



Departments supporting mental health on campus:

- ▶ [HR Benefits & Employee Wellness](#)
- ▶ [Student Health and Counseling \(SHAC\)](#)
- ▶ [UNM HSC Wellness](#)
- ▶ [Counseling, Assistance and Referral Service \(CARS\)](#)
- ▶ [AGORA Crisis Center](#)
- ▶ [UNMH Wellbeing](#)
- ▶ [Office of Professional Wellbeing](#)

Programs that support mental health on campus:

- ▶ [Counseling Services \(UNM Faculty and Staff\)](#)
- ▶ [Counseling Services \(UNM Students\)](#)
- ▶ [UNMH Counseling Services](#)
- ▶ [Recorded Guided Meditations](#)
- ▶ [AGORA Crisis Help Line](#)
- ▶ [Recreational Services/Johnson Gym](#)
- ▶ [Therapy Available Online \(TAO\)](#)
- ▶ [Pet Therapy](#)
- ▶ [Suicide Awareness Week \(Each September\)](#)
- ▶ [Working with Positivity Course](#)

Committees and Coalitions that support mental health at The University of New Mexico:

- ▶ [UNM Wellness Alliance](#)
- ▶ [Campus Mental Health Team](#)
- ▶ [UNM HSC Well-being Coalition](#)
- ▶ [UNM Suicide Awareness Week Committee](#)