

## 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.**

- 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.  
Included in-network providers:
  - **The Campus Health Center (CHC)** - Anschutz Health and Wellness Center (12348 East Montview Boulevard, 2<sup>nd</sup> Floor). Call 303-724-6242 with questions, for an appointment or to verify walk-in hours. Visit the [Campus Health Center website](#) for more information.
  - **Resident and Fellow Mental Health Clinic** - Available 24/7. Read more about the Resident and Fellow Mental Health Clinic [here](#).

### **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 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.*

#### **Resident and Fellow Mental Health Clinic**

Decreases barriers to care by offering evening and same-day appointments and 24/7 on-call coverage by University of Colorado School of Medicine psychiatrists, psychologists, and an advanced practice psychiatric nurse. In-network for CU GME Health Benefits Plan. Call 303-724-4716 (business hours) and 303-370-9127 (after hours); [smhservice@ucdenver.edu](mailto:smhservice@ucdenver.edu) (e-mail for appointments only).

#### **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> 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.

#### **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.coloradocrisiservices.org](http://www.coloradocrisiservices.org) or 1-844-793-TALK(8255).

#### **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)

#### **National Suicide Prevention Lifeline**

<https://suicidepreventionlifeline.org> or 1-800-273-TALK(8255).

#### **Emergency Services**

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

03/2019