



HLC Accreditation Evidence Document

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.

Date: 2018

safety

education

advocacy

support


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Resources

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Quick Links



Diversity is Our Strength



[LGBTQ Resource Center](#)
 MSC05 3155
 1919 Las Lomas NE
 Albuquerque, NM 87131

Physical Location:
 LGBTQ Resource Center (Building 68)

Phone: (505) 277-5428
 Fax: (505) 277-8700
lgbtgrc@unm.edu

[UNM > Home > Resources > Albuquerque Area Resources](#)

Albuquerque Area Resources

PFLAG Albuquerque

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 opportunity 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 from 7:00-9:30 pm at the First Congregational Church, 2801 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.tgrcnm.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)

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.commonbondnm.org/cms/node/158
[Facebook Group \(private\)](#)

U21 is a safe space for youth and is open to lesbian, gay, bisexual, transgendered, 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 arts & crafts, 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.

NMPower

www.facebook.com/pages/NMPower-Albuquerque/174735789247246

MPower is a program for 18-29 year-old men who are Gay, Bi, Trans, or Questioning their sexuality. The group plans regular social events and outings in a supportive environment. MPower is located at 107 Jefferson NE and can be reached at 505-232-2990.

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 Syphilis and Hepatitis. New Mexico AIDS Services is located at 625 Truman NE, near the intersection of Lomas and San Mateo.

My Community NM

mycommunitynm.org/main/index.php

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

safety

education

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Diversity is Our Strength



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On Campus Resources

UNM Queer Straight Alliance (QSA)

www.facebook.com/UNMQSA

UNM's QSA is a student organization that provides a safe and supportive environment for all students regardless of sexual orientation or gender identity. The QSA 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 7-9pm in the Fiesta Room on the 3rd floor of the SUB.

Out Womyn

www.facebook.com/out.womyn

The Lesbian, Bi, Trans, Queer Womyn peer support group is committed to creating a safe and inviting space. UNM & ABQ Womyn's community is welcome! Out Womyn focuses on supporting each other through school, work, personal issues, stress & life. Let's celebrate, socialize, mingle, enjoy event outings, study, rotate leadership & work with the community!

Out Queer Grads

www.facebook.com/groups/108396212554476/?fref=ts Out Queer Grads is the organization of lesbian, gay, bisexual, transgender, queer, questioning, intersex and ally 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 safe-zone trained and provide support LGBTQ 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

diverse.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 its 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/%7eoeounm/

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 inequity 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/%7ewomen/

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 1160.

El Centro de la Raza

elcentro.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 1153.

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

<http://aiss.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. AISS is located in Mesa Vista Hall, room 1119.

Women's Resource Center

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[Sabrina Single Mother's
Scholarship
Program](#)

[Breastfeeding Support Program](#)

[Impact: Women's Leadership
and Mentorship Program](#)

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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!



Women's Resource Center

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Sexual Violence

Links are for information only. The WRC does not constitute endorsement or accuracy of the information.

Updated November 4, 2016

Sexual violence is an umbrella term for different types of violence, including domestic and dating violence, sexual assault and harassment, and stalking.

Domestic & Dating Violence

Domestic violence is patterns of abusive behavior in an intimate relationship where two partners are living in the same household. Dating violence is violence in a social relationship of an intimate nature.

24-Hour Crisis/Shelter Hotline	1 (800) 773-3645
Enlace Comunitario (shelter and Spanish services)	(505) 246-8972
Esperanza Shelter	1 (800) 473-5200
Haven House	(505) 896-4869 1 (800) 896-7157 (crisis line)
Morning Star Shelter	(505) 232-8299 1 (800) 658-6967 (crisis line)
National Domestic Violence Hotline	1 (800) 799-7233 (SAFE) 1 (800) 787-3224
New Mexico Confidential Address Program (CAP)	(505) 827-3600 1 (800) 477-3632
New Mexico Coalition Against Domestic Violence	(505) 246-9240
New Mexico Coalition of Sexual Assault Programs	1 (800) 883-8020
New Mexico District Attorney's Office	(505) 841-7107
New Mexico Legal Aid	(505) 243-7871
S.A.F.E. House	(505) 247-4219 1 (800) 773-3645 (crisis line)
Resources Inc.	(505) 768-2104

Domestic & Dating Violence Additional Resources

Dating Advice provides tips, Q&A's, how-tos, and resources for dating.

Men's Resource Center for Change supporting healthy manhood and challenging violence.

National Coalition Against Domestic Violence is dedicated to the empowerment of battered women and their children and therefore is committed to the elimination of personal and societal violence in the lives of battered women and their children. They are involved in coalition building, non-violent alternatives, public education, and policy development.

National Research Center for Women and Families dedicated to improving the health and safety of women, children, and families. We scrutinize the latest research, and explain it clearly to make it useful to you.

Women's Law Initiative website has answers about domestic violence in New Mexico. The website also has information about protection orders designed to stop violent and harassing behavior and to protect you and your family from the abuser.

Sexual Assault & Harassment

Sexual assault is defined by University of New Mexico Policy as a forcible and non-forcible offenses. Forcible offenses include forcible rape, sodomy, fondling, or assault with an object. Non-forcible offenses include incest and statutory rape. For more information on these and other campus policies please visit the please visit the [UNM Pathfinder - UNM Student Handbook](#).

Sexual harassment is defined by University of New Mexico Policy as unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature. For more information on this policy visit the [University Business Policy and Procedure Manual](#).

Albuquerque Human Rights Office	(505) 924-3380
National Sexual Assault Hotline	1 (800) 656-4673
Rape Crisis Center of Central New Mexico	(505) 266-7712 (505) 266-7711 (24-hour hotline)
Sexual Assault Nurse Examiner	(505) 883-8720 (505) 884-7263 (emergency)
UNM Office of Equal Opportunity	(505) 277-5251

Sexual Assault & Harassment Additional Resources:

9 to 5 National Association of Working Women provides information on legal rights and strategies to win fair treatment on the job.

Atlantic Training offers an online training course in Preventing Sexual Harassment for Employees

Office for Civil Rights is dedicated to ensuring equal access to education and promoting educational excellence throughout the nation through vigorous enforcement of civil rights. For information on resources for addressing sexual harassment visit.

RAINN Rape Abuse & Incest National Network

The Network/La Red Ending abuse in lesbian, bisexual women's and transgender communities. Acabando con el abuso en comunidades de lesbianas, de mujeres bisexuales y de gente transgénero.

Violence Against Women Act information from the Department of Justice.

Saturday Nights at UNM

The anonymous online journal **Saturday Nights at UNM: Untold Stories of Sexual Assault** is a place to visit, share, and support each other as survivors within the University of New Mexico campus share their untold stories.

The University of New Mexico's SaturdayNight page offers a safe space for survivors and members of the UNM community to share his/her stories, reactions, concerns, etc. This page is a respectful venue that raises awareness about sexual assault on college campuses, as well as deconstruct some of the rape myths circulating at the moment

Topics of discussion may include:

Personal experience
Myths and stereotypes
Rape culture
Violence
Identities
Anti-violence activism
Health

This journal was created in the hopes of demystifying the misconceptions about rape culture and sexual assault, particularly on college campuses. UNM SaturdayNight is a wonderful way for women to express themselves and create awareness about important issues in women's safety.

Consent Form: [Saturday Night Live Consent Form](#)

Website: saturdaynightunm.wordpress.com

Stalking

Stalking is defined by the New Mexico Domestic Violence, Harassment, and Stalking Act as conduct that causes fear for the victim due to repeated acts of following.

Aggravated stalking occurs when an individual knowingly violates court orders or possesses a deadly weapon.

For more information on Domestic Violence, Harassment, and Stalking Act refer to the [New Mexico Domestic Violence Benchbook](#) or visit the [Judicial Education Center](#).

For help or resources to deal with stalking, please call **Family Abuse and Stalking (FAST)** at (505) 768-2300.

Get Help Now

[Get Help Now](#)

[Sexual Misconduct](#) ▶

[Hate/Bias](#) ▶

[Bullying](#) ▶

[Hazing](#) ▶

[Escape](#) ↻

Click the red escape button above or at the top of the page to immediately leave this site.

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.

Office Hours

8:00 am to 5:00 pm Monday through Friday

CLOSED DURING UNM HOLIDAYS AND SNOW DAYS

Physical Address

University Advisement and Enrichment Center
Room 262
Albuquerque, NM 87131

Phone: (505) 277-2911

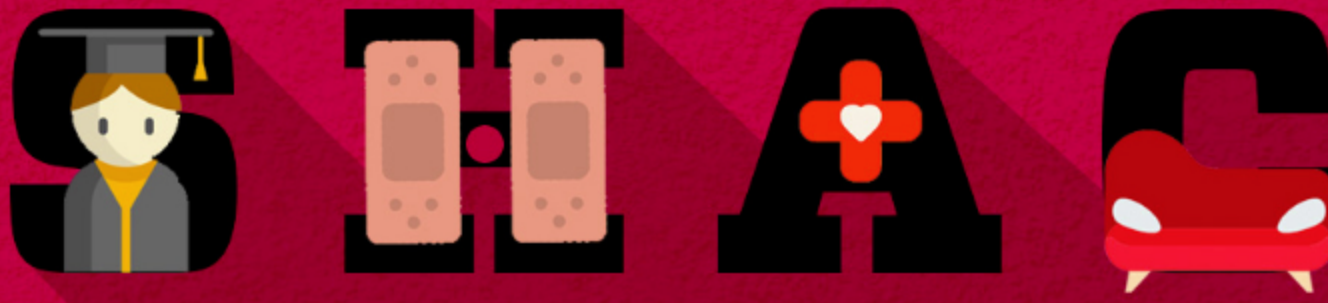
Fax: (505) 277-1580

Email: loborespect@unm.edu

Mailing Address

LoboRESPECT Advocacy Center
MSC 06 3600
1 University of New Mexico
Albuquerque, NM 87131

Student Health and Counseling



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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 LoboRESPECT (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.

Physical Address

Student Health and Counseling
Building 73

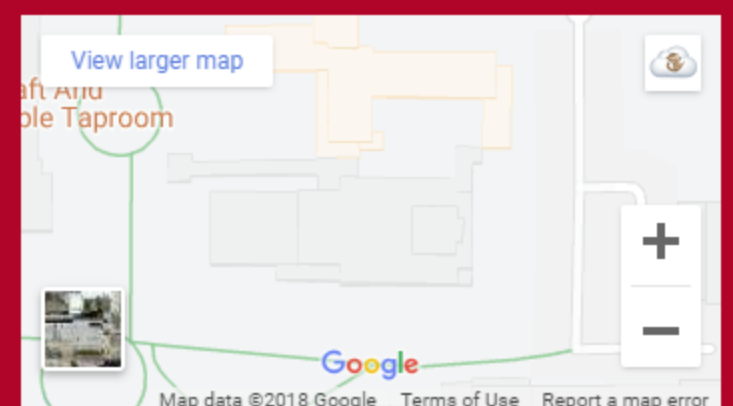
Phone: (505) 277-3136
Fax: (505) 277-2020
shac.unm.edu

Mailing Address

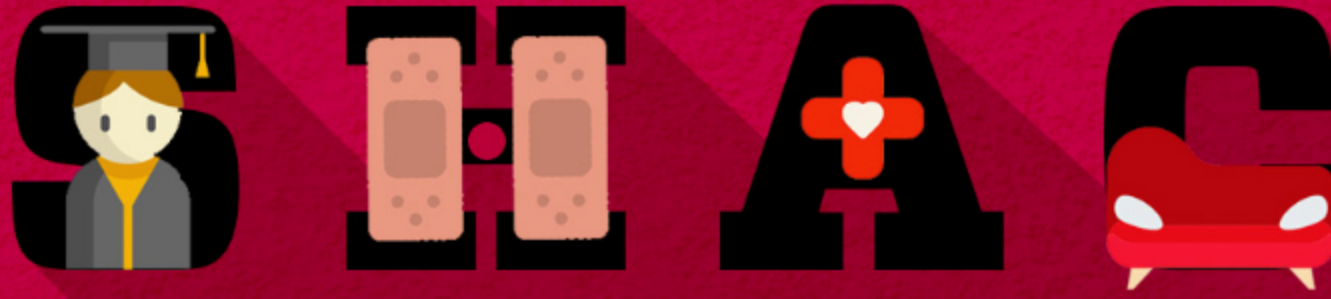
Student Health and Counseling
MSC06 3870
1 University of New Mexico
Albuquerque, NM 87131-0001



Where We Are



Student Health and Counseling



Resources

Resources Overview
SHAC Forms

Counseling Resources

- Overview
- Campus Wellness
- Psychological / Psychiatric Links
- Self-Help Tools

Go Ask Alice!

Health Promotion Resources

Community Resources

Tobacco Cessation

Psychological / Psychiatric Links

- Adult ADHD
- Coping With Trauma
- Eating Disorders
- NAMI - National Alliance on Mental Illness
- Narcotics Anonymous
- NIMH - 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.

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Fax: (505) 277-2020
shac.unm.edu

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