



Student Health and Counseling (SHAC) offers outpatient health services for all currently enrolled UNM students. SHAC does not offer pediatric care. *SHAC is not a provider of emergency medical care.* A medical emergency is defined as “posing an immediate threat to life, limb, or body function.” **In case of a medical or counseling emergency, call 9-1-1 or go directly to a local hospital emergency room.**

SHAC Departmental Services & Programming

Medical Services – (505) 277-3136

- **Same-Day Appointments**: Same-Day Appointments are available for medical concerns that demand immediate attention, such as injuries, sudden illness, or worsening of an existing problem. Wait time depends upon the number of patients and the urgency of the problem. The Clinic provides rapid arrangement of hospitalization or emergency consultation when necessary.
- **Primary Care / Scheduled Appointments**: Physicians, physician assistants, and nurse practitioners are board certified in Family Practice or Internal Medicine. Services include: treatment of acute illnesses and injuries; management of patients with chronic illness; routine physical exams; assistance for patients seeking information on available programs and medications for smoking cessation or substance use; travel health (for students, staff, faculty, and retirees); sports medicine; medication management of psychological illness and coordination of care for patients who are in counseling with a Counseling Services practitioner; and referrals to consultant specialists.
- **Women’s Health**: Mid-level practitioners and nursing support personnel staff the Women’s Health Clinic. The Clinic provides: annual exams, family planning, STI screening, evaluation and treatment for gynecological problems, including colposcopic examinations; and referral to gynecology physician consultants for evaluation of more complex problems.
- **Men’s Health Program**: A complete physical check-up is geared specifically toward men’s health needs.
- **Allergy and Immunization Clinic**: The A & I Clinic is staffed by nurses. The Clinic offers: preventative immunizations; tuberculosis skin testing; evaluation of Health Sciences students for complete immunizations; screening and initiating treatment for students who are exposed to contaminated blood or body fluid; monitoring mandated measles immunizations; and allergy immunotherapy injections in conjunction with allergy consultant physicians.
- **Physical Therapy**: A physical therapist provides treatment for post-surgical or acute illness or injury.
- **Massage Therapy**: Licensed therapists offer 50-minute appointments to students, staff, faculty, and retirees.
- **Acupuncture**: A licensed Doctor of Oriental Medicine offers acupuncture services.
- **Pharmacy Services**: Licensed pharmacists fill prescriptions for UNM students, faculty, staff, and retirees. They fill prescriptions from all licensed practitioners, including providers outside of UNM. Students are not required to use the SHAC Pharmacy.
- **Laboratory, Radiology, and Medical Records**: A clinical lab and an X-ray unit support SHAC clinics, which are capable of meeting the majority of a student’s diagnostic needs. Medical Records service is also offered to ensure efficient healthcare delivery.
- **UNM Services**: The SHAC Nurse Manager screens and scores the Occupational Safety Health respiratory medical evaluation questionnaire (about 400 per year). Once the health screening is completed, Safety & Risk Services performs fittings for students who need to wear respirators because of particulate or vapor exposure in their classes.

Counseling Services – (505) 277-3136

- Staffing: Counseling Services is staffed by licensed Clinical Counselors, Psychologists, Social Workers, and Psychiatrists.
- Triage: Counseling Services uses a brief in-person, same-day Triage interview with a clinician to ensure that the students in greatest need have the quickest access to care. This system allows students who are emergent, or in crisis, to access care sooner than students with less critical, clinical need. Students can walk in or call in, Monday – Friday, 10:00 AM – 4:00 PM for triage.
- Assessment: This is an information-gathering session conducted by a therapist designed to understand the student's concerns and functioning.
- Emergency Services: A SHAC therapist is on-call during service hours to help students in distress or with life-threatening situations. An after-hours therapist (ProtoCall Services, Inc.) is available 7 days a week to take emergency calls from students.
- Time-Limited Individual Therapy: Brief intervention models are used, emphasizing cognitive-behavioral and related techniques. Students seeking longer-term, insight-oriented therapy are assisted to locate appropriate community resources.
- Coordination of care for medication evaluation and medication follow-up by a psychiatrist or medical practitioner for students seen in SHAC.
- Referral: Service to help identify other service providers who may be more appropriate for the particular student's needs.
- Skill Workshops: Topics frequently covered include healthy relationships, stress management, communication skills, and self-esteem.
- Counseling Services offers a consultation call system for anyone in the UNM community regarding specific students of concern. The Counseling Services Director or on-call therapist helps the caller identify appropriate options for intervention with the student.

Health Education & Prevention Services – (505) 277-1074

- The following Health Education services are offered at no charge to students: a variety of health resources and educational materials, presentations, and the Condom-Mint Program (free condoms at multiple sites on Main Campus). A Nutrition Clinic and a Healthy Weight Program are offered at low-cost rates.

Location, Hours of Operation, Phone, Website & After-Hours Options

- SHAC is on Main Campus north of Johnson Center and across the mall from (east of) the Student Union Building. Limited patient parking is available behind SHAC.
- SHAC Hours of Operation:
 - Visit <http://shac.unm.edu/> for current Hours of Operation.
 - **Hours are subject to change.** SHAC is closed Saturdays and Sundays and all official UNM holidays (and all campus closures due to weather or unforeseen circumstances).
- For information on SHAC services including current hours of operation, visit <http://shac.unm.edu/> or call (505) 277-3136 during regular hours of operation.
- See <http://shac.unm.edu/> for a list of After-Hours Resources and Other Resource Links.