It can be a little uncomfortable or even scary reaching out for support sometimes.

To make this process a little less intimidating, here are some ways to reach for that helping hand.

As an employee of System Administration, you can email CU System HR at systemhr@cu.edu. From there, we will follow up, talk through your issue and direct you to available services and resources.

If you are a campus employee or need to speak to someone in HR for a specific campus please see the information below.

**CU Boulder**: 303-492-6475, option 0

**UCCS**: 719-255-3372

**CU Denver & Anschutz Medical Campus**: 303-315-2700, option 0

If you have questions about independent contractors and how to determine their status with the University, email sow@cu.edu to receive more information.

**Groups audience:**
Employee Services

**Source URL**: https://www.cu.edu/employee-services/contact-system-human-resources

**Links**
[1] https://www.cu.edu/employee-services/contact-system-human-resources
[2] mailto:systemhr@cu.edu
[3] mailto:sow@cu.edu?subject=Independent%20Contractor