### EATING DISORDERS TREATMENT CENTER

*Private Practice/Individual Therapy-Group Therapy*

Holly Finlay, MA, LPCC, CEDS, CSP

**Website:** [http://www.eatingdisordersabq.com](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

---

### UNM STUDENT HEALTH AND COUNSELING (SHAC)

Counseling Department*

**Website:** [http://shac.unm.edu](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*
CASTLEBERRY & ASSOCIATES COUNSELING & TESTING SVC., LLC

Dr. Erica Lane Castleberry, Psychologist, PhD

Website: [https://therapists.psychologytoday.com/rms/](https://therapists.psychologytoday.com/rms/)

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

---

**WEBSITE RESOURCES**

---

ALL LISTED PRICES ARE SUBJECT TO CHANGE. CONTACT EACH LOCATION DIRECTLY FOR CURRENT PRICING.
### NATIONAL EATING DISORDERS ASSOCIATION (NEDA)

**Website:** [http://www.nationaleatingdisorders.org](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](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](http://www.aedweb.org)

**Phone:** 1+703-234-4079

**Email:** 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](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