BEHAVIORAL/MENTAL HEALTH SERVICES FOR
CU GME RESIDENTS & FELLOWS

FOR CU GME HEALTH BENEFIT PLAN MEMBERS:

### In-Network Providers

- Plan pays 100% for covered services after copayment.

- For your convenience, Plan Members have access to in-network Providers located on and off the Anschutz Medical Campus.

- Listings for in-network providers for CU GME Behavioral/Mental Health Services are posted at [www.medschool.ucdenver.edu/gme/healthdental](http://www.medschool.ucdenver.edu/gme/healthdental) > Behavioral/Mental Health Services Providers & Facilities.

- The Campus Health Center (CHC), located in the Anschutz Health and Wellness Center (12348 East Montview Boulevard, 2nd Floor) has Behavioral Health Services available and are in-network for CU GME Health Benefit Plan Members. Call 303-724-6242 with questions, for an appointment or to verify walk-in hours. Website: [http://www.ucdenver.edu/academics/colleges/nursing/clinical-practice-community/PatientServices/CHC/Pages/default.aspx](http://www.ucdenver.edu/academics/colleges/nursing/clinical-practice-community/PatientServices/CHC/Pages/default.aspx).

### Out-of-Network Providers

- $750 per individual/$1200 per family deductible after which the plan reimburses at 50% of usual and customary.

### ADDITIONAL RESOURCES FOR ALL RESIDENTS:

*Your mental health is just as important as your physical health. In addition to having access to a network of medical providers through the CU GME Health Benefits Plan, all CU GME trainees can take advantage of these additional resources to help monitor and manage your mental well-being.*

**CPHP**

The mission of Colorado Physician Health Program is to promote the health and well-being of physicians and physician assistants through evaluation, treatment, referral, support, education and research. Learn more at [www.cphp.org](http://www.cphp.org).

**Colorado State Employee Assistance Program**

Residents have access to the Colorado State Employee Assistance Program, C-SEAP, [https://www.colorado.gov/pacific/c-seap/confidential-counseling](https://www.colorado.gov/pacific/c-seap/confidential-counseling) which provides active State Employees with confidential, cost-free counseling and coaching for issues including relationship concerns, depression, grief and more. Contact C-SEAP directly with questions about available services.

**Local Support Groups information and meeting time/locations**

- Alcoholics Anonymous [www.aa.org](http://www.aa.org)
- Denver Area Alcoholics Anonymous [www.daccaa.org](http://www.daccaa.org)
- Colorado Narcotics Anonymous [www.nacolorado.org](http://www.nacolorado.org)

**Colorado Crisis Services**

“Colorado's first statewide resource for mental health, substance use or emotional crisis help, information and referrals.” Call in or walk-in access to crisis services. [www.coloradocrisisservices.org](http://www.coloradocrisisservices.org) or 1-844-793-TALK(8255).

**National Suicide Prevention Lifeline**

[https://suicidepreventionlifeline.org](https://suicidepreventionlifeline.org) or 1-800-273-TALK(8255).

**Emergency Services**

In an emergency, call 911 or report to the nearest emergency room. 

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