

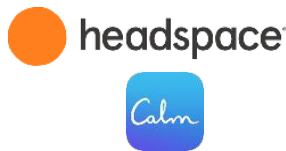
Effective September 1, 2024, the Real Help Hotline was terminated. See below for resources available to CU employees and their families.

### Anthem – Talkspace + Additional Resources



- [Talkspace](#) is an online mental health care service that offers therapy and psychiatry.
- To register, visit [talkspace.com/anthem](https://talkspace.com/anthem). Sessions are subject to your applicable copay or deductible/insurance. After registering, complete the QuickMatch™ provider finder tool to review your best match provider. Schedule a live session or message right away.
- Use Anthem’s [‘Find a Doc’ tool](#) to search behavioral health providers as well.
- [LiveHealth Online](#) is accessible through [Anthem’s Sydney app](#) – LiveHealth Online provides telehealth services on behalf of Anthem. Download Sydney through the Apple app store or Google Play store.
- [Meru Health](#) is an online provider for greater mental health with remote clinicians (licensed therapists & psychiatrists), a smartphone-based treatment program, and an anonymous peer-support group.

### Kaiser – Headspace + Additional Resources



- [Headspace](#) is a science-based app that offers guided meditations and mindfulness.
- [Calm app](#) - Includes personalized content to manage stress and anxiety.
- For information regarding telehealth for mental health, visit [kp.org/getcare](https://kp.org/getcare).
- For information regarding other mental health resources, visit [kp.org/mentalhealth](https://kp.org/mentalhealth).

### CU Anschutz Campus Resources

#### Faculty & Staff Mental Health Clinic

- [The Faculty and Staff Mental Health Clinic](#) provides comprehensive and confidential mental health services.

#### CU Anschutz Well-Being Support Line

- [CU Anschutz Well-Being Support Line \(303-724-2500\)](#)
- Provides a Well-Being Support Line for employees working on the Anschutz Medical Campus.
- By contacting the Well-Being Support Line you will be linked with a volunteer who will listen and provide support, guidance, and education.

#### Additional Anschutz Resources

- [The Phoenix Center](#) The Phoenix Center at Auraria (PCA) campus in Denver.

### CU Boulder - Faculty and Staff Assistance Program (FSAP)

#### The [Faculty & Staff Assistance Program \(FSAP\)](#)

- [FSAP](#) serves the emotional and psychological needs of the Boulder campus community.

### CU Colorado Springs

UCCS Mental Health Services: [UCCS Mental Health Services](#)



- Access to [SilverCloud](#) by Amwell. This online platform has a suite of mental health and wellbeing programs and tools.

#### [My Resilience Help](#)

- This online support system helps navigate through the aftermath of traumatic events.

#### [Cottonwood Creek Wellness Center](#)

- Provides up to 5 sessions of counseling, then transitioning into insurance billing.

#### Anschutz Department of Psychiatry

- Provides one free session of counseling, followed by 2 sessions covered by insurance billing. To learn more, please call (303) 724-1000.

### CU Denver

#### Faculty and Staff Threat Assessment and Response Team (FaST)

- [View FaST Policy](#)



- Online weight loss program for those at risk of chronic diseases. Omada offers integrated behavioral health support across chronic care programs. [Learn more about Omada.](#)



- Online family planning wellness program featuring three models for all journeys of family-planning, through parenthood. This program features support for topics including fertility health and wellness, post-partum care, and provides information about how to seek mental health support for those who need it. [Learn more about Ovia Health.](#)



- Online sleep improvement program scientifically proven to work. Members start by taking a quick sleep quiz at [sleepio.com/cuhealthplan](https://sleepio.com/cuhealthplan) to discover their Sleep Score and receive a sleep tip you can try tonight. For members needing more help, during the online sessions you'll learn how to establish a healthy sleep pattern through science-based cognitive and behavioral techniques. [Learn more about Sleepio.](#)



- Clinically proven to improve employee health outcomes, Wondr is an online program that offers a complete health program for weight loss, stress management, and more. [Learn more about Wondr.](#)

External Mental Health Resources



**COLORADO**  
State Employee Assistance  
Program  
CSEAP

- [CSEAP](#) offers professional assessment, referrals, and short-term counseling.



- Provides free, confidential and immediate support. Call [\(844\) 493-8255](tel:8444938255) or text **talk** to 38255.



- [988 National Suicide Prevention Hotline](#)
- [Colorado Wellness Recovery](#)

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