

UNM-Gallup Offers On-Campus Mental Health Services

Written by By Marilee Petranovich UNM-Gallup
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Students at UNM-Gallup now have access to counseling services in a manner that brings together professional mental health experts, technology, confidentiality and recognition that many issues can complicate a student's ability to be healthy and happy.

Through an agreement with UNM Student Health and Counseling (SHAC), UNM-Gallup is utilizing Zoom Technology to bring students "face-to-face" with trained mental health counselors from the main campus in Albuquerque.

Private and confidential meetings are now taking place via Zoom in a specially designated office on the UNM-Gallup campus. Services began this week and according to Student Success Specialist Mary Lou Mraz,

"It is now much easier for our students to access mental health services locally," Mraz said. "Professionals will be getting students immediately into counseling including emergency care if necessary."

The SHAC services went into operation last week giving UNM-G students the opportunity to schedule appointments of up to an hour and fifteen minutes at a time, Monday through Friday.

Mraz explained that she opens the door to the private office 45 minutes before a scheduled appointment to provide complete confidentiality to students when they arrive. Instructions are on the desk so students can log on by themselves and begin their session with one of the SHAC professionals.

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“The most common issues students deal with are depression, anxiety, bullying and substance abuse issues,” Mraz said. “Students sometimes struggle with academic issues, especially if they are not doing well in class, as well as excessive stress and sexual identity issues.”

Dr. Stephanie McIver, Director of Counseling Services at SHAC, is working directly with the UNM-G student services staff in bringing the availability of these coordinated and professional mental health services to the UNM-G campus to ensure that all university students have the tools they need to foster success.

Students who wish to schedule an appointment on the Gallup campus are asked to call (505) 277-3136 or access the UNM Health Portal at: shad.unm.edu