

Guide to Mental Health & Self Help Resources for AMC Students

MENTAL & PHYSICAL HEALTH RESOURCES

STUDENT & RESIDENT MENTAL HEALTH

- Call (303) 724-4716 or email SMHservice@ucdenver.edu for an Intake appointment. Please leave a voicemail and allow 24 hours for a response.
- Hours: Mon-Wed 8am-8pm, Thurs-Fri 8am-5pm; Walk-ins M-F 8am-4pm (See more under Crisis)

CAMPUS COMMUNITY HEALTH (PRIMARY CARE CLINIC)

- Call 303-724-6242 to schedule a primary care appointment, or [visit their website](#)
- Onsite visits by appointment: Tuesdays 8-5 (closed for lunch 1-2) and Thursdays 9-1, with telehealth visits available outside of these hours
- Current services:
 - Acute and Episodic Illness
 - Acute respiratory illness, including COVID care via telehealth
 - Well woman and contraceptive services
 - Blood pressure management
 - Minor injury and wound care
 - Musculoskeletal concerns
 - Vaccines, TB testing
 - STI testing

STUDENT OUTREACH AND SUPPORT OFFICE (ADVOCATING FOR STUDENT NEEDS)

- Resource connection – CARE team management
 - (303) 724 – 8488 or [request an appointment online](#)

HEALTHIEST YOU APP (FOR THOSE WITH UNITED HEALTHCARE STUDENT RESOURCE PLAN)

- Call (855) 870-5858
- Connect with a provider for FREE for both medical and behavioral health (therapy) appointments on [their website](#)

FIND HELP NOW

- Online free & anonymous online tool which provides options of resources and supports available to students, faculty and staff
- Visit help.cuanschutz.edu

YOU@CUANSCHUTZ

- Online wellness portal, which customizes content to your wellness interests and needs
- Create personalized goals, track your progress, and find tools to help you thrive
- Visit you.cuanschutz.edu

CAMPUS RESOURCES

WEU PEER COACHING PROGRAM

- Free and online personalized coaching for students. Meet with a Peer Coach to discuss and create a plan to achieve success in working on a goal or vision to help you thrive. [Make an appointment and learn more on their website.](#)

PHOENIX CENTER FOR INTERPERSONAL VIOLENCE

- a free and confidential resource for students, faculty, and staff who are affected by interpersonal violence (IPV) including relationship violence, sexual violence, and stalking.

OFFICE OF DIVERSITY, EQUITY, INCLUSION & COMMUNITY ENGAGEMENT

- (303) 724 – 8003 / Ed2 North, Room 3118 | [Visit the website](#)
- LGBTQ hub (Mondays, Wednesdays, Fridays): Ed2 North Room #2102

ANSCHUTZ HEALTH AND WELLNESS CENTER

- Fitness center, weight loss programs, integrative body work and more.
- Website: <https://anschutzwellness.com/>
- 303-724-9030 (Option 0), AHWC.Clinic@cuanschutz.edu

RESILIENCE & RECOVERY STUDENT-LEAD GROUP

- Fridays at 1:00-2:00pm / Ed2 North Room #3108
- email resiliencyandrecovery@gmail.com for info

DISABILITY ACCESS & INCLUSION

- Accommodations and documentation of disability
- (303) 724 – 5640
- disabilityaccess@cuanschutz.edu

OMBUDS OFFICE:

- Confidential, informal, neutral, and independent resource
- (303) 724 – 2950
- Fitzsimons, Room 7005C (7th floor)

OFFICE OF EQUITY

- Policies & resources – Title IX – discrimination & harassment prevention
- equity@ucdenver.edu
- (303) 315-2567
- Ed2 North, Room 5221

CRISIS RESOURCES

TO REQUEST A SAME-DAY APPOINTMENT ON CAMPUS

- Page the SRMH Triage Therapist @ (303) 266-4654 to request a walk-in appointment (first come, first served)
- Email SMHservice@ucdenver.edu with “URGENT visit request” in subject line. (allow 24 hours for a response)
- You may also walk in to physical location: The clinic is located on the 5th Floor of the Anschutz Health and Sciences Building. Take elevators to 5th floor to Suite #5040.

24/7 CALL/TEXT LINES

- Colorado Crisis Services 1-844-493-8255 or text TALK to 38255
- If you are not in Colorado: National Suicide Prevention Lifeline 1-800-273-TALK (8255)
- Trevor Project LGBTQ Crisis Hotline: 1-866-488-7386
- National Sexual Assault Hotline 1-800-656-HOPE
- Blue Bench local sexual assault hotline: 303-322-7273
- Phoenix Center for Interpersonal Violence Free & Confidential helpline: 303-556-CALL (2255)

WALK-IN CENTERS

- Aurora Mental Health Victor Center: 2206 Victor Street, Aurora, CO 80045
- Mental Health Center of Denver: 4353 E. Colfax Ave, Denver, CO 80220

If you are in a true emergency situation or if you or someone else's life is in danger, call 911 or go to your local Emergency Room. If you go to the University Hospital ER, you may let them know you are a student and you will be seen by CU Psychiatry Faculty as well to ensure the best quality care.

SELF-PACED COURSES / PSYCHOEDUCATIONAL MATERIAL

THIS WAY UP

- thiswayup.org.au
- Learn practical tools to take care of your Mental Health on a variety of topics, such as PTSD, Panic attacks, Depression, and more. *This resource does require a prescription from a provider. *

PAST THE PANDEMIC TOOLKIT

- Active tools and self-paced work book to help with Stress Management, Occupational Burnout and Relationships using the Stress Continuum Model and covering a variety of topics related to COVID-19 stress and burnout
- [Access here](#)

WORK AND WELLBEING TOOLKIT

- For Physicians and one for Addiction Professionals from AMC's Office of Behavioral Health and Wellness
- [Access here](#)

COPING TOOLS SUGGESTIONS

SELF HELP TOOLS, SCREENINGS, AND MORE

LIST OF ALL COLORADO DOMESTIC VIOLENCE RESOURCES

APPS

- **My Life** – Mindfulness app check in with mood/energy states and offers specialized meditations
- **Meditation apps:**
 - Headspace
 - Insight Timer
 - My Life
 - Pause (tai chi method)
 - Calm
- **Daylio** - To track wellbeing and daily activities
- **Youper** – CBT based goal setting app
- **Affirmations** – Gives you a daily affirmation, offers mindfulness tools
- **Rootd** – for panic attacks, includes lessons/journals/breathing
- **Fabulous** – self-help app/positive habit building
- **The Alcohol Experiment** – Offers tools for the sober curious
- **ACTIVE: Value based living** – Offers tools from Acceptance & Commitment Therapy
- **Nike Run Club** – tracks runs, collab with Headspace for Guided Meditation Runs
- **Coping Cards** – Creates your own coping cards
- **Focus/Motivation apps:**
 - focusmate.com - Community to help you focus
 - [The Forest App](#) - Set a goal, and plant a tree somewhere in the world, grow a forest with others while working on focused task!)
- **The Pomodoro Technique**
 - Work/study 25 minutes, take a 5 minute break