

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.