

**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:** Monday-Thursday 8:00am-5:30pm  
Friday 9:00am-5pm

*SHAC Summer Hours (check website for exact dates):  
Monday-Thursday 8am-5pm & Friday 9am-5pm*

**Appointment Type:** Private Session, Must be scheduled

**NEW Clients:** 1<sup>st</sup> (Triage walk in hours Monday-Friday 10:00am-4:00pm) & 2<sup>nd</sup> (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](mailto:info@eatingdisordersabq.com)

**Address:** 5203 Juan Tabo BLVD NE, Suite 2A, ABQ, NM, 87111

**Appointment Hours:** Monday - Friday until 7:30pm

**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/>

**Contact:** 505.388.2830

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

**Appointment Hours:** Appointment only

**Appointment Type:** Private Session, Must be scheduled

- Coaching, cognitive behavior & interpersonal

**Average Consultation Fee:** \$100-\$145 (*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

<p style="text-align: center;"><b>NATIONAL EATING DISORDERS ASSOCIATION (NEDA)</b></p> <p><b>Website:</b> <a href="http://www.nationaleatingdisorders.org">http://www.nationaleatingdisorders.org</a></p> <p><b>Contact:</b> 800.931.2237 or 212.575.6200</p> <p><b>Hours:</b> 9:00 AM - 9:00 PM (ET) Mon-Thurs; and 9:00 AM to 5:00 PM (ET) Fri</p> <ul style="list-style-type: none"> <li>• Support for providers</li> <li>• Support group listings</li> <li>• Personal stories of hope</li> <li>• Referrals are provided</li> <li>• Explanation of eating disorders &amp; warning signs</li> <li>• Personal Risk Assessment</li> <li>• Ask an Expert a question</li> <li>• Review answers to commonly asked questions</li> </ul>	<p style="text-align: center;"><b>NATIONAL ASSOCIATION OF ANOREXIA NERVOSA AND ASSOCIATED DISORDERS (ANAD)</b></p> <p><b>Website:</b> <a href="http://www.anad.org">http://www.anad.org</a></p> <p><b>Contact:</b> 630.577.1330</p> <p><b>Hours:</b> 9am-5pm Monday - Friday (Central Time)</p> <ul style="list-style-type: none"> <li>• Insurance issues-fighting discrimination</li> <li>• Recovery</li> <li>• Treatment options</li> <li>• Therapist referral lists US /Canada</li> <li>• How to help someone</li> <li>• Online support forum you can join</li> </ul>
<p style="text-align: center;"><b>ACADEMY FOR EATING DISORDERS (AED)</b></p> <p><b>Website:</b> <a href="http://www.aedweb.org">http://www.aedweb.org</a></p> <ul style="list-style-type: none"> <li>• Eating Disorder Information</li> <li>• National Conferences</li> <li>• Getting Involved for support</li> <li>• Online support forum you can join</li> </ul>	<p style="text-align: center;"><b>BINGE EATING DISORDER ASSOCIATION (BEDA)</b></p> <p><b>Website:</b> <a href="http://www.bedaonline.com">http://www.bedaonline.com</a></p> <p><b>Contact:</b> 855.855.2332</p> <ul style="list-style-type: none"> <li>• Information and quick resources</li> <li>• Receive an electronic newsletter</li> </ul>
<p style="text-align: center;"><b>MENTAL HEALTH AMERICA (MHA)</b></p> <p><b>Website:</b> <a href="http://www.nmha.org">http://www.nmha.org</a></p> <p><b>Contact:</b> 800.969.6642</p> <p><b>Emergency Crisis Line:</b> 800.273.8255</p> <ul style="list-style-type: none"> <li>• Mental health screening tools online</li> <li>• How to pay for care</li> <li>• Quizzes for anxiety, depression, and stress</li> <li>• Healthy advice by topic</li> </ul>	