CSU Health Network Student Mental Health and Substance Misuse Support Inventory

**Some DAY programs can be accessed through direct referral from KEY:**

- website
- CSU Health Network
- Connections App
- Nod
- Strengthen Social support completion
- management; virtual body image, sleep, stress anxiety, resilience, positive anxiety, depression, and social

**Therapy based; modules for**

- Skill-Building Modules
- Achieve Financial Wellness
- and prevention.
- Coaching Resources
- Student Disability Center
- Skills-Building and Digital Self-Help,
- Student Resolution Center (SRC)
- and Prevention Services, Health Education (Campus Rec, Medical
- and Services, Health Education and Prevention Services, Center for Mindfulness, Student Case Management)
- University Housing and Dining Services Nutrition (on-campus students)
- Trauma (student athletes only)
- and Biological Sciences (EMBRC) Counseling
- Trauma and Gender Fluid Support Group
- Black, Indigenous and People of Color (BIPOC) Support Group
- Dialectical Behavioral Therapy (DBT) - Tools for Success
- Dialectical Behavioral Therapy (DBT - Taking Next Steps
- Alcohol and Other Drugs Support Group
- Mindfulness/ Meditation/Yoga
- Body Positive
- Depression Skills
- Harm Reduction
- Interpersonal Processing
- Not an exhaustive list.
- Academic Support (The Institute for Learning and Teaching (ILT), Writing Center, Academic Advising, Academic Achievement Center, etc.)
- Career and Job Exploration (Career Center, Student Employment Services, etc.)
- Community, Involvement, and Connectedness (Student Leadership, Community Engagement (SLICE), Ram Life, Study Orgs, Campus Events, Student Diversity Programs and Services (SDPS) Office, International Offices, Fraternity and Sorority Life (FSL), etc.)
- Basic Needs (Financial Aid, Rams Against Hunger, Legal Services, etc.)
- Health and Wellness (Campus Rec, Medical Services, Health Education and Prevention Services, Center for Mindfulness, Student Case Management)
- Roommate/Relationship Difficulties (Student Resolution Center, University Housing, Off-Campus Life, Women and Gender Advocacy Center, etc.)
- Belief and/or Faith Communities
- Student Disability Center (accommodations)
- Center for Family and Couples Therapy (Human Development and Family Studies Department). 5
- Kendal Reagan Nutrition Center 55
- Occupational Therapy (Assessment Technology Resource Center, Center for Community Partnerships)
- Psychological Services Center (Psychology Dept)
- Student Athlete Nutritionist
- Student Case Management Trauma Resilience Assessment Center (Human Development and Family Studies) 55
- University Housing and Dining Services Nutrition (on-campus students)
- Women and Gender Advocacy Center (WGAC)
- Screening & Referral Prompt
- Ulifeline Mental Health Screening with Resources
- Marijuana Check Up To Go
- Alcohol and Other Drug Program (service available
- Outpatient Treatment (student athletes only) post-hospitalization support)
- iTEAM (goal-hospitalization support)
- Drugs, Alcohol and You (DAW) Programs
- Disordered Eating Team
- Certification for Medical Marijuana Registry Card
- CSU Police Department Co-Responder Program
- Emotional Support Animal (ESA) Evaluation
- Student and Scholar Manager Program
- Intensive Outpatient Programs and Inpatient or Partial Hospitalization
- Learning Assessments
- Modalities not offered by CSU Health Network: Psychedelic-Assisted Therapy, Pancreatic Enzyme Therapy, etc. 55
- A need or desire to be seen more than every 2-3 weeks for individual therapy and/or interrupted services from semester to semester
- Overseas Anonymous
- SummitStone Case Manager Program

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**COUNSELOR LIASIONS (Student Diversity Program and Services, Academic Advancement Center, Adult Learners and Veteran Services and International Student and Scholar Services)**