

FREE & LOW COST COUNSELING IN ALBUQUERQUE

(1) UNM Psychology Clinic

The Department of Psychology Clinic was established in the Spring of 1982. Since that time, the Clinic has pursued two equally important primary missions: 1) to provide high quality mental health care to the community and, 2) to provide in-house training for our clinical psychology doctoral students. Psychotherapy and psychological assessment are provided by doctoral students in clinical psychology under the supervision of clinical faculty and under the responsibility of the director, who is a licensed psychologist. Anyone in the area may seek services at the Clinic and a sliding fee schedule allows affordable care for all.

Psychological services are provided by a general clinic serving individuals with any issue for which we have qualified student-clinician and supervisor and through three Specialty Clinics;

- Alcohol Treatment @ UNM provides empirically-supported treatment and assessment for alcohol-related problems.
- Cultural Counseling Center provides supervision and consultation for cases in which culturally-sensitive treatment may especially be an issue.
- Youth Clinic provides empirically based treatments for children, adolescents, and their families to reduce emotional distress and behavioral problems, build on strengths, and promote adaptive functioning.

Department of Psychology Clinic

1820 Sigma Chi NE

MSC 02 1675

1 University of New Mexico

Albuquerque, NM 87131-0001

505.277.5164 Main Clinic number

(2) Manzanita (available only during school semesters)

Dealing with:

- Anxiety?
- Grief?
- Stress?
- Anger?

Need someone to talk to?
We can listen.

We offer free, confidential
counseling services.

(505) 277-7311

MANZANITA COUNSELING CENTER
Manzanita Hall (#70 Below)
University of New Mexico
Telephone: (505) 277-7311

MANZANITA
COUNSELING
CENTER AT THE
UNIVERSITY OF
NEW MEXICO

MANZANITA COUNSELING CENTER

Our mission is to provide excellent client care in a safe and supportive environment.

WHO WE ARE:
Manzanita is a counselor training facility affiliated with the Counselor Education Program at the University of New Mexico. We offer free, confidential counseling to individuals, couples and families.

ABOUT OUR SERVICES:
Counseling is provided by advanced graduate students under the supervision of UNM faculty who are licensed professional counselors. Sessions last 50 minutes and are videotaped for training purposes only. In order to ensure confidentiality, all tapes are destroyed at the end of each semester. As part of consent for counseling services, clients sign an agreement to have their counseling sessions at Manzanita videotaped.

GETTING STARTED:
Call 277-7311 to schedule an appointment. We ask that you complete a brief telephone screening to determine if Manzanita offers the right level of care for you. Our hours of operation vary each semester. We make every effort to offer counseling services at a variety of times to accommodate our clients' different schedules. Manzanita is open both fall and spring semesters.

We Specialize In:

- Life Transitions
- Adjusting to Changes
- Relationship Issues
- Stress Management
- Family Conflict
- Anxiety & Depression
- Dealing With Loss
- Anger Management

(3) Outcomes



LOW COST COUNSELING

Outcomes Inc. offers low-cost, sliding scale counseling services for individuals who lack health insurance or the resources to pay full fees “out of pocket”.

The fees for our low cost counseling services are based upon the client's household size and income. Depending on your household size and income our counseling could cost as low at \$10 per visit.

Please call us at 505-243-2551 for more information.

(4) Sage

Sage Neuroscience Center

A Behavioral Health Clinic in Albuquerque, New Mexico

Sage Neuroscience Center is a multidisciplinary team of dedicated healthcare professionals restoring balance to mind and body.

Our medical providers, clinicians, and staff at Sage endeavor to recognize the needs of the community and collaborate with insurance companies to provide affordable, accessible healthcare.

 (505) 884-1114

 7850 Jefferson St. NE, Suite 300
Albuquerque, NM 87109

 Monday – Thursday: 8AM – 6PM
Friday: 8AM – 5PM

Low Cost Mental Health Counseling

Sage Neuroscience Center is proud to offer a new service to those in our community that may not have access to Mental Health Services due to a lack of insurance coverage or financial hardship.

We have noticed a growing trend of individuals and families that have either lost their benefits due to job loss or cannot get employment or health care due to the recent economic hardships in this country. We would like to offer these individuals quality low-cost counseling with therapist interns and/or post-graduate therapists that are working toward their independent license. A patient can call and ask to be seen in our Community Access Clinic. You will be asked to fill out some paperwork before being screened for therapeutic appropriateness and then scheduled with a provider.

All therapists in training or counseling interns are supervised by independently licensed providers who hold them to the highest in clinical and academic standards. All potential therapists in this program go through a rigorous selection and training process that helps to ensure that only the creme of the crop are providing care. Call today to make an appointment.