

**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> & 2<sup>nd</sup> visits are no charge

- Prices based on students enrolled with 6<sup>+</sup> credits

**Follow-up Fee:** \$15 each session

- Prices based on students enrolled with 6<sup>+</sup> 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 2, 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:** \$75-\$125 (*per session*)

**Insurance:** Accepts patients with the following insurance

- Aetna, NM Health Connections, Blue Cross & Blue Shield & Presbyterian

**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

- 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

**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>

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

**BINGE EATING DISORDER ASSOCIATION (BEDA)**

**Website:** <http://www.bedaonline.com>

**Contact:** 855.855.2332

- Information and quick resources
- Receive an electronic newsletter

**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