



Departments supporting mental health on campus:

- ▶ HR Benefits & Employee Wellness
- ▶ Student Health and Counseling (SHAC)
- ▶ UNM HSC Wellness
- ▶ Counseling, Assistance and Referral Service (CARS)
- ▶ AGORA Crisis Center
- ▶ UNMH Wellbeing
- ▶ Office of Professional Wellbeing

Programs that support mental health on campus:

- ▶ Counseling Services (UNM Faculty and Staff)
- ▶ Counseling Services (UNM Students)
- ▶ UNMH Counseling Services
- ▶ Recorded Guided Meditations
- ▶ AGORA Crisis Help Line
- ▶ Recreational Services/Johnson Gym
- ▶ Pet Therapy
- ▶ Suicide Awareness Week (Each September)
- ▶ Working with Positivity Course

Committees and Coalitions that support mental health at The University of New Mexico:

UNM Wellness Alliance
UNM HSC Well-being Coalition

Campus Mental Health Team
UNM Suicide Awareness Week Committee