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** – This online tool helps connect students to personalized resources to support success and well-being, including SilverCloud digital skill-building modules to address a variety of challenges like anxiety, sleep, depression and body image. Available anytime, anywhere through RAMweb and at you.colostate.edu.

- **Counseling Services** – By paying student fees, CSU students have access to a wide range of mental health support resources at no additional cost. Visit Counseling Services on the 3rd floor of the CSU Health and Medical Center, and we’ll work together to find the services that are right for you. 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.

- **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.
  - **Mindfully Managing Stress** – Mindfulness can help you cope with difficulty, reduce stress, and increase your well-being. Join a 4-session weekly series (3 options) or a half-day workshop. Call (970) 491-7121 to register.
    - Mondays, 10:00 – 11:30 a.m., February 10 – March 2
    - Thursdays, 4:30 – 6:00 p.m., March 26 – April 16
    - Wednesdays, 1:00 – 2:30 p.m., April 8 – 29
    - Friday, April 3 from 1:00 – 5:00 p.m.
  - **Additional skill-building workshops**, including Anger Management, Brain Scans, Gender Issues (for male-identified students), Harm Reduction, Stages of Change, Values Clarification and Who Am I?. Visit health.colostate.edu/groups-and-workshops/#workshops to learn more and call (970) 491-6053 to register.

- **NADA Ear Acupuncture** – A non-verbal approach to healing involving the gentle placement of up to five small, sterilized disposable needles into specific sites on each ear. Recipients sit quietly in a group setting for 30-45 minutes. Although the results are different for every individual, this treatment has been shown to help with acute withdrawal symptoms, cravings, stress, anxiety, insomnia, emotional trauma and chronic pain, among other benefits. Learn more at health.colostate.edu/psychiatry/#earacupuncture
  - Held every Tuesday and Thursday during the Spring 2020 semester (except Spring Break and finals week) from 4:00 - 5:00 p.m. in the Still Point Reflection Space. No registration required; drop-ins welcome.

- **Theme Groups** – Theme therapy groups help students connect with others who share common experiences, identities and concerns. Theme groups for Spring 2020 include: Taming the Anxious Mind; Depression Skills Group; Coming Out, Being Out and Questioning Support Group; Mindful Yoga; Transgender and Gender Fluid Support Group; Women of Color Support Group; DBT Tools for Success; Cultivating Courage (for female-identified students); Man to Man; Alcohol and Other Drugs (AOD) Support Group; Body Positive; and Bereavement Group. 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.

- **Spiritual Care Services** – Available to students, faculty and staff to support exploring life’s questions, experiences and transitions in a safe, nonjudgmental space. Learn more at health.colostate.edu/spiritual-care and call (970) 491-7121 to make an appointment.
• **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.

• **Still Point Reflection Space** – Located on the first floor of the CSU Health and Medical Center, this space is designed to be a nourishing, inclusive environment for CSU faculty, staff and students from all backgrounds and cultures to prioritize self-care, pray, reflect, meditate and relax. Visit health.colostate.edu/still-point-reflection-space or call (970) 495-5246 to learn more.
  - **Relaxation/Nap Pod** – Students, faculty and staff can make a 20-minute reservation for the pod. Visit the Information Desk on the first floor of the CSU Health and Medical Center, or call (970) 495-5246 to reserve your session.
  - **Stress Reduction Technology** – Bio-feedback devices, Muse and HeartMath, are available for students, staff and faculty to use in the Still Point Reflection Space. These devices can help increase ability to focus, relax, manage stress and improve mood and well-being. Visit the Information Desk on the first floor of the CSU Health and Medical Center to check them out.

• **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 or call (970) 491-4693 for more information.

• **Opioid Use Disorder Treatment** – CSU Health Network Psychiatry Services offers medication-assisted treatment for students who suffer from abuse of heroin, pain pills or any other opioid use. Call (970) 491-7121 and specifically request a 30-minute “free medication consultation for opioid use disorder.” Learn more at health.colostate.edu/opioid-treatment/

• **Group Presentations** – CSU Health Network staff provides educational presentations to classes and student groups about various health topics, including stress management, mindfulness, resilience, suicide prevention and many others. Presentation requests need to be submitted in advance at health.colostate.edu/presentation-request-form

**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 about CSU Health Network services and resources, visit health.colostate.edu or call (970) 491-7121.

**For Faculty and Staff**
The **Still Point Reflection Space**, including the **relaxation/nap pod** and **stress reduction technology**, and **Spiritual Care Services** are available for CSU faculty and staff. Learn more about additional mental health resources for CSU faculty and staff at:
  - CSU Human Resources – www.hrs.colostate.edu, (970) 491-MyHR (6947)
  - Employee Assistance Program (EAP) – www.eap.colostate.edu, (970) 491-1527
  - CARE Program – www.care.colostate.edu
  - Commitment to Campus (C2C) – www.commitmenttocampus.colostate.edu