



**Ludeman Family Center for  
Women's Health Research**

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

[Psychological Health, Well-Being, and the Mind-Heart-Body Connection: A Scientific Statement From the American Heart Association](#)

[Stroke.org](#)

[Well-Integrated Screening and Evaluation for WOMen Across the Nation](#)

[Stress and Self Care](#)

[Celiac Disease Resources](#)

[Rocky Mountain Multiple Sclerosis Center](#)

[National MS Society](#)

[Rheumatoid Arthritis Resources](#)

[My PCOS Diagnosis Information](#)

[PCOS Goals Sheet](#)

[Light of Life Foundation](#)

[Hormone Health Network](#)

[American Thyroid Association](#)

[Thyroid Cancer Survivors' Association, Inc.](#)

[American Migraine Foundation](#)

[American Headache Society](#)

[Migraine Research Foundation](#)

[CU Alzheimer's and Cognition Center](#)

[Alzheimer's Association](#)

[Parkinson Association of the Rockies](#)

[Lewy Body Dementia Association](#)

[Physical Activity Guidelines for Americans](#)



[Fun & Free Online Fitness Classes](#)

[Healthy Living Fitness Tips](#)

[Low Impact Exercise for Older Adults](#)

[CDC Guidance on COVID-19](#)

[Aim for a Healthy Weight - Calculate Your Body Mass Index \(BMI\)](#)

[Office on Women's Health - Heart Disease Information for Women](#)

[FDA Proposes Sunscreen Regulation Changes](#)

[American Academy of Dermatology: Info about Skin and Skin Diseases](#)

[Sunscreen Resource Center](#)

[Easily Find Products Safe for Your Particular Skin Allergies or Sensitivities](#)

[ASPREE Clinical Trial of Aspirin in Older Adults](#)

[American Heart Association 2019 Guidelines for Cardiovascular Prevention](#)

[United Services Preventive Task Force Evidence Statement for Use of Aspirin for Primary Prevention, 2016](#)

[Is it a Springtime Allergy or Cold?](#)

***If you need a mental health consultation, please call:***

- Primary care provider and ask for referrals
- Women's Behavioral Health & Wellness Outpatient Program (303) 724-1646
- UCH-Department of Psychiatry Outpatient Clinic (303) 724-1000
- Department of Psychiatry Faculty Practice (303) 724-4987
- Student & Resident Mental Health (303) 724-4716
- Insurance company behavioral health referral
- Colorado Crisis Hotline (844) 493-8255