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Mental Health Resources [1]

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 preventive 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 an Anthem plan can search for providers using Anthem's Find Care page [2].

For details on coverage, please review your plan documents:

Exclusive

- Plan Booklet – mental health, p. 41 [3]
- Plan Summary [4]

Pathway

- Plan Booklet – mental health, p. 42 [5]
- Plan Summary [6]

High Deductible

- Plan Booklet - mental health, p. 38 [7]
- Plan Summary [8]

Medicare

- Plan Booklet – mental health, p. 24 [9]

- 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 techniquest 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]

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 [20] 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..

Headspace Care

Get help with sleep, stress, focus, and more. With hundreds of self-guided resources along with one-on-one coaching, Headspace can help you create healthy habits that support emotional wellness.

Download Headspace

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

Resources for everyone

Hotlines and resources

Psych Hub [22] lists a variety of crisis hotlines and resources.

Colorado State Employee Assistance Program

The Colorado State Employee Assistance Program (CSEAP) [23] has provided resources that you may find helpful*:

- CSEAP teletherapy [24] counseling sessions
- CDC online resources on managing stress and anxiety [25]

***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 [26]on mental health, work-life balance and cultivating your personal purpose.

- **Crisis Support:** Call or text 988 at any time.
- **211 Colorado [27]:** Dail 2-1-1 or visit their website
- **I Matter**: [28] This statewide program provides six free counseling sessions for youth under 18.

Campus resources

- **CU Boulder:** WorkWell [29]
- **UCCS:** My Resilience [30]

Groups audience:
Employee Services
Right Sidebar:
ES: Benefits & Wellness - Contact

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-pathway-benefits-booklet [6] https://www.cu.edu/docs/cu-health-plan-pathway-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] http://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital?kp_shortcut_referrer=kp.org/selfcareapps
[21] https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital?kp_shortcut_referrer=kp.org/selfcareapps [22] https://psychhub.com/hotlines
[23] https://www.colorado.gov/c-seap [24] https://www.colorado.gov/pacific/c-seap/news/cseap-appointments-going-teletherapy-only [25] https://www.cdc.gov/mental-health/?CDC_AAref_Val=https://www.cdc.gov/mentalhealth/ [26] https://www.cu.edu/blog/work-life/looking-manage-burnout-and-achieve-balance-these-linkedin-learning-courses-can-guide
[27] https://www.211colorado.org/#category [28] https://imattercolorado.org/
[29] https://advantage.cu.edu/perk/workwell-connect-makes-staying-active-and-healthy-easier
[30] https://myresiliencehelp.com/