

Talk it out with the *Real Help Hotline*



University of Colorado
Boulder | Colorado Springs | Denver | Anschutz Medical Campus

The Real Help Hotline helps you reach a counselor quickly.

In life there are highs and lows. Some big and some small. If you reach a point where you're feeling overwhelmed by stress in your life – be it related to finances, relationships, a mental health episode or any other issue – there's help through the new Real Help Hotline.

The Real Help Hotline 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 employees.

If you need help, reach out. The number to call is (833) 533-CHAT (2428).

Eligibility

Free and completely confidential for all employees.

Hours

Available 24/7

Services

Crisis counseling and resource referrals when you need help.

Call

(833) 533-CHAT (2428)

