Eating Disorder Resource Guide (Albuquerque Area)

Updated July 2016

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

*SHAC Summer Hours* (check website for exact dates): Mon-Thu, 8:00 AM-5:00 PM Friday, 9:00 am-5pm

Appointment Type: Private Session, Must be scheduled

NEW Clients: 1st & 2nd 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

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

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: 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

**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](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](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](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](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](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