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| **Resource** | **Population Served** | **Type of Service** |
| Outcomes EAP | All employees of UNMH and their households, UNM residents and their households.  | * 1:1 counseling
* Family counseling
* Couples counseling
* Critical incident debriefing
* Workshops
* 24/7 access line
 |
| CARS EAP | HSC Faculty and Staff, including medical residents and MG employees, NOT UNMH employees | * Individual counseling
* Critical incident debriefing
* Couples counseling
* Workshops
 |
| SOM Office of Professional WellBeing | Physicians, basic science faculty, HSC residents, HSC students | * 1:1 consultation
* UME and GME curriculum
* Workshops, retreats
* Coordination of HSC wellness and behavioral health efforts
* Maintains website available wellness and behavioral health resources
* Suicide awareness and prevention programs
 |
| UNMH Employee Well-Being Program | All employees of UNMH | * 1:1 employee support sessions
* Group and team support sessions
* In-services on resilience, wellbeing
* Conflict resolution
* Critical incident debriefing
* Suicide awareness and prevention programs
 |
| UNM Health System’s Department of Spiritual Care | All employees of UNMH, as well as HSC physicians, residents and students | * 1:1 emotional & spiritual care
* Patient care
* 24/7 availability
 |
| Women’s Resource Center Vassar House | All employees of UNMH, as well as HSC physicians, residents, and students | * 1:1 counseling, including walk in hours
* Ongoing groups (i.e., eating disorders)
* Advocacy
* Physical safe space to rest, relax
 |
| Faculty Peer-to-Peer Support | UNM HSC Faculty | * 1:1 peer support provided by trained faculty
 |
| UNMH Behavioral Health | All employees of UNMH | * 1:1 counseling
* Webinars, didactics
* Director specializes in trauma
 |
| SHAC | HSC students | * 1:1 counseling
* Scheduled groups on wellness topics
* 24/7 crisis line
 |
| SHAC – TAOTherapy Assistance Online | Any member of UNM community with Salud or unm.edu e-mail address | * Online self-assessment and management tools for common issues such as anxiety, stress, and depression
 |
| UNM Collegiate Recovery Center | HSC students | * Online programming and referrals for students in recovery from addiction
 |
| UNM SOM Learning Environment Office | SOM students and residents | * 1:1 meetings with learners who have experienced or witness mistreatment and/or harmful behaviors in their learning environments
* Series of didactics/workshops
 |
| UNMH PC – Staffed by faculty from Department of Psychiatry & Behavioral Sciences, and UNMH Psychologists  | All UNMH staff  | * 1:1 counseling
* Daily wellness groups
* Virtual support groups by invitation
* Didactics, workshops
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| Department of Psychiatry and Behavioral SciencesFaculty Clinic | HSC faculty, residents, students | * 1:1 counseling
* Group counseling (including upon request at this time)
* Didactics
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