



### **Las Cruces RAC Resources**

The College has arranged for all students to have access to Physical and Behavioral Health Services including:

Timely Care Telehealth, a 24/7 student assistance program that gives students free confidential access to a full range of behavioral and physical telehealth services

New Mexico State University Health and Wellness Center (Physical Health Services)  
3080 Breland Dr. Las Cruces, NM 88003  
Phone: 575-646-1512

#### **Physical Health**

TimelyCare Medical: 24/7 Scheduled or on-demand access treat a wide range of common illnesses like cold and flu, sinus infection, allergies, etc.

TimelyCare Health Coaching: Scheduled access to address topics like healthy body image/lifestyle, sleep issues, etc.

New Mexico State University Health and Wellness Center: Access to Physical Health Services.  
List of services, hours, and contact information: <https://wellness.nmsu.edu/>

#### **Behavioral Health**

Timely Care TalkNow: 24/7 On-demand access to a mental health professional to talk about anything at any time

TimelyCare Scheduled Counseling: Scheduled access to a licensed counselor to get mental health support

TimelyCare Psychiatry: Scheduled access to licensed psychiatrists

#### **TimelyCare App**

The TimelyCare Telehealth app can be accessed on the Apple App Store and Android Google Play by searching for "TimelyCare" as one word.

#### **Wellness**

NMSU Activity Center (Gym and Fitness Facilities/Classes)  
<https://recsports.nmsu.edu/activity-center/>

NMSU Aquatic Center  
<https://recsports.nmsu.edu/aquatic-center/>