

STUDENT HEALTH AND COUNSELING

WHAT WE DO FOR STUDENTS

WHO WE ARE

UNM Student Health & Counseling (SHAC) provides on-campus health and wellness services to assist students in maintaining optimal health, enabling them to live their best life while in school. Students are not required to use SHAC services, but we want to be your one stop shop on campus for medical and mental health appointments (same day and scheduled). We have a Laboratory and Radiology services on site and offer a wide variety of services that include Sexual and Reproductive Healthcare, an Allergy and Immunization Clinic, Travel Health services, Physical Therapy and Acupuncture, and a full-service pharmacy that includes a selection of over the counter medications and administers vaccinations.

OUR MISSION

The mission of UNM Student Health and Counseling (SHAC) is to enhance the wellbeing of students through access to the highest quality health care, education, and advocacy.

HOW WE IMPACT STUDENTS

Maintaining physical and mental health as a student is an important part of the UNM experience. SHAC provides a variety of service and experiences to help you do just that!



Our Health Promotions Program does outreach activities on campus throughout the year, including interactive discussions about sexual health and sponsors the Barrier Necessities Program which makes free condoms, lubricant and dental dams available at multiple sites arounds campus! Each semester Health Promotions offers a variety of Mental Health Workshops that are available to students to attend virtually or in-person on a wide variety of relevant Mental Health and Wellness topics at no cost to students. Recent topics included “Mindfulness 101,” “Overcoming Stress and Anxiety,” “Surviving

Midterms,” “Establishing Boundaries,” and “Managing Money Stress.”

Our Counseling Services offers focused visits called OAATs (One at a Time) at which you can address a specific issue. Students can call for an appointment or walk into SHAC for crisis mental health care as well.

SHAC is partially funded by Student Eligibility Wellness Fees and takes many types of insurance. We strive to keep pricing affordable. We also provide an insurance navigator who can help students identify affordable insurance options.

Students can get involved in Student Health Leadership Council (SHLC), a chartered student organization that helps to inform SHAC leadership about student healthcare needs and guide the development of services and resources.

One contribution of SHLC is the new SHAC Wellness Wagon that assists our health promotions team in taking health promotion messages across the whole campus.

CONTACT US

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