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20230511_May is Mental Health Awareness Month

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HSLIC News - LibGuides at University of New Mexico

May is Mental Health Awareness Month

by Alexis Ellsworth-Kopkowski on May 11th, 2023 | [o Comments](#)



Alt text: May is mental health awareness month ribbon graphic

May is Mental Health Awareness month. We would like to share some resources that are available to help support mental health.

This Thursday May 11th from 11 AM-2 PM there will be a resource fair on the Health Sciences campus BBRP Plaza (horseshoe area) please join if you are able to.

The UNM Mental Health Resources webpage provides many resources that are available both within the UNM community and throughout the greater Albuquerque area.

<https://mentalhealth.unm.edu/>

The essential support services website of UNM has links to many resources organized by topic.

<https://mentalhealth.unm.edu/essential-support-services-final.html>

The workshop and drop-in services calendar for UNM is available on this page. Even if there are not currently any courses or workshops, it could be helpful to bookmark the site and check as it is updated throughout the academic year/calendar.

<https://mentalhealth.unm.edu/workshop-and-drop-in-services-calendar.html>

Anyone that is a part of the UNM community can take the Therapy Assistance Online (TAO) course(s) offered through Student Health and Counseling. <https://shac.unm.edu/news/2018/11/tao-self-help-for-stress-anxiety-depression.html>

The UNM employee assistance program offers Counseling Assistance & Referral Services (CAR)

<https://cars.unm.edu/>.

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