



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/>

NM Campus: 3501 Arrowhead Drive Las Cruces, NM 88001
FL Campus: 3011 S. Babcock St. Melbourne, FL 32901