



Department of Psychiatry

SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

Well-Being Resources for CU Anschutz, UCH, CHCO and Health Systems

The resources below are being offered through the Department of Psychiatry and are available to all faculty (clinical or non-clinical), non-faculty healthcare providers, staff (clinical and non-clinical), students and trainees. We wish to recognize our collaborators in the provision of these services: the Department of Family Medicine, the College of Nursing, medical and nursing students, and our hospital/health system partners: UCH/UCHealth and CHCO.

COVID-19 Wellbeing Support Line

- To speak privately to a trained volunteer about COVID-related anxieties, experiences and concerns please call **303-724-2500**.
- The line is open to all providers, trainees, and employees.
- Please see the **Department of Psychiatry's website** for more information.

Support Groups

We understand that these are challenging times. You may feel confused, lonely, sad or scared. The Department of Psychiatry would like to offer support and engagement in this time of social distancing. Please consider participating in the following standing support groups for members of the University community. Scan the QR codes below to register.

Students, Residents, Fellows and Post Docs

Fridays at Noon



Students, Residents, Fellows and Faculty on Clinical Rotation

Mondays 7-8pm



Non-Clinical Faculty and Staff

Mondays and Thursdays at Noon



We are Listening

- Please follow **this link** to our employee, staff, and faculty survey page. We want to hear more about how we can help.
- This survey will ask you to choose types of information you feel are most pressing to you surrounding COVID-19 so we can help you find the support that you need.

Team-Based Support Group Requests

If you are interested in setting up a support group specifically for your team, please fill out **this survey** to help us organize your event.

UCHealth & CHCO COVID Wellbeing & Support Session

- Chat with a psychiatry faculty member daily at noon via zoom to debrief regarding COVID-related worries.
- Capped daily at 10 participants.
- Open to all Providers, Trainees, and Employees.
- **Click here to book** or scan the QR code using your mobile device



Acute Mental Health Care

If you find you are in need of a new patient visit in one of our clinical services, please call one of the numbers below:

- UCH Outpatient Clinic: 303-724-1000
- Faculty Practice: 303-724-4987
- Student & Resident Mental Health: 303-724-4716



BRAIN HEALTH for all, for life.