

**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: 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>

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/>

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.

WEBSITE RESOURCES

<p style="text-align: center;">NATIONAL EATING DISORDERS ASSOCIATION (NEDA)</p> <p>Website: http://www.nationaleatingdisorders.org</p> <p>Contact: 800.931.2237 or 212.575.6200</p> <p>Hours: 9:00 AM - 9:00 PM (ET) Mon-Thurs; and 9:00 AM to 5:00 PM (ET) Fri</p> <ul style="list-style-type: none"> • 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 	<p style="text-align: center;">NATIONAL ASSOCIATION OF ANOREXIA NERVOSA AND ASSOCIATED DISORDERS (ANAD)</p> <p>Website: http://www.anad.org</p> <p>Contact: 630.577.1330</p> <p>Hours: 9am-5pm Monday - Friday (Central Time)</p> <ul style="list-style-type: none"> • Insurance issues-fighting discrimination • Recovery • Treatment options • Therapist referral lists US /Canada • How to help someone • Online support forum you can join
<p style="text-align: center;">ACADEMY FOR EATING DISORDERS (AED)</p> <p>Website: http://www.aedweb.org</p> <ul style="list-style-type: none"> • Eating Disorder Information • National Conferences • Getting Involved for support • Online support forum you can join 	<p style="text-align: center;">BINGE EATING DISORDER ASSOCIATION (BEDA)</p> <p>Website: http://www.bedaonline.com</p> <p>Contact: 855.855.2332</p> <ul style="list-style-type: none"> • Information and quick resources • Receive an electronic newsletter
<p style="text-align: center;">MENTAL HEALTH AMERICA (MHA)</p> <p>Website: http://www.nmha.org</p> <p>Contact: 800.969.6642</p> <p>Emergency Crisis Line: 800.273.8255</p> <ul style="list-style-type: none"> • Mental health screening tools online • How to pay for care • Quizzes for anxiety, depression, and stress • Healthy advice by topic 	