Mental Health Support Resources for Students: Summer 2021

Online version available at health.colostate.edu/mental-health-resources

YOU@CSU – Your online 24/7 student success tool. New content is added regularly to explore timely topics like transitioning into a new normal, finding your voice amidst social injustices, and new strategies to support your mental health during these tumultuous times. Find these resources, self-assessment tools, well-being skill-building modules and more at: you.colostate.edu or login through RAMweb.

SilverCloud Health – Free online modules based on Cognitive Behavioral Therapy. Now might be the perfect time to enhance 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 on the SilverCloud Health webpage. Most modules include one-on-one weekly virtual coaching support.

Nod App: Strengthen your Connections - It can be tough to figure out how to deal with loneliness while physical distancing. Nod offers ideas for strengthening social ties so you can have a rewarding social life when you’re apart from your people. The app uses evidence-based practices including cognitive behavioral therapy, motivational interviewing and mindfulness-based self-compassion to remind 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.

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 secure videoconference. Services can be accessed 24/7 by calling (970) 491-6053. Learn more about what to expect at a Counseling Services appointment at health.colostate.edu/make-a-counseling-appointment.

- 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.

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

Theme Groups – Theme therapy groups help students connect with others who share common experiences, identities and concerns. Theme groups for Summer 2021 include: 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/#themetegroups. Call (970) 491-6053 to register. Pre-session screenings are required.

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
Psychiatry Services and Medication Management – Specialized psychiatry clinicians and experienced primary care providers provide initial diagnostic evaluations and ongoing medication management for a wide range of mental illnesses. If counselors or medical providers identify a student with an urgent need for psychiatric care, psychiatrists offer urgent consultations to assure timely access to a higher level of mental health care. Learn more at health.colostate.edu/psychiatry

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.

Ram Recovery Community - An inclusive student-run community designed to support students on all paths and in all phases of recovery, including substance use disorders, eating disorders, and other mental health disorders. Learn more at health.colostate.edu/ramrecovery

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 to learn more, and call (970) 491-7121 to make an appointment.

Substance Use Self-Assessment Tools - These free self-assessment tools are available to help you check-in with your substance use during these stressful times. Visit 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.

Outreach Presentations – Covering a variety of topics including stress management, mindfulness, well-being, sexual health, sleep, alcohol and other drugs and more, facilitated by Health Education and Prevention Services (HEPS) staff. View session descriptions and submit an online request at health.colostate.edu/presentation-request.

Mindfulness Apps – For additional guidance about mindfulness to support well-being, check out these apps in the Apple or Google Play store: Liberate, Insight Timer, Calm, Headspace, Shine, or Unwinding Anxiety.

Financial Wellness Education – The Achieve Financial Wellness online modules will boost your financial know-how and help you learn to manage your money in college and beyond. Topics include understanding student loan debt, using credit cards responsibly, sticking to a budget, and more. Learn more at http://www.schwabmoneywiseoncampus.com/csuf

**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.

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 CSU’s Well-Being in Academic Environments Tool Kit – www.academicwellbeing.colostate.edu
- CSU Human Resources – www.hrs.colostate.edu, (970) 491-MyHR (6947)
- Well-being trainings offered by CSU Talent Development: training.colostate.edu
- Employee Assistance Program (EAP) – www.eap.colostate.edu, (970) 491-1527
- CARE Program – www.care.colostate.edu
- Commitment to Campus (C2C) – www.c2c.colostate.edu
- CSU Center for Mindfulness – mindfulness.colostate.edu
- SilverCloud Health online cognitive behavioral therapy modules are now available for CSU employees - csu.silvercloudhealth.com/signup/