Taking care of your health means taking care of your whole health – body and mind. You’re not alone in facing mental health struggles, and CU has several resources that can help you regain your balance.

Like all health issues, catching mental health struggles early vastly improves treatment outcomes and quality of life, so make time to check in with yourself on a regular basis. Are you stressed, burnt out, anxious, disinterested or overwhelmed? Understand these feelings are all normal, but they’re also not inevitable.

Below, learn about the resources available to CU employees.

For Anthem health plan enrollees

Find a mental health provider through the Anthem health plan website. You can also learn about your specific plan, what services are covered and what your copays will be on the Employee Services website.

Exclusive

- Plan Booklet – mental health, p. 38
- Plan Summary

Extended

- Plan Booklet – mental health, p. 37
- Plan Summary

High Deductible
Medicare

- Plan Summary [12]

Questions?

Contact Anthem Member Support [13].

LiveHealth Online is Anthem’s telehealth platform where enrollees can receive virtual care and consultations. Members are encouraged to use telehealth [14] for any medical, psychological, allergy and other concerns that don’t require an in-person examination.

For Kaiser health plan enrollees

Find a mental health provider through the Kaiser health plan website [15]. You can also learn about your specific plan, what services are covered and what your copays will be on the Employee Services website [4].

Kaiser

- Plan booklet – Mental health, p. 50 [16]
- Plan Summary [17]

MyStrength [18] is a third-party program available to Kaiser plan enrollees. This resource provides incremental, actionable steps personalized to your needs and concerns. Whether you’re struggling with lack of sleep, emotional dysregulation, substance use, stress or other mental health challenges, MyStrength offers small, foundational activities, coping tools, and community support to improve your balance and resilience.

Calm [18] 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.

For everyone

The Real Help Hotline is your 24/7 gateway to nurturing your mental health. Whether you’re feeling just a little “off” and need help getting started finding the right resources for you or you need access to immediate counseling, the Real Help Hotline [19] is free, confidential and available to all CU employees.

The Mental Health Resources Hub is an online compendium of mental health resources curated by PsychHub [20]. If taking self-directed action is more your style, this online hub draws on an array of sources to help walk you through dealing with social isolation, anxiety, disruptive transitions and more.

The Colorado State Employee Assistance Program (CSEAP) is a resource available to all
state employees – which includes CU staff, faculty and classified workers – to learn more about managing stress, facing isolation and anxiety, engaging in self care, and more. Employees can also access live counseling via telehealth.

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.

There’s more...

The benefits and perks available to CU employees doesn’t end here. Whether you need help getting better sleep, finding qualified child or elder care, affordable access to fitness centers or help with personal nutrition, CU offers an array of supplementary programs and tools to enrich your and your family’s quality of life. Visit the BeColorado page to learn more about all your options.

We’ll continue to update resources on the Employee Services website.

Benefits and Wellness, mental health, CU Health Plans, health & wellness, health care, Stress Management

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