



## **STUDENT & RESIDENT MENTAL HEALTH**

AVAILABLE TO ALL AMC  
STUDENTS AND RESIDENTS

### **ABOUT THE PROGRAM**

The Student and Resident Mental Health Clinic provides comprehensive and confidential mental health services for all students enrolled in the schools located at the Anschutz Medical Campus (Medical, Dental, Nursing, Pharmacy, Public Health, Physician Assistant, Physical Therapy, Graduate school, Anesthesia Assistant) as well as GME residents and fellows (including Denver Health (DH) residents and fellows).

### **REASONS STUDENTS VISIT SRMH**

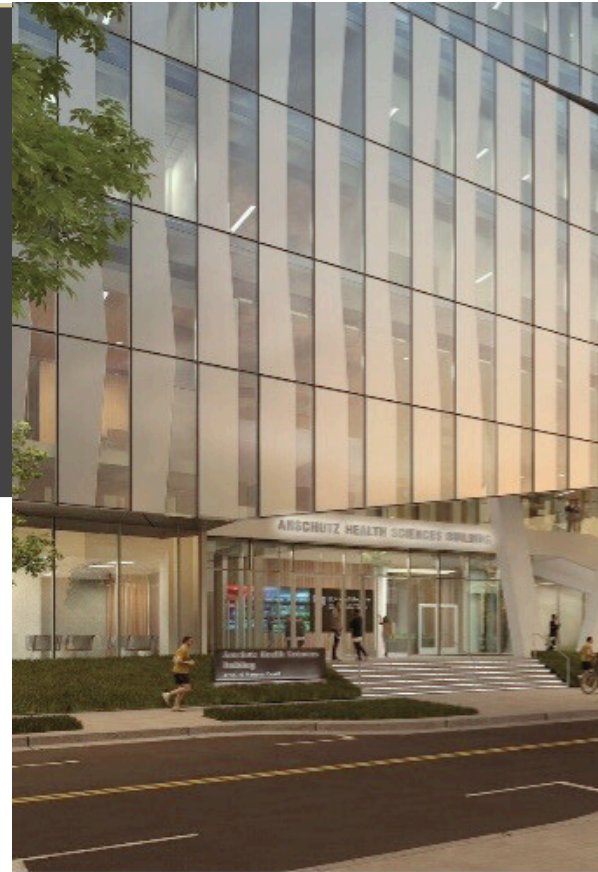
Reasons students visit SRMH include:

- Depression
- Anxiety/stress
- Bipolar disorder
- Substance use disorders
- Eating disorders
- Family problems
- Relationship difficulties
- Academic difficulties
- Post-traumatic stress disorder
- Grief and loss
- ADHD
- LGBT issues
- Sleep disorders

### **TREATMENT MODALITIES AND SERVICES**

Treatment modalities and services include:

- Individual psychotherapy
- Crisis/short term counseling
- Group therapy/support groups
- Medication management
- Psychoeducational testing



### **GROUPS**

#### **DBT (Dialectical Behavioral Therapy) group**

- Email  
Danielle.Sukenik@cuanschutz.edu

#### **Skills based group for ADHD**

- Email  
Robert.Rosenthal@cuanschutz.edu

#### **International Student/Children of Immigrants Support Group**

- Email  
Noa.Heiman@cuanschutz.edu

#### **The Narcissistic Family Book Therapy Group**

- Email  
Noa.Heiman@cuanschutz.edu

#### **Perfectionism group**

- Email  
Noa.Heiman@cuanschutz.edu

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## LOCATION AND SCHEDULING

### Contact Info:

Call 303-724-4716 and leave a voicemail. Please allow 24 business hours for a return call.

For an Intake Appointment, scan the barcode to the right and fill out the form.

### 5th floor of Health Sciences Building, Suite 5040

Mon – Wed: 8am – 8pm

Thurs – Fri: 8am – 5pm

### Student & Resident “Walk-in” hours:

M-F 8am-4pm (first come, first served)

You may call (303) 724-4716 or email [smhservice@ucdenver.edu](mailto:smhservice@ucdenver.edu) to request an urgent visit with our triage counselor.

### After hours 24/7/365 crisis support:

Colorado Crisis – text “TALK” to 38255

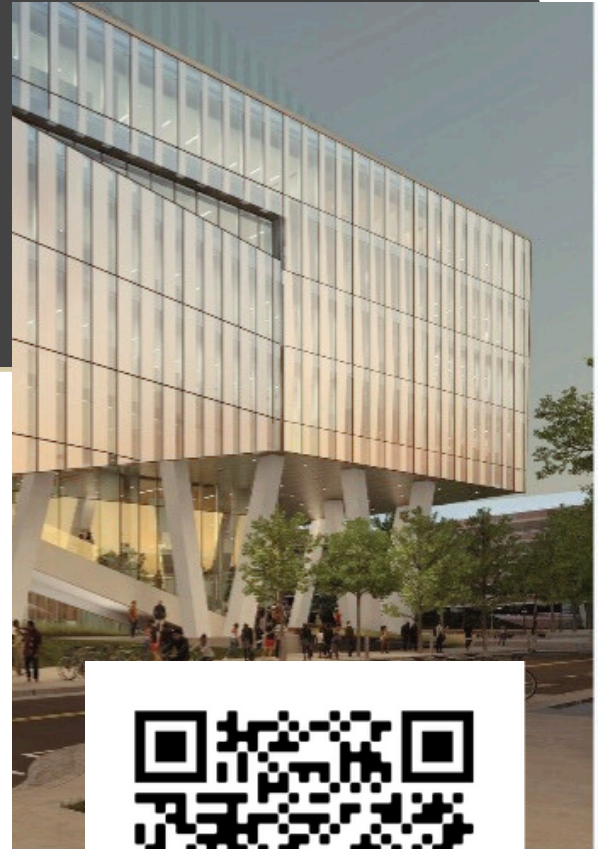
(844) 493-8255

TELUS Health – 24/7 support (via phone, text, web)

[cuanschutz.edu/student/support/TelusHealthStudentSupport](https://cuanschutz.edu/student/support/TelusHealthStudentSupport)

## INSURANCE AND COST

Students with AMC Student Insurance (Anthem) will have a \$10 copay for mental health visits. Students will also have no copay for mental health visits under Medicaid plans (Behavioral Healthcare Inc. and Access Behavioral Care). Student Mental Health accepts most other insurance plans. Please contact your insurance carrier to determine your copay and deductible so that you are aware of your responsibility for payment for services.



## CONFIDENTIALITY

Visits to the Student & Resident Mental Health Service are confidential. If you want any information to be shared with an outside person (including AMC faculty and staff), you must sign a release of information. Records maintained by Student & Resident Mental Health are not part of your academic or administrative records. The SRMH clinicians follow HIPAA and other state laws regarding confidentiality.