

Mental Wellness ^[1]



[2]

Mental Wellness

System Level

There are several mental health resources offered at the system level. Learn more.

The Employee Services Work/Life blog offers a full list of internal and external mental health resources for employees [linked here](#) [3].

As a University of Colorado employee, you have access to the Colorado State Employee Assistance Program (C-SEAP) for up to six appointments each year. 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. [C-SEAP's website](#) [4] Or call (303) 866-4314 or (800) 821-8154

The [Real Help Hotline](#) [5] gives you access to professional counselors who can offer assistance finding local resources or provide immediate crisis counseling. It's a free and confidential service and it's available 24/7. The service is available to all members covered under any of CU's medical insurance plans. If you need help, reach out. The number to call is (833) 533-CHAT (2428).

Employees covered by an Anthem health plan are encouraged to use [LiveHealth Online](#) [6]. A telehealth medical provider can help with initial mental health screenings, but the LiveHealth platform also offers psychology and psychiatry help.

If you're enrolled in a Kaiser medical plan, you have access to both the [myStrength app](#) and the [Calm app](#) [7].

Groups audience:

Faculty Senate | Faculty Council

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Links

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[5] <https://www.becolorado.org/program/the-real-help-hotline/> [6] <https://livehealthonline.com/>

[7] https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital?kp_shortcut_referrer=kp.org/selfcareapps