Published on *University of Colorado* (https://www.cu.edu)

Wellness Resources for CU Faculty [1]

December 12, 2022 by maria.lewis [2]

In the context of these broader conversations and efforts, CU campuses have increased the number of tools and services that faculty can use towards improving their overall wellness. Below, we highlight these resources in a comprehensive, though not exhaustive, list.

CU and Community Resources for all CU Faculty:

- Employee Services has curated three collections of LinkedIn Learning courses [3] on mental health, work-life balance and cultivating your personal purpose.
- Mental health in the workplace, a new Skillsoft course for CU employees: https://www.cu.edu/blog/work-life/mental-health-workplace-matters-new-skillsoft-course-cu-employees [4]
- Preventive mental health visits for CU Health Plan enrollees: https://www.cu.edu/blog/work-life/how-cu-health-plan-enrollees-can-seek-preventive-mental-health-visit [5]
- The CU Health Plan further includes a wide array of supplemental tools, resources and programs that can help improve your overall wellness (e.g., Move, Sleepio, Wondr, Omada, etc.). For a complete list, see: https://www.becolorado.org/program/ [6]
- The University of Colorado is offering all employees a new option for quick access to mental health services: The Real Help Hotline [7]at 833-533-CHAT (2428).
- The Colorado State Employee Assistance Program (CSEAP) provides in-person and video counseling, coaching, consultation, and organizational services. Request an appointment here [8]. You can also call them at 303-866-4314. They are available **Monday through Friday, 8:00 a.m. to 5:00 p.m.** to provide live response to phone calls, messages, and webform submissions.
- Colorado Crisis Services [9]. Support line for anxiety, depression, substance abuse, relationships, trouble sleeping, loneliness, and much more.
- Colorado Wellness Recovery [10] is a mental wellness and addiction recovery guide. It is a free resource for Coloradans considering recovery.
- Psychology Today [11] is a website that faculty can use to find psychotherapy and psychiatric services compatible with CU health insurance plans. It has many filter options in its search bar, which makes it a very versatile and helpful website for everyone who is looking for services. Use the filter options to narrow down your location, insurance type, treatment philosophy and more.

Resources by Campus:

CU Anschutz | CU Denver

*Some of the resources are available to faculty on both campuses

- The Faculty and Staff Mental Health Clinic [12] is a dedicated clinic for faculty, staff and postdocs at CU Anschutz that improves access to mental health care by providing a convenient entry point of care.
- *First Call. Multi-disciplinary care team including care coordinator, licensed clinicians, and prescriber for resources, counseling, and medication management. 24/7 First Call phone number: 1-833-701-0448
- *CU Johnson Depression Center [13]. The Johnson Depression Center offers a variety of free educational programs and trainings focused on Mental Wellness.
- Past the Pandemic Sessions. [14] Echo Colorado in collaboration with CU Anschutz Department of Psychiatry are offering an eight-session series available for providers and staff working in healthcare settings and offers tools to navigate, normalize and hold space for worries and experiences during the pandemic and beyond.
- *FindHelpNow [15] is an online tool that matches students, faculty and staff to relevant services and resources in just a few clicks. Whether it is coping with stress, financial hardship, or needing help for mental and physical health resources, FindHelpNow provides direction to the right help, at the right time. The tool is completely anonymous.
- Anschutz Health and Wellness Center [16]. From individual guidance to group classes, the Health and Wellness center offers programs that will help you achieve your wellness goals and transform your life, wherever you may be in your journey.

CU Boulder

- The Faculty & Staff Assistance Program (FSAP) [17] is dedicated to serving the emotional and psychological needs of the campus community. All FSAP staff are trained as generalist counselors and are equipped to deal with a wide range of personal and work related issues. Services are offered at no cost to all CU Boulder faculty and staff members.
- Office of Victim Assistance (OVA). [18] OVA provides free and confidential information, consultation, support, advocacy and short term counseling services to CU Boulder students, graduate students, faculty and staff who have experienced a traumatic, disturbing or life disruptive event.
- CU Rec Center. [19] The Rec Center (“THE REC”) offers a variety of high quality, convenient, innovative and inclusive ways to help promote your overall wellness.

UCCS

- UCCS faculty and staff can schedule mental health counseling sessions at no cost through the UCCS HealthCircle Primary Care Clinic at the Lane Center [20]. These visits are offered on campus, virtually, or off campus on a first-come, first served basis. Thanks to funding by the CU system, employees who schedule sessions will have access to a licensed professional counselor or a licensed clinical social work. Call (719) 255-8001 to schedule a session.
- C.R.E.A.T.E. Program [21] at the Lyda Hill Institute for Human Resilience. The C.R.E.A.T.E. Initiative, developed and informed by UCCS faculty and staff, aims to offer mental health and wellness activities and programming to foster community and lifetime resilience.
- Aging Families and Caregiver Program [22]. Aging Families and Caregiver Program at the Aging Center offers services that assist family and friends of older adults who are experiencing difficulties. Often friends and family members become aware of changes in

the circumstances or behavior of an older person and are not sure what to do.
- SilverCloud. UCCS has partnered with SilverCloud, a clinically proven online platform, to provide the UCCS community with programs to help you reduce symptoms of stress, improve your sleep, build resilience and address many other health and mental health concerns. To learn more and sign up for this free and confidential program go to: https://uccs.silvercloudhealth.com/signup/ [23]
- Offered through the National Institute for Human Resilience and the Veterans Health and Truman Clinic, the Traumatic Loss and Grief Support Group group is for UCCS employees. It is offered every second Wednesday of the month from 3:30 – 5 p.m. Register by calling (719) 255-8003.
- Gallogly Recreation and Wellness Center [24]. Campus Recreation inspires lifelong wellness by providing transformative educational and recreational opportunities to all faculty, staff, and students.

Additionally, as we continue to mourn with the Club Q community in the aftermath of the November 19 mass shooting in Colorado Springs, the Faculty Council LGBTQ+ committee has helped put together a list of useful community resources.

- The Center on Colfax [25]
- One Colorado [26]
- Queer Asterisk [27]
- Transgender Center of the Rockies [28]
- The Trevor Project [29]

Send email when Published:
Yes

Source URL:https://www.cu.edu/blog/faculty-council-newsletter/wellness-resources-cu-faculty

Links
[1] https://www.cu.edu/blog/faculty-council-newsletter/wellness-resources-cu-faculty
[2] https://www.cu.edu/blog/faculty-council-newsletter/author/65353 [3] https://www.cu.edu/blog/work-life/looking-manage-burnout-and-achieve-balance-these-linkedin-learning-courses-can-guide
[4] https://www.cu.edu/blog/work-life/mental-health-workplace-matters-new-skillsoft-course-cu-employees
[5] https://www.cu.edu/blog/work-life/how-cu-health-plan-enrollees-can-seek-preventive-mental-health-visit
[6] https://www.becolorado.org/program/ [7] https://www.becolorado.org/program/the-real-help-hotline/
[8] https://cseap.colorado.gov/contact-us
[9] https://coloradocrisisservices.org/?utm_source=google&utm_medium=cpc&utm_term=crisis%20helpline&a%20CCS&gclid=CjwKCAjwoNuGBhA8EiwAFxomAzkNrUw5N4Nlvx6SIuqpGTQL1QDbLfgXDqhNYLXaXnPe5Y
[10] https://cowellnessrecovery.org/ [11] https://www.psychologytoday.com/us
[12] https://medschool.cuanschutz.edu/psychiatry/PatientCare/faculty-and-staff-mental-health
[13] https://www.coloradodepressioncenter.org/services/community-programs/
[14] https://echocolorado.org/echo/past-the-pandemic/ [15] https://help.cuanschutz.edu/
[16] https://anschutzwellness.com/ [17] https://www.colorado.edu/hr/faculty-staff-assistance-program
[18] https://www.colorado.edu/ova/ [19] https://www.colorado.edu/recreation/
[20] https://healthcircle.uccs.edu/primary-care-clinic [21] https://resilience.uccs.edu/create-program
[22] https://healthcircle.uccs.edu/aging-center [23] https://uccs.silvercloudhealth.com/signup/
[24] https://recwellness.uccs.edu/ [25] https://lgbtqcolorado.org/ [26] https://one-colorado.org/
[27] https://queerasterisk.com/ [28] https://www.transgendercenteroftherockies.org/
[29] https://www.thetrevorproject.org/