BEHAVIORAL/MENTAL HEALTH SERVICES FOR
CU GME RESIDENTS & FELLOWS

FOR CU HEALTH PLAN-EXCLUSIVE MEMBERS:

In-Network Providers

- Plan Members have access to in-network Providers located on and off the Anschutz Medical Campus.
- Listings for in-network providers for CU Health Plan-Exclusive are posted here under Covered providers and medications. In-network providers on the Anschutz Campus:
  - Resident and Fellow Mental Health Clinic - Available 24/7. Read more about the Resident and Fellow Mental Health Clinic here.
  - The Campus Health Center (CHC) - Anschutz Health and Wellness Center (12348 East Montview Boulevard, 2nd Floor). Call 303-724-4716 with questions, for an appointment or to verify walk-in hours. Visit the Campus Health Center website for more information.

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 Health Plan-Exclusive, 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 Health Plan-Exclusive. Call 303-724-4716 (business hours) and 303-370-9127 (after hours); smhservice@ucdenver.edu (e-mail for appointments only).

UCHealth First Call
Call 1-833-701-0448 for in-person or virtual assistance.

Real Help Hotline
Visit https://www.becolorado.org/program/the-real-help-hotline or call 833-533-CHAT (2428)

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.

Colorado State Employee Assistance Program
Residents have access to the Colorado State Employee Assistance Program, C-SEAP, 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.coloradocrisisservices.org, 1-844-493-TALK(8255), or text "TALK" to 38255.

Local Support Groups information and meeting time/locations
Alcoholics Anonymous www.aa.org
Denver Area Alcoholics Anonymous www.daccaa.org
Colorado Narcotics Anonymous 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.