

## **Mental Health Resources** <sup>[1]</sup>

Interested in resources to care for your mental health? CU programs can lend a helping hand.

Rest assured, many resources are available to University of Colorado faculty and staff seeking mental health and wellness information — whether you are looking for help with personal growth, navigating transitions, discovering solutions or simply seeking additional support through difficult or uncertain times.

### **For CU Health Plan enrollees**

All CU medical plans offer **one preventative mental health care visit** at no cost each plan year. Find out more about the mental health resources offered by CU Health Plans.

### **Anthem CU Health Plans**

**Find a provider:** Those enrolled in Exclusive, Extended, High-Deductible or Medicare plans can search for providers using [Anthem's Find Care page](#) <sup>[2]</sup>.

For details on coverage, please review your plan documents:

#### **Exclusive**

- [Plan Booklet – mental health, p. 41](#) <sup>[3]</sup>
- [Plan Summary](#) <sup>[4]</sup>

#### **Extended**

- [Plan Booklet – mental health, p. 41](#) <sup>[5]</sup>
- [Plan Summary](#) <sup>[6]</sup>

#### **High Deductible**

- [Plan Booklet - mental health, p. 38](#) <sup>[7]</sup>
- [Plan Summary](#) <sup>[8]</sup>

#### **Medicare**

- [Plan Booklet – mental health, p. 24](#) <sup>[9]</sup>

- [Plan Summary](#) [10]

## Questions?

Contact [Anthem Member Support](#) [11].

## **LiveHealth Online** [12]

Anthem recommends CU Health Plan members use telehealth when they can for medical, psychological, psychiatric and allergy-related concerns. Anthem plan members can visit [anthem.com](#) [13] secure portal to use [LiveHealth Online](#) [14] and connect with a board-certified doctor via live chat or video. This includes visits with a mental health professional.

Use [LiveHealth Online](#) [12] to visit with a doctor 24/7 through live video. You can use the LiveHealth Online app on your mobile device or use your computer's camera to have your telehealth visit.

## **Sleepio** [15]

Available to Anthem plan enrollees, [Sleepio](#) [15] uses research-backed techniques to help improve the quality of your sleep including time to fall asleep, depth of sleep and duration.

## **Watch the webinar, The Science of Sleep and Mental Wellness Resources for CU Health Plan members**



## **Kaiser CU Health Plans**

**Find a provider:** CU Health Plan - Kaiser members can search for providers using [Kaiser's find a doctor webpage](#) [16].

For details on coverage, please review your plan documents:

### **Kaiser**

- [Plan booklet – Mental health, p. 50](#) [17]
- [Plan Summary](#) [18]

Contact [Kaiser Member Support](#). [19]

## **myStrength**

CU Health Plan – Kaiser members have access to the myStrength app and other digital emotional wellness tools at [kp.org/selfcareapps](#) [20]. myStrength is a personalized program that includes interactive activities, in-the-moment coping tools, inspirational resources and

community support. myStrength helps with depression, anxiety, sleep, stress, substance use and chronic pain. You can track preferences and goals, current emotional states and ongoing life events to improve your awareness and change behaviors.

Everyone needs support for total health — mind, body and spirit. Digital tools can help you navigate life's challenges; make small changes that improve sleep, mood and more or simply support an overall sense of well-being.

### **Download myStrength**

1. Go to [kp.org/selfcareapps](https://kp.org/selfcareapps) [20] to download the myStrength app.
2. Click the **Get myStrength** button.
3. Follow the prompts to download the app. Please have your KP user ID and password ready.

### **Calm**

Calm is a popular and highly adaptable app designed to help users reduce stress and manage anxiety through mindfulness techniques. From meditation to breathing exercises to audio stories to help users transition smoothly into a restful sleep, Calm is an added resource available to Kaiser enrollees for free.

### **Download Calm**

1. Go to [kp.org/selfcareapps](https://kp.org/selfcareapps) [21] to download the Calm app
2. Click on the **Get Started** button
3. Follow the prompts to download the app. Please have your KP user ID and password ready.

### **Ginger**

Kaiser is collaborating with the emotional coaching app Ginger. The app facilitates a connection between users and professional coaches who can walk you through dealing with common challenges such as stress, grief, problems at work or home and more. With Ginger coaches, you can discuss goals and challenges and create a concrete action plan and get access to a library of more than 200 activity resources.

Kaiser enrollees can use Ginger for up to 90 days at no cost, and coaches are available 24/7, so help is always there when you need it.

### **Download Ginger**

1. Go to [kp.org/selfcareapps](https://kp.org/selfcareapps) [20] to download the Ginger app
2. Click on the **Get Ginger** button
3. Follow the prompts to download the app. Please have your KP user ID and password ready.

## **Resources for everyone**

## Real Help Hotline

The Real Help Hotline [22] provides all CU faculty, staff and students with access to professional mental health counselors, who offer assistance finding wellness and behavioral resources or immediate counseling over the phone. It's free, confidential and available 24/7 by calling 833-533-CHAT (2428).

## Mental Health Resource Hub

The Mental Health Resource Hub [23] is a free online digital resource site designed to help you navigate social isolation, anxiety and other challenges.

## Colorado State Employee Assistance Program

The Colorado State Employee Assistance Program (CSEAP) [24] has provided resources that you may find helpful\*:

- CSEAP teletherapy [25] counseling sessions
- CDC online resources on managing stress and anxiety [26]

**\*Please note:** State of Colorado Mental Health licensing laws do not allow any therapist to service someone outside the state of Colorado. As such, CSEAP is unable to serve people who are not physically located in the State of Colorado at the time that services are to be rendered.

## LinkedIn Learning course collections

Employee Services has curated three collections of LinkedIn Learning courses [27] on mental health, work-life balance and cultivating your personal purpose.

## Campus resources

- **CU Boulder:** AcademicLive Care [28]
- **UCCS:** SilverCloud [29]

### Groups audience:

Employee Services

### Right Sidebar:

ES: Benefits & Wellness - Contact

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**Source URL:** <https://www.cu.edu/employee-services/benefits-wellness/mental-health-resources>

### Links

[1] <https://www.cu.edu/employee-services/benefits-wellness/mental-health-resources>

[2] <https://www.anthem.com/cuhealthplan/find-care/>

[3] <https://www.cu.edu/docs/cu-health-plan-exclusive-benefits-booklet> [4] <https://www.cu.edu/docs/cu-health-plan-exclusive-benefits-summary> [5] <https://www.cu.edu/docs/cu-health-plan-extended-benefits-booklet> [6] <https://www.cu.edu/docs/cu-health-plan-extended-benefits-summary> [7] <https://www.cu.edu/docs/cu-health-plan-high-deductible-benefits-booklet> [8] <https://www.cu.edu/docs/cu-health-plan-high-deductible-benefits-summary> [9] <https://www.cu.edu/docs/cu-health-plan-medicare-benefits-booklet> [10] <https://www.cu.edu/docs/cu-health-plan-medicare-benefits-summary> [11] <https://www.anthem.com/cuhealthplan/contact-us/> [12] <https://livehealthonline.com/> [13] <http://www.anthem.com> [14] <http://livehealthonline.com/> [15] <https://www.becolorado.org/program/sleepio/> [16] <https://healthy.kaiserpermanente.org/colorado/doctors-locations#/simple-form> [17] <https://www.cu.edu/docs/cu-health-plan-kaiser-benefits-booklet> [18] <https://www.cu.edu/docs/cu-health-plan-kaiser-benefits-summary> [19] <https://my.kp.org/universityofcolorado/contact-member-services/> [20] [https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital?kp\\_shortcut\\_referrer=kp.org/selfcareapps](https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital?kp_shortcut_referrer=kp.org/selfcareapps) [21] [http://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital?kp\\_shortcut\\_referrer=kp.org/selfcareapps](http://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital?kp_shortcut_referrer=kp.org/selfcareapps) [22] <https://www.becolorado.org/program/the-real-help-hotline/> [23] <https://psychhub.com/mental-health-content> [24] <https://www.colorado.gov/c-seap> [25] <https://www.colorado.gov/pacific/c-seap/news/cseap-appointments-going-teletherapy-only> [26] <https://www.cdc.gov/mentalhealth/> [27] <https://www.cu.edu/blog/work-life/looking-manage-burnout-and-achieve-balance-these-linked-in-learning-courses-can-guide> [28] <https://advantage.cu.edu/perk/cu-boulder-faculty-staff-and-students-can-receive-free-around-clock-primary-and-mental> [29] <https://advantage.cu.edu/perk/build-wellness-skills-silvercloud>