

UNM Counseling Services Welcomes First Year Students

When you come to campus there are many adjustments to make. We are happy to provide you with support at Counseling Services at UNM Student Health and Counseling (SHAC). Sometimes it helps just knowing there is a safe place and person available so you can ask questions and talk about how you are experiencing college. Of course, there may also be important issues you bring with you from other life experiences.

Our Counselors are here to help. We want to encourage you to come in and talk to us at the earliest sign of a problem – catching emotional stresses and mood problems right away can make all the difference in the success of your first year! To see a Counselor, stop in any weekday between 10 and 12 am and 1 and 4pm for a brief Triage (screening) visit to be sure you get the services you need. We look forward to meeting you.

These pages are to help you decide if you should seek some help, and to give you some resources to help you navigate your way around campus. We hope you find them useful.

Harry Linneman, Ph.D.
Director, Counseling Services

Tips for students with a history of mental health concerns (good ideas for those with no history, as well)*

These guidelines are can help students with past mental health concerns and anyone dealing with mental health challenges while adjusting to college life:

- *Start planning now for a healthy, successful first semester.*
- *Meet with your medical doctor or psychiatrist to review any medications you are currently taking or that you may want to resume, to deal with the new stresses of college.*
- *Meet with your current counselor to discuss foreseeable stress related to moving from home and transitioning to college life.*
- *If you will be attending a campus near your hometown, consider continuing care with your current mental health providers during your first semester, rather than starting treatment with new providers, to avoid unnecessary change and stress.*
- *Take all medication as prescribed. Be careful not to self-medicate with alcohol, drugs, medications not prescribed for you, or food. You can arrange for medication monitoring and refills through SHAC. Please do not wait until you run out of medication to contact us. Make contact early to avoid inconvenience or disruption!*
- *Develop a stress management plan, and get adequate sleep. Increased stress and diminished sleep can create new mental health concerns and make pre-existing ones worse.*
- *Contact SHAC right away if you, or people close to you, notice new or recurring symptoms of mental distress (see sidebar). Get a good productive start on college. There is no need to let mental health symptoms go untreated!*
- *Walk in screening for new counseling clients is from 10:00am – 4:00pm Monday – Friday.*



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**Counseling Services
Student Health & Counseling
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Some Important Signs that a Counseling Services Consultation might be a Good Idea:

- Lingering sadness
- Poor energy/motivation
- Decreased functioning
- Social withdrawal
- Loss of interest in things
- Significant weight gain or loss
- Significant change in appetite
- Poor sleep, or excessive sleep
- A pattern of relationship problems
- Suicidal thoughts
- Pessimism
- Frequent anxiety/nervousness
- Excessive worry/pessimism
- Feeling overwhelmed
- Poor attention/concentration
- Slowed or racing thoughts
- Irritability
- Excessive homesickness
- Very high and/or very low moods
- Hallucinations of any kind
- Confused thinking
- Delusional thoughts
- “Stuck” or obsessive thoughts
- Alcohol or drug abuse
- Excessive guilt/grief
- Poor self esteem
- Body image issues

* Adapted with permission from Susan Landis Beck, Counseling Center, Goshen College, & Mental Health Services of Central Michigan University.