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May is Mental Health Awareness Month [1]

April 24, 2024 by Employee Services [2]

Mental health is essential to everyone’s overall health and well-being, however mental illnesses are common and treatable.

So much of what we do physically impacts us mentally – it’s important to pay attention to both your physical health and your mental health, which can help you achieve overall wellness and success.

Mental illnesses are real, and recovery is always the goal. Living a healthy lifestyle may not be easy but can be achieved by gradually making small changes and building on those successes. Finding the balance between work and play, the ups and downs of life, physical health and mental health, can help you on the path towards focusing on both.

Mental Health Resources here at CU:

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 here [3].

Real Help Hotline:

- The?Real Help Hotline? [4]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 [5]?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) [6]?has provided resources

that you may find helpful*:

- CSEAP?teletherapy [7]?counseling sessions.
- CDC online resources on?managing stress and anxiety [8].

*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.

cu system [9], health & wellness [10], SSC [11]
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[1] https://www.cu.edu/blog/system-staff-council/may-mental-health-awareness-month
[2] https://www.cu.edu/blog/system-staff-council/author/143548 [3] https://www.cu.edu/employee-services/benefits-wellness/mental-health-resources [4] https://www.becolorado.org/program/the-real-help-hotline/ [5] https://psychhub.com/mental-health-content [6] https://www.colorado.gov/c-seap
[7] https://www.colorado.gov/pacific/c-seap/news/cseap-appointments-going-teletherapy-only
[8] https://www.cdc.gov/mentalhealth/ [9] https://www.cu.edu/blog/system-staff-council/tag/cu-system
[10] https://www.cu.edu/blog/system-staff-council/tag/health-%26-wellness
[11] https://www.cu.edu/blog/system-staff-council/tag/ssc