Mental Health Resource Guide
Resources, activities, initiatives & policies for CU Anschutz students

Emergency Support Services

MOST URGENT: Imminent danger to self or others
Emergency: 911
CU Police: 303-724-4444

URGENT: Danger to self or others if not seen in a few hours
Colorado Crisis Services: 1-844-493-TALK (8255)

Counseling & Support Services

Student Mental Health
303-724-4716
Bldg. 500 | 2nd Floor 2343
Same-day appointments available for new patients

Campus Health Center
303-724-6242
CU Anschutz Health & Wellness Center | 2nd Floor
12348 E Montview Blvd, Aurora, CO 80045
Walk-in hours daily 3pm—4pm

CARE Team
303-724-8488 | Ed 2 N | 3rd Floor 3202
On-going case management & support for health and safety needs

Colorado Crisis Services
1-844-493-TALK (8255)
Confidential support & immediate help

BetterHelp Telehealth Counseling
Affordable, online therapy sessions & groupinars available to all students
Free for students on the CU Anschutz Student Health Insurance Plan

Support Groups

Peer Support Group
Bldg. 500 E2305 | Wednesdays 12-1 PM
Discuss personal, academic & professional challenges with faculty-trained peers. All students welcome!
Juan.dejesus@ucdenver.edu

Initiatives

Anxiety & Stress Management Events
Student Health Promotion Committee
• Regular sessions led by mental health professionals to help students build their anxiety & stress management skills

Students Advocating for Mental Health
• Support mental health & well-being of the CU Anschutz community by reducing stigma & increasing awareness of mental health conditions in partnership with fellow students | amc.samh@gmail.com

Student Mental Health Community Providers Network | Student Mental Health
• Collaboration between student mental health faculty & providers in the community who accept student health insurance | SMHservice@ucdenver.edu

Activities

Anti-Stigma Panels | Fall & Spring
Students Advocating for Mental Health
Hear student experiences related to mental health & stigma
amc.samh@gmail.com

Stress Fest | April 16-20, 2018
Take time to relax & destress at multiple campus-wide events

Meditation Sessions
Monday 12-1 PM, ED 1 R1101
Thursday 12-1 PM, ED 1 R1101
Friday 7-8 AM, ED 1 R1100
Margaret.schenkman@ucdenver.edu

Mental Health First Aid | Quarterly Certification to help those experiencing mental health challenges or crises
Jonathan.soweidy@ucdenver.edu

Policies

Student Behaviors of Concern Policy
CARE Team Policy

Office of Student Health Promotion
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS
Office of Student Health Promotion | Jill.Collins@ucdenver.edu | 303-724-7674