

## **Mental Health & Wellness Tips** <sup>[1]</sup>

Interested in new ways to care for your mental health? CU programs can lend a helping hand.

Rest assured, there are many resources 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**

#### **Anthem CU Health Plans**

Members of Exclusive, Extended, High-Deductible, or the Medicare CU Health Plans can use [Anthem's Find Care page](#) <sup>[2]</sup> to search for providers in your plan.

#### **Exclusive**

- [Plan Booklet – mental health, p. 38](#) <sup>[3]</sup>
- [Plan Summary](#) <sup>[4]</sup>

#### **Extended**

- [Plan Booklet – mental health, p. 37](#) <sup>[5]</sup>
- [Plan Summary](#) <sup>[6]</sup>

#### **High Deductible**

- [Plan Booklet - mental health, p. 37](#) <sup>[7]</sup>
- [Plan Summary](#) <sup>[8]</sup>

#### **Medicare**

- [Plan Booklet – mental health, p. 23](#) <sup>[9]</sup>
- [Plan Summary](#) <sup>[10]</sup>

#### **Questions?**

Contact [Anthem Member Support](#) [11].

### **LiveHealth Online** [12]

Anthem is recommending CU Health Plan members use telehealth when they can for medical, psychological, psychiatric and allergy-related concerns, as this prevents them from spreading illness and can help protect them from getting an illness while waiting with others at a physical facility. 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.

### **Kaiser CU Health Plans**

Members of the Kaiser CU Health Plan can use [this webpage](#) [15] to search for providers in your plan and region.

#### **Kaiser**

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

Visit [KP.org Find-a-Doc](#) [18]

Contact [Kaiser Member Support](#). [19]

### **myStrength**

CU Health Plan – Kaiser members have access to the myStrength app and other digital emotional wellness tools at [kp.org/selfcareapps](#) [20]. myStrength is a personalized program that includes interactive activities, in-the-moment coping tools, inspirational resources and community support. myStrength helps with depression, anxiety, sleep, stress, substance use and chronic pain. You can track preferences and goals, current emotional states and ongoing life events to improve your awareness and change behaviors.

Everyone needs support for total health — mind, body and spirit. Digital tools can help you navigate life's challenges; make small changes that improve sleep, mood, and more, or simply support an overall sense of well-being.

#### **Download myStrength**

1. Go to [kp.org/selfcareapps](#) [20] to download the myStrength app.
2. Click the **Get myStrength** button.
3. Follow the prompts to download the app. Please have your KP user ID and

password ready.

## **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](https://kp.org/selfcareapps) <sup>[21]</sup> 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.

## **Resources for everyone**

### **Real Help Hotline**

The [Real Help Hotline](#) <sup>[22]</sup> provides all CU employees 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](#) <sup>[23]</sup> is a free online digital resource site designed to help you navigate social isolation, job loss and other challenges.

### **Colorado State Employee Assistance Program**

The [Colorado State Employee Assistance Program \(CSEAP\)](#) <sup>[24]</sup> has provided resources that you may find helpful\*:

- CSEAP counseling sessions transferred to [teletherapy](#) <sup>[25]</sup>
- CDPHE online resources on [reducing fear and taking care of yourself](#) <sup>[26]</sup>
- CDC online resources on [managing stress and anxiety](#) <sup>[27]</sup>

- Tips and strategies for stress associated with quarantine [28]

**\*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.

**Groups audience:**  
Employee Services

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**Source URL:** <https://www.cu.edu/employee-services/covid-19/mental-health-wellness-tips>

### Links

- [1] <https://www.cu.edu/employee-services/covid-19/mental-health-wellness-tips>
- [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-extended-benefits-booklet>
- [6] <https://www.cu.edu/docs/cu-health-plan-extended-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://my.kp.org/universityofcolorado/plans/>
- [16] <https://www.cu.edu/docs/cu-health-plan-kaiser-benefits-booklet>
- [17] <https://www.cu.edu/docs/cu-health-plan-kaiser-benefits-summary>
- [18] <https://healthy.kaiserpermanente.org/colorado/doctors-locations#/search-form>
- [19] <https://my.kp.org/universityofcolorado/contact-member-services/>
- [20] [https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital?kp\\_shortcut\\_referrer=kp.org/selfcareapps](https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital?kp_shortcut_referrer=kp.org/selfcareapps)
- [21] [http://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital?kp\\_shortcut\\_referrer=kp.org/selfcareapps](http://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital?kp_shortcut_referrer=kp.org/selfcareapps)
- [22] <https://www.becolorado.org/program/the-real-help-hotline/>
- [23] <https://psychhub.com/covid-19/>
- [24] <https://www.colorado.gov/c-seap>
- [25] <https://www.colorado.gov/pacific/c-seap/news/cseap-appointments-going-teletherapy-only>
- [26] <https://covid19.colorado.gov/reducing-fear-and-taking-care-yourself>
- [27] [https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html)
- [28] <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>