Although you may find a resource here that takes you directly to the services you need, contact SHAC Case Management if you need further assistance.
Email: SHACcasemgmt@unm.edu

**Isolation Reduction Resources**

NIH Combating Loneliness and Social Isolation

State of New Mexico Assistance Sources
[https://www.newmexico.gov/i-need-assistance/?fbclid=IwAR31ajT-z47WVBDOkDee1st8RilgyAcE2XlZ5BNh7smopKnvZiQHm2W1ChQ](https://www.newmexico.gov/i-need-assistance/?fbclid=IwAR31ajT-z47WVBDOkDee1st8RilgyAcE2XlZ5BNh7smopKnvZiQHm2W1ChQ)

**Main Campus/Albuquerque Metro Area**

Student Activities – Clubs/Organizations, 505-277-4706
[https://sac.unm.edu/student-organizations/index.html](https://sac.unm.edu/student-organizations/index.html)

UNM Rec Services, 505-277-0111, [https://recservices.unm.edu/](https://recservices.unm.edu/)

Student Health and Counseling (SHAC) 505-277-3136, [https://shac.unm.edu/](https://shac.unm.edu/)

TRIO – First-Generation Students, 505-277-3230, [https://ssstrio.unm.edu/](https://ssstrio.unm.edu/)

African American Student Services (AASS), 505-277-5645, email: afro@unm.edu
[http://afro.unm.edu/](http://afro.unm.edu/)

American Indian Student Services (AISS), 505-277-6343, email: aiss@unm.edu
[https://aiss.unm.edu/](https://aiss.unm.edu/)

El Centro de la Raza, 505-277-5020, email: elcentro@unm.edu
[https://elcentro.unm.edu/](https://elcentro.unm.edu/)

LGBTQ Resource Center, 505-277-5428, [http://lgbtqrc.unm.edu/](http://lgbtqrc.unm.edu/)

Women’s Resource Center (WRC), 505-277-3716, [https://women.unm.edu/](https://women.unm.edu/)

City of Albuquerque Open Space, 505-452-5200,
[http://www.cabq.gov/parksandrecreation/open-space](http://www.cabq.gov/parksandrecreation/open-space)

**Gallup**

Student Clubs [https://www.gallup.unm.edu/studentclubs/](https://www.gallup.unm.edu/studentclubs/)

TRIO – First-Generation Students [https://www.gallup.unm.edu/trio/](https://www.gallup.unm.edu/trio/)

**Los Alamos**

Student Activities – Clubs/Organizations
[https://losalamos.unm.edu/catalog/student-organizations.html](https://losalamos.unm.edu/catalog/student-organizations.html)

**Taos**


TRIO – First-Generation Students [http://taos.unm.edu/home/trio-sss/](http://taos.unm.edu/home/trio-sss/)
Valencia
Student Activities – Clubs/Organizations
https://valencia.unm.edu/students/student-organizations/index.html
TRIO – First-Generation Students. Contact Student Services: 505-925-8560

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