Mental Health Support Resources for Students: Fall 2020

CSU Health Network provides numerous resources to help students learn how to improve mental health, manage stress and minimize anxiety. Visit health.colostate.edu/mental-health-resources for an online version of this list.

- **YOU@CSU** – your online 24/7 student success tool, has added 50+ COVID-19 related resources to help students adapt to an ever-changing world while social distancing and learning online. New content is regularly added to explore other timely topics like finding your voice amidst social injustices, preparing for election stress, and how to support your mental health during these difficult times. Find these resources, self-assessment tools and more at you.colostate.edu or login through RAMweb.

- **Counseling Services** – By paying student fees, CSU students have access to a wide range of mental health support resources at no additional cost. All Counseling Services are currently provided by phone or online.
  - If you have an urgent mental health concern, please call (970) 491-7111 to speak with a counselor now (available 24/7).
  - If you are calling to set up routine services or with a routine concern, call (970) 491-6053 during drop-in hours:
    - Mondays, Wednesdays, Thursdays and Fridays: 9 a.m. – 3:30 p.m.
    - Tuesdays: 10 a.m. – 3:30 p.m.
  - For students who are deaf or hard of hearing, please begin by calling 711 and Telecommunications Relay Services (TRS) can help you communicate with our on-call counselors.
  - Visit health.colostate.edu/counseling for more information and learn more about what to expect at a Counseling Services appointment at health.colostate.edu/make-a-counseling-appointment.

- **Multicultural Counseling Services** - Designed for students who have been historically underrepresented and aims to reduce barriers for you to access and navigate Counseling Services. The webpage features a list of identity-specific services and resources that can support your emotional health and overall wellness, including Multicultural Counseling Drop-In Hours, Identity Based Group Counseling, Peer Support Identity Groups and information about the Multicultural Counseling Team and Student Office Liaisons. Learn more at health.colostate.edu/multicultural-counseling.

- **SilverCloud Health** - online modules based on Cognitive Behavioral Therapy that are free for students. Now might be the perfect time to boost skills to improve your well-being and manage anxiety and depression, improve your sleep or boost your body image. A variety of self-guided modules can be found on YOU@CSU or at: health.colostate.edu/silvercloud. Some modules may include virtual coaching support, when available.

- **Theme Groups** – Theme therapy groups help students connect with others who share common experiences, identities and concerns. Theme groups for Fall 2020 include: Coping with COVID/Anxiety Support; Coming Out, Being Out and Questioning Support Group; Transgender and Gender Fluid Support Group; Women of Color Support Group; Alcohol and Other Drugs Support Group; DBT Tools for Success; Body Positive; International Student Support Group and more. See full line-up, including descriptions, dates and times, at health.colostate.edu/groups-and-workshops/#themegroups. Call (970) 491-6053 to register. Pre-session screenings are required.

- **Nod app – strengthen your connections** - It can be tough to figure out how to be ‘social’ and deal with loneliness in this new reality of physical distancing. Nod offers ideas for strengthening social ties so you can have a rewarding social life even when you’re apart from your people. The app uses evidence-based practices including cognitive behavioral therapy, motivational interviewing and mindfulness-based self-compassion. It reminds us of the small things we can do to create positive moments for ourselves and the people we care about. Download Nod for free in the Apple and Google Play stores, or find it on YOU@CSU.

**NOTE:** CSU Health Network is partially funded by CSU student fees, and access to most services is available for fee-paying CSU-Fort Collins students only. For more information, visit health.colostate.edu or call (970) 491-7121.
• **Skill-Building Group Workshops** — Available for students only, at no additional charge. See full line-up of workshops including descriptions, dates and times, at [health.colostate.edu/groups-and-workshops/#workshops](health.colostate.edu/groups-and-workshops/#workshops)
  - **Mindfulness for Well-Being in Stressful Times** — Practicing mindfulness can help us cope with difficult experiences and cultivate meaning and positive emotions. In 4 weeks, this Zoom workshop will cover 10 mindfulness practices to support your well-being. Visit [health.colostate.edu/groups-and-workshops](health.colostate.edu/groups-and-workshops) to register.
  - **Additional skill-building workshops**, including Anger Management, Gender Issues (for male-identified students), Harm Reduction, Stages of Change, Values Clarification and Who Am I?. Call (970) 491-6053 to register.

• **Rams Fail Forward** — Recovering and learning from failure is important to success. Take the Rams Fail Forward pledge and learn more about how to bounce back from failure at [health.colostate.edu/RamsFailForward](health.colostate.edu/RamsFailForward).

• **Drugs, Alcohol and You (DAY) Programs** — Students who are concerned about their substance use (including alcohol, marijuana and/or other drugs) can engage with DAY Programs for individual appointments, workshops and other services. Learn more at [health.colostate.edu/day-programs](health.colostate.edu/day-programs) or call (970) 491-4693 for more information.

• **Substance Use Self-Assessment Tools** — Concerned about your substance use during these stressful times? These free self-assessment tools are available to help you check-in. Visit [health.colostate.edu/resources](health.colostate.edu/resources) for links to these online tools and more.
  - **Online Alcohol and Other Drug Screening** — Assess your use, find out how your alcohol and/or drug use compares to other college students and discover resources for more information.
  - **Marijuana eCHECKUP TO GO** - This personalized, evidence-based program provides individual feedback about behavior and risk factors, and campus and community resources.

• **Tobacco Cessation** — Students who are thinking about or are ready to quit vaping, smoking or using tobacco can meet one-on-one with a professional health coach who specializes in tobacco cessation. Visit [health.colostate.edu/tobacco-cessation](health.colostate.edu/tobacco-cessation) to learn more, and call (970) 491-7121 to make an appointment.

• **Opioid Use Disorder Treatment** — Medication-Assisted Treatment (MAT) is available to students who suffer from abuse of heroin, pain pills or any other opioid use. For Fall 2020, CSU students who are already stabilized on their medication(s), such as Buprenorphine or Naltrexone, can transfer their care to CSU Health Network. Due to COVID-19 pandemic restrictions, we are not able to begin new treatment or manage the acute withdrawal from opioid substances. Learn more at [health.colostate.edu/opioid-treatment/](health.colostate.edu/opioid-treatment/)

Visit [keepengaging.colostate.edu](keepengaging.colostate.edu) for additional health and well-being resources for students, including food and financial support.

### For Faculty and Staff
Learn more about additional mental health resources for CSU faculty and staff:
- Consider easy ways you can infuse wellbeing practices into your teaching and work with students. Check out the pilot version of CSU’s Well-Being in Academic Environments Tool Kit – [www.academicwellbeing.colostate.edu](www.academicwellbeing.colostate.edu)
- CSU Human Resources – [www.hrs.colostate.edu](www.hrs.colostate.edu), (970) 491-MyHR (6947)
- Employee Assistance Program (EAP) – [www.eap.colostate.edu](www.eap.colostate.edu), (970) 491-1527
- CARE Program – [www.care.colostate.edu](www.care.colostate.edu)
- Commitment to Campus (C2C) – [www.c2c.colostate.edu](www.c2c.colostate.edu)

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