Title: Online Counseling and Response Resources

Office of Origin: Office of Academic Affairs

Description: This is a selection of online information and resources found in various UNM service webpages. Including LGBTQ Resource Center, Women's Resource Center, LoboRespect, and Student Health and Counseling.
Albuquerque Area Resources

PFLAG Albuquerque
https://www.pflagabq.org/

Parents, Families and Friends of Lesbians and Gays (PFLAG) is a national organization that promotes the health and well-being of lesbian, gay, bisexual, and transgender persons, as well as their families and friends. PFLAG provides opportunities for dialogue about sexual orientation and gender identity, and acts to create a society that is healthy and respectful of human diversity. The Albuquerque chapter of PFLAG meets the Third Tuesday of every month at 7:00-8:30 pm at the First Congregational Church, 2001 Lomas Blvd NE, on the corner of Lomas and Girard.

Agora Crisis Center
www.unm.edu/agora/

The Agora Crisis Center provides trained peer counselors available over the phone to provide compassionate, non-judgmental listening for anything you want to discuss. Agora also provides a helpful referral service of agencies and individuals around New Mexico. You can reach Agora at 505-277-3013.

Transgender Resource Center of New Mexico
www.tzrcnm.org/

The Transgender Resource Center of New Mexico is being established in order to provide support, education, information, and assistance to the transgender population in the state of New Mexico and their families and loved ones.

Equality New Mexico (EQNM)
www.eqnm.org/

Equality New Mexico is a statewide education and advocacy organization that works for full recognition of lesbian, gay, bisexual, and transgender civil rights. EQNM works throughout the state to end discrimination, shape public opinion and policy, as well as strengthen our alliances with local, regional, and national partners. The organization is based in Albuquerque and has many volunteer opportunities for LGBTQ individuals and allies.

Albuquerque U21
www.albuquerqueunm.org/cmsnode158

Facebook Group (where?):

U21 is a safe space for youth and is open to lesbian, gay, bisexual, transgender, intersex, queer and questioning youth under 21 and their allies under 21. It is largely a social time with some planned events and sessions, such as art and craft, poetry, information on the community, films, dances, workshops, field trips, etc. There are trained adults there to facilitate the group and assist as needed.

U21 meets every Friday night from 7:00 to 9:30 at the Metropolitan Community Church, 1101 Texas NE. It meets in the main room 1 block north of Lomas and 4 blocks west of Wyoming. Park on the north side of the building in the parking lot or on the street – do not park in the lot to the south of the church.

NMFower
www.facebook.com/open/NMFower-Albuquerque/

NMFower is a program for 10-29 year-old men who are gay, Bi, Trans, or Questioning their sexuality. The group plans regular social events and outings in a supportive environment. NMFower is located at 907 Jefferson NE and can be reached at 505-232-2000.

New Mexico AIDS Services
www.nmas.net

New Mexico AIDS Services works to enhance the quality of life for people and communities affected by HIV/AIDS through innovative and comprehensive services, support and prevention education. New Mexico AIDS Services offers free and anonymous HIV testing, as well as free and confidential screenings for STIs and Hepatitis. New Mexico AIDS Services is located at 825 Truman NE, near the intersection of Lomas and San Mateo.

My Community NM
mycommunitynm.org/mycommunitynm/index.cfm

This site, accessible in both English and Spanish, gives referrals regarding healthcare, social services, education, legal services, transportation, community centers, and recreation.
On Campus Resources

UNM Queer Straight Alliance (USA)
www.facebook.com/usa.unm

UNM USA is a student organization that provides a safe and supportive environment for all students regardless of sexual orientation or gender identity. The USA participates in advocacy events such as the National Day of Silence and National Coming Out Day and organizes various social events throughout the year. The group meets every other Wednesday evening during the school year from 7-8pm in the Fiesta Room on the 1st floor of the SUU.

Out Womyn
www.facebook.com/groups/1301901271554475

Out Womyn is an organization of lesbian, gay, bisexual, androgynous and gender explorers who participate in activities that focus on supporting each other through school, work, personal issues, stress & life. Let's celebrate, socialize, mingle, enjoy event outings, study, relate leadership & work with the community!

Out Queer Grads
www.facebook.com/groups/100269223544975?tab=photos

Out Queer Grads is the organization of lesbian, gay, bisexual, transgender, queer, questioning, intersex and allied graduate and professional students at the University of New Mexico.

Student Health and Counseling
shac.unm.edu

Student Health and Counseling (SHAC) provides quality health and counseling services to all UNM students to foster student success. Counseling providers are specially trained and provide support LGBTI individuals in a confidential setting. The Health Center also offers a Women's Health Clinic and a Men's Health Maintenance Program for sex-specific health needs.

Office for Equity and Inclusion
diversity.unm.edu

The UNM Office for Equity & Inclusion supports system-wide diversity initiatives to enhance student recruitment and retention, academic excellence, employee diversity and a campus climate that embraces diversity as an asset. The Office for Equity and Inclusion oversees African-American Student Services, American-Indian Student Services, El Centro de la Raza, the Office of Equal Opportunity, and the LGBTQ Resource Center.

Office of Equal Opportunity
www.unm.edu/equalopportunity/

The mission of the Office of Equal Opportunity is to promote equal access and treatment for all and to promote an environment free of discrimination and inequality in accordance with University values and policies and with federal and state equal opportunity and affirmative action statutes and regulations. The Office of Equal Opportunity’s protected classes include gender identity and sexual orientation. The office is located at 609 Buena Vista NE.

Women's Resource Center
www.unm.edu/women/wrc

The Women's Resource Center is a place of advocacy, support, and safety for all members of the greater University and New Mexico community. The Center provides workshops, support groups, educational materials, and a resource library, among other services. The Women's Resource Center is located in Mesa Vista Hall, room 1156.

El Centro de la Raza
eclw.unm.edu

Engaging the Raza community, El Centro de la Raza provides tools for self-determination and resiliency, supports the transformation of students through knowledge, skills and responsibility and challenges self and systems to achieve social justice. El Centro offers many culture-specific programs and educates the campus community on the diverse issues that affect Raza students attending or wishing to attend UNM. El Centro de la Raza is located in Mesa Vista Hall, room 1155.

African American Student Services
aass.unm.edu

The African American Student Services program at UNM provides culturally relevant programs designed to assist primarily African American students in making a confident transition and successful adjustment to the University of New Mexico. African American Student Services is committed to recognizing the differences within the African American culture, appreciating other cultures, and promoting programs within the university and the surrounding community that provide a cross-cultural perspective. AASS is located in Mesa Vista Hall, room 1130.

American Indian Student Services
ais.unm.edu

American Indian Student Services (AISS) provides cultural and academic programming for American Indian students attending the University of New Mexico in an effort to ensure their academic achievement and assist in the development of personal, cultural, and social success. AIS is located in Mesa Vista Hall, room 1119.
Counseling Services

The Women's Resource Center offers FREE counseling and crisis intervention.

Short-term counseling is available for a wide range of issues and immediate support and referrals for any student, staff, or faculty.

We are here to help you with:

- Stress
- Depression
- Anxiety
- Academics
- Addictions
- Bad Days
- Transitions
- Abuse
- Eating Disorders
- Relationships

and anything you'd like to talk about!

Counseling is available through a partnership between the UNM WRC and the UNM Counselor Education Program. Our counselors are advanced graduate level students who are supervised by licensed faculty in the Counselor Ed program.

Please call (505) 277-3716 or stop by at Mesa Vista 1160 to make an appointment!
Sexual Violence

Sexual violence is a major public health concern throughout the world. The WHO recommends that states develop comprehensive policies on sexual violence, including mandatory reporting and consent education, and that sexual violence be included as a priority for the Global Strategy for Women's, Children's and Adolescents' Health.

Domestic & Dating Violence

Domestic violence is a violation of women's safety. It is a significant problem in the United States and in every country of the world. There are many factors that contribute to domestic violence, including economic and social stress, cultural norms, and lack of education. While violence is often thought to be a problem of women, it can affect men and boys as well as women and girls.

Domestic Violence Additional Resources:

- Domestic Violence Self-Help Network
- National Domestic Violence Hotline
- National Sexual Assault Hotline
- National Coalition Against Domestic Violence
- Sexual Assault Resource Hotline
- Robert F. Kennedy Human Rights

Sexual Assault & Harassment

Sexual assault is a form of violence that occurs when a person is forced to engage in sexual activity against their will. This can happen through force, coercion, or manipulation. Sexual assault can be a serious crime and may be punishable by law.

Sexual Harassment is defined as unwelcome sexual advances, requests for sexual favors, or other verbal or physical conduct of a sexual nature. It can happen at work, in school, or in any other setting.

Sexual Assault & Harassment Additional Resources:

- Sexual Assault & Harassment Resource Center
- National Sexual Assault Hotline
- National Center for Missing and Exploited Children
- National Organization of Sex Assault Resources
- National Sexual Violence Resource Center

Saturday Nights at UNM

Saturday Nights at UNM offers a variety of activities for students to participate in. These activities include music, dance, comedy, and more. The UNM community is encouraged to join in and have a good time.

Stalking

Stalking is defined as following a person with the intent to cause fear of reasonable danger. Stalking is a crime in New Mexico and penalties can include fines, imprisonment, and probation. It is important to report stalking if you or someone you know is a victim.

For additional information, please visit the UNM Police Department website.
Get Help Now

Call 911 if you are in immediate danger!

The University of New Mexico has different resources to help in case of the following. Please click the appropriate button below to review your options.

- **Sexual Misconduct**
- **Hate/Bias**
- **Bullying**
- **Hazing**

24 Hour Resources:

**UNM Police Department**
- For Emergencies: 911
- On Campus Escorts: (505) 277-2241
- UNM Security: (505) 277-6059
- UNM Hospital Security (North Campus): (505) 272-2160

**LoboRESPECT Advocacy Center Hotline**
- (505) 277-2911

**Rape Crisis Center of Central New Mexico (community resource for issues of sexual violence)**
- (505) 266-7711

**Agora Crisis Center (volunteer based crisis hotline)**
- (505) 277-3013

**Student Health and Counseling (SHAC) - After Hours Crisis Counselor**
- (505) 277-3136 and select Option 3

Under Title IX, sexual violence is a severe form of sexual harassment. Sexual violence is unacceptable and will not be tolerated at the University of New Mexico. Sexual violence may be committed by a stranger, an acquaintance or someone with whom the victim is involved in an intimate or sexual relationship. Victims of sexual violence are encouraged to report what happened to law enforcement and seek assistance from any of the resources, on and off campus, listed in this publication.

Please contact UNM's Interim Title IX Coordinator, Sara Cliffe, at scliffe@unm.edu for more information about Title IX.
Emergencies, After-Hours Options

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, dial 9-1-1 or go directly to a local hospital emergency room.

In case of an emergency, dial 9-1-1 or go directly to a local hospital emergency room.

Emergencies / After-Hours Resources

- After-Hours Options - SHAC Resource Guide
- NM Poison Center
- Rape Crisis Center of Central NM
- UNM LoboREPECT (Respond, Educate, Support, Prevent, Empower, Consent, Train)

Mental Health / After-Hours Crisis Resources

UNM SHAC Counseling Services
After-Hours On Call Service (regarding UNM Students Only)
Call 505-277-3136. Select Option # 3.

UNMMHC Psychiatric Emergency Services
2600 Marble Ave. NE
Call 505-272-2920.
Psychological / Psychiatric Links

- Anxiety
- Coping With Trauma
- Eating Disorders
- NAMI - National Alliance on Mental Illness
- Narcotics Anonymous
- NMH - National Institute of Mental Health
- Smart Recovery
- Student Veterans - Wellness Resources for Military Community
- Suicide Awareness Voices of Education (SAVE)
- Transition of Care Guide - JED Program

Disclaimer: The sites listed above have been selected because of their content value. SHAC offers no endorsement of and assumes no liability for the currency, accuracy, or availability of the information on these sites.