

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 Mental/Behavioral Health Services are posted at medschool.cuanschutz.edu/GMEBenefits > Mental/Behavioral Health Providers.
Included in-network providers:
 - **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.
 - **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@CUAnschutz.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.

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.coloradocrisisservices.org or 1-844-793-TALK(8255).

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.