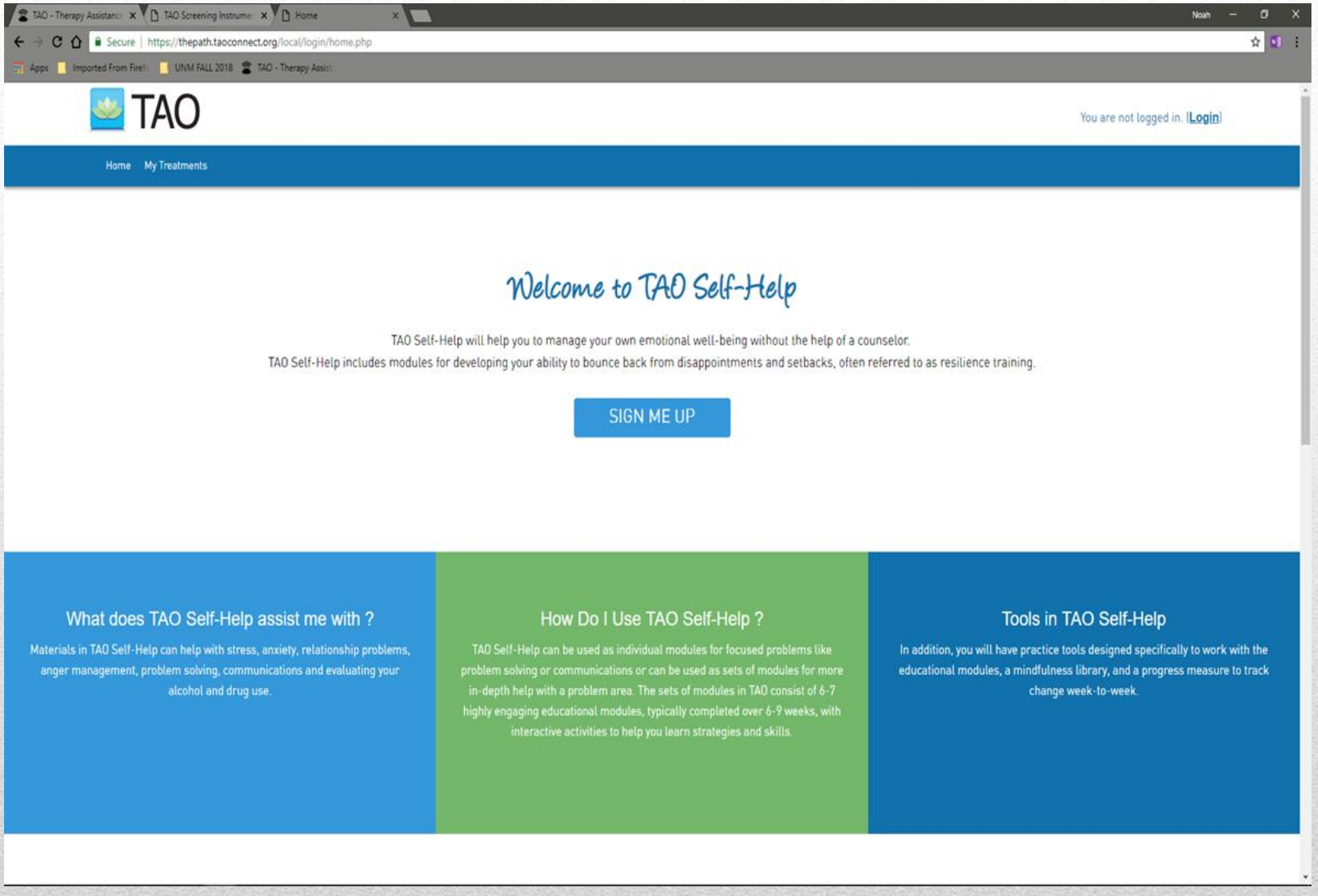
Emergencies / After-Hours

site:shac.unm.edu
Search

This form is NOT to be used to report an emergency. If this is a medical or psychological emergency involving immediate threat of harm or violence, substantial disruption, or a situation requiring immediate action, please contact UNM Campus Police at 9-1-1 or (505) 277-2241.

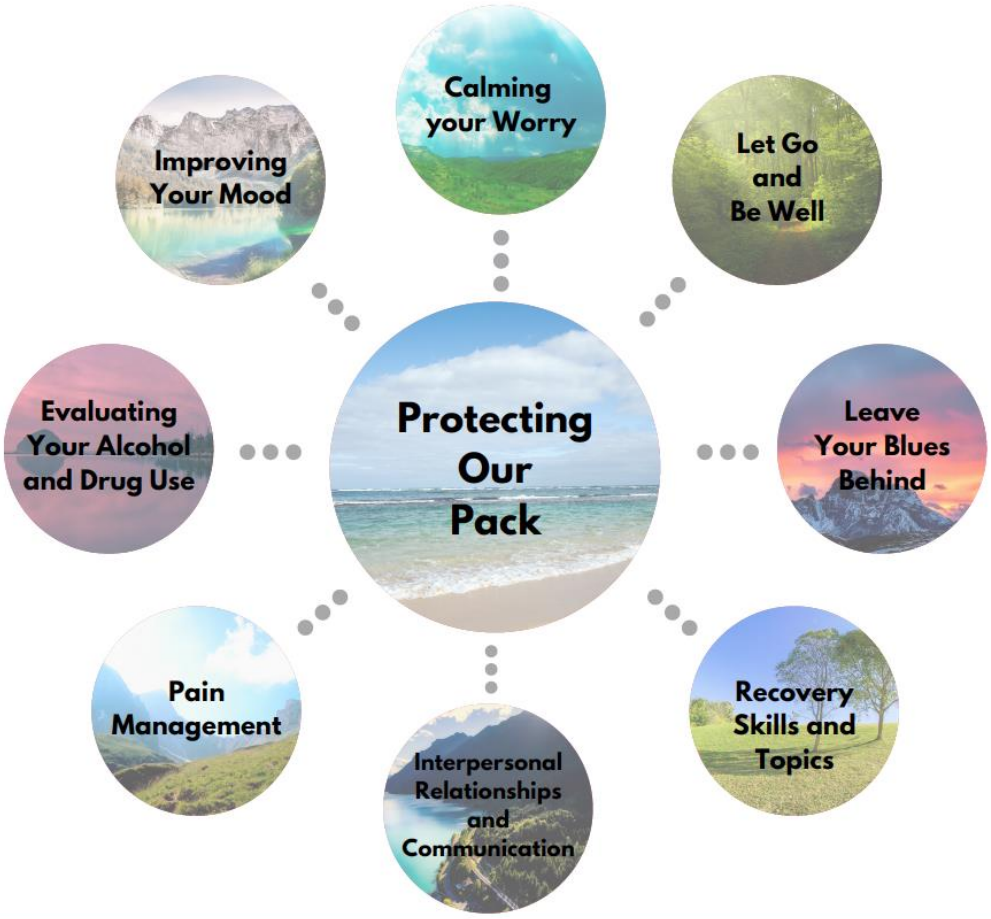
*** = Required**

Name *		
E-Mail *		
Confirm E-Mail *		* This helps to ensure that we have your correct e-mail address, and that you will receive a reply as quickly as possible.
Phone *		
Preferred method of contact? *	◯ E-Mail ◯ Phone	
I am a: Please select one option from drop-down menu. *	UNM Student	
If you indicated "Other" above, please describe:		
Is this for a class assignment? *	◯ Yes ◯ No	
If yes, what is the assignment deadline? Example: mm/dd/yy		
What is your question or the nature of your concern? *		* Disclaimer: Please be aware that e-mail is not a secure medium and refrain from submitting identifying information such as names


TAO - Therapy Assistanc
TAO Screening Instrume
Home
Noah
Secure | https://thepath.taoconnect.org/local/login/home.php
Apps
Imported From Fire
UNM FALL 2018
TAO - Therapy Assist
TAO
You are not logged in. [Login]
Home
My Treatments
Welcome to TAO Self-Help
TAO Self-Help will help you to manage your own emotional well-being without the help of a counselor.
TAO Self-Help includes modules for developing your ability to bounce back from disappointments and setbacks, often referred to as resilience training.
SIGN ME UP
What does TAO Self-Help assist me with ?
Materials in TAO Self-Help can help with stress, anxiety, relationship problems, anger management, problem solving, communications and evaluating your alcohol and drug use.
How Do I Use TAO Self-Help ?
TAO Self-Help can be used as individual modules for focused problems like problem solving or communications or can be used as sets of modules for more in-depth help with a problem area. The sets of modules in TAO consist of 6-7 highly engaging educational modules, typically completed over 6-9 weeks, with interactive activities to help you learn strategies and skills.
Tools in TAO Self-Help
In addition, you will have practice tools designed specifically to work with the educational modules, a mindfulness library, and a progress measure to track change week-to-week.

MODULES

TAO Self-Help will help you to manage your own emotional well-being. The modules will assist you to develop your ability to bounce back from disappointments and setbacks.



STUDENT HEALTH & COUNSELING

Counseling Services

- Call for Consultation
- Walk-In for immediate services
- Confidentiality
- Assessment Available
- Treatment
- Advocacy for Accommodations
- Case Management
- Collaboration in Academics

Students in Distress

Who to Call?

Counseling Services at SHAC

Call 277-3136

After-Hours – Option 3

Care Team

Lydia Wolberg, Care Coordinator

Call 277-3361

Counseling Assistance and Referral Service (CARS)

Steven Rugala, Director

Call 272-6868

