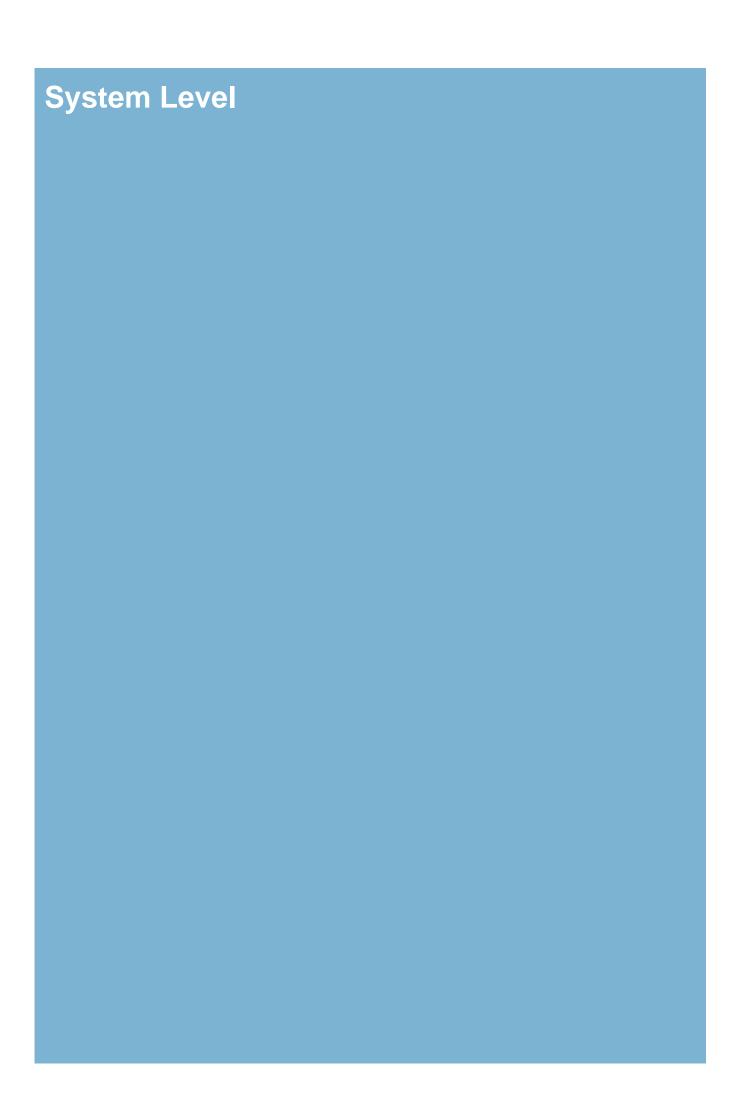# Mental Wellness [1]

[2]

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 <u>linked here</u> [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. <u>C-SEAP's website</u> [4] Or call (303) 866-4314 or (800) 821-8154

The <u>Real Help Hotline</u> [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 <u>LiveHealth Online</u> [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 <u>myStrength app and the Calm app</u> [7].

Groups audience:
Faculty Senate | Faculty Council

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