

Employee Assistance Programs ^[1]

Not sure who to turn to for help?

Whatever the situation, we offer programs aimed to bring you the best support possible.

Colorado State Assistance Program (C-SEAP)

As a University of Colorado employee, you have access to the Colorado State Employee Assistance Program (C-SEAP). This free, confidential resource provided by the State of Colorado can be for work-related or personal use. Whether you require counseling after a traumatic family event or facilitation towards a stronger work team, C-SEAP will help you receive the support you need. There are locations throughout Colorado for easy accessibility.

Contact

(303) 866-4314 or (800) 821- 8154

[C-SEAP's website](#) ^[2]

Faculty and Staff Assistance Program

The Faculty and Staff Assistance Program provides both work-related and personal resources to CU System and CU Boulder employees. You can meet with a counselor in a private, professional and safe setting.

Resources

- Discrimination and Harassment Services
- Issue Resolution
- Private Counseling
- Disability Accommodations
- Threat Assessment

Contact

(303) 492-3020

[Faculty and Staff Assistance Program](#) ^[3]

Groups audience:

Employee Services

Right Sidebar:

ES:HR - Collaborative HR Services's Feedback Form

Source URL: <https://www.cu.edu/employee-services/employee-assistance-programs>

Links

[1] <https://www.cu.edu/employee-services/employee-assistance-programs>

[2] <https://www.colorado.gov/pacific/c-seap>

[3] <https://www.colorado.edu/hr/about/faculty-staff-assistance-program>