

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

<https://www.nia.nih.gov/health/infographics/stay-connected-combat-loneliness-and-social-isolation>

State of New Mexico Assistance Sources

<https://www.newmexico.gov/i-need-assistance/?fbclid=IwAR31ajT-z47WVBDOkDee1st8RilgyAcE2XIZ5BNh7smopKnvZiQHm2W1ChQ>

Main Campus/Albuquerque Metro Area

Student Activities – Clubs/Organizations, 505-277-4706

<https://sac.unm.edu/student-organizations/index.html>

UNM Rec Services, 505-277-0111, <https://recservices.unm.edu/>

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

TRIO – First-Generation Students, 505-277-3230, <https://ssstrio.unm.edu/>

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

<http://afro.unm.edu/>

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

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

El Centro de la Raza, 505-277-5020, email: elcentro@unm.edu

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

LGBTQ Resource Center, 505-277-5428, <http://lgbtqrc.unm.edu/>

Women's Resource Center (WRC), 505-277-3716, <https://women.unm.edu/>

City of Albuquerque Open Space, 505-452-5200,

<http://www.cabq.gov/parksandrecreation/open-space>

Gallup

Student Clubs <https://www.gallup.unm.edu/studentclubs/>

TRIO – First-Generation Students <https://www.gallup.unm.edu/trio/>

Los Alamos

Student Activities – Clubs/Organizations

<https://losalamos.unm.edu/catalog/student-organizations.html>

Taos

Student Government <http://taos.unm.edu/home/student-government/>

TRIO – First-Generation Students <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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