### 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-5:30pm
                          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:** 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

### 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 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/](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.*

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Resources collected by UNM Student Health and Counseling (SHAC) [shac.unm.edu](http://shac.unm.edu)

For information contact our Health Education & Prevention Department at 505.277.1074 or [peerhelp@unm.edu](mailto:peerhelp@unm.edu)
## WEBSITE RESOURCES

### 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  
**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