

Eating Disorder Resource Guide - August 2022

**UNM STUDENT HEALTH AND COUNSELING (SHAC)
Counseling Department***

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

Contact: 505.277.3136

Address: 1 UNM MSC06 3870, Building 73, ABQ, NM 87131

Appointment Hours: Mon, Wed, Thu, Fri 8:00am-5:00pm
; Tuesday 9:00am-5pm

Hours subject to change. Check web for updates.

Appointment Type: Private Session, Must be scheduled

NEW Clients: 1st (Triage walk in hours Monday-Friday 10:00am-4:00pm) & 2nd (First follow up after triage) visits are no charge

- Prices based on students enrolled with 6+ credits

Follow-up Fee: \$15 each session

- Prices based on students enrolled with 6+ credits
- Limit of 12 sessions per academic year

**Limited eating disorder resources*

EATING DISORDERS TREATMENT CENTER
(Private Practice/Individual Therapy-Group Therapy)

Holly Finlay, MA, LPCC, CEDS, CSP

Website: <http://www.eatingdisordersabq.com>

Contact: 505.266.6121

Leave a voicemail & you will be called back to set an appointment

Email: info@eatingdisordersabq.com

Address: 1520 Tramway Blv. NE, ABQ, NM, 87112

Hours: Monday - Friday 9:00am – 5:00pm

Appointment Type: Private Session, Must be scheduled

- Anorexia, bulimia, compulsive behaviors: food & exercise
- Male or Female

Initial Consultation Fee: Varies

Follow-up Consultation Fee: Varies

Insurance: Most insurances accepted

- Sliding scale available for students without insurance

CASTLEBERRY & ASSOCIATES COUNSELING & TESTING SVC., LLC

Dr. Erica Lane Castleberry, Psychologist, PhD

Website: <https://therapists.psychologytoday.com/rms/>
<https://www.psychologytoday.com/us/therapists/erica-lane-castleberry-albuquerque-nm/139382>

Contact: 505.388.2830

Address: 2800 San Mateo Dr NE, Suite 100, ABQ, NM 87110

Appointment Hours: Appointment only; offers online therapy

Appointment Type: Private Session, Must be scheduled

- Coaching, cognitive behavior& interpersonal

Average Consultation Fee: \$100-\$120 (*per session*)

Insurance: Accepts patients with the following insurance

- Aetna, NM Health Connections, True Health New Mexico, Blue Cross & Blue Shield & Presbyterian, & United

**ALL LISTED PRICES ARE SUBJECT TO CHANGE.
CONTACT EACH LOCATION DIRECTLY FOR
CURRENT PRICING.**

WEBSITE RESOURCES

**NATIONAL EATING DISORDERS ASSOCIATION
(NEDA)**

Website: <http://www.nationaleatingdisorders.org>

Contact: 800.931.2237 or 212.575.6200

Hours: 9:00 AM - 9:00 PM (ET) Mon-Thurs; and 9:00 AM to 5:00 PM (ET) Fri

- Support for providers
- Support group listings
- Personal stories of hope
- Referrals are provided
- Explanation of eating disorders & warning signs
- Personal Risk Assessment
- Ask an Expert a question
- Review answers to commonly asked questions

**NATIONAL ASSOCIATION OF ANOREXIA
NERVOSA AND ASSOCIATED DISORDERS
(ANAD)**

Website: <http://www.anad.org>

Contact: 630.577.1330

Email: anadhelp@anad.org

Helpline: 888-375-7767 (available M-F 9am – 9pm CST)

Hours: 9am-5pm Monday - Friday (Central Time)

- Insurance issues-fighting discrimination
- Recovery
- Treatment options
- Therapist referral lists US /Canada
- How to help someone
- Online support forum you can join

ACADEMY FOR EATING DISORDERS (AED)

Website: <http://www.aedweb.org>

Phone: 1+703-234-4079

info@aedweb.org

- Eating Disorder Information
- National Conferences
- Getting Involved for support
- Online support forum you can join

MENTAL HEALTH AMERICA (MHA)

Website: <http://www.nmha.org>

Contact: 800.969.6642

Emergency Crisis Line: 800.273.8255

- Mental health screening tools online
- How to pay for care
- Quizzes for anxiety, depression, and stress
- Healthy advice by topic