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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 – TAO  Therapy 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 |
| Department of Psychiatry and Behavioral Sciences  Faculty Clinic | HSC faculty, residents, students | * 1:1 counseling * Group counseling (including upon request at this time) * Didactics |