Faculty and Staff Office Hour

A consultation hour that is dedicated time for Arts and Sciences faculty and staff regarding CU students and mental health topics related to students.

Please note that this service is provided on a first-come, first-served basis only during the hour of 1-2 on Fridays (do not email ahead of time). You will receive an email from Dr. LaHoda with a link to a video session when it is your turn. Consultations are usually brief 10-20 minutes depending on demand.

This is a great space to:

* Ask questions about CAPS services and resources or get information about off campus mental health resources for students.
* Specific questions about ways to support student mental health.
* Consultation regarding how to incorporate discussions about mental health topics into classes.
* Non-urgent concerns about a student or questions about how to handle a non-urgent student mental health issue.
* If topics being brought up are better served by other resources, Dr. LaHoda can help refer faculty and staff to the appropriate resources/services.

This is NOT a space for:

* This is not a therapy space
* This is not a space for faculty and staff to talk about their own mental health. FSAP is available to support faculty and staff <https://www.colorado.edu/hr/faculty-staff-assistance-program>
  + If a faculty or staff member comes in to talk about a mental health issue with a student and it becomes clear that they are in need of their own support, Dr. LaHoda will help connect them with FSAP.
* This is not Crisis support: If you are with a student who is in Crisis, please call CAPS at 303-492-2277. If you are worried about a student, please call SSCM at 303-492-7348 or fill out a student of concern form at [Student of Concern Referral Form](https://cm.maxient.com/reportingform.php?UnivofColorado&layout_id=3)

How to access faculty and staff consultation hour:

We will be using the same platform that we use for Let’s Talk.

* Log into the CAPS website an go to the Let’s Talk Page. <https://www.colorado.edu/counseling/content/e-lets-talk>.
* We are not advertising this faculty and staff hour on our page as this is only for faculty and staff in A&S. The page will say for students only and it will only advertise the Let’s Talk time for students. That’s okay, this is different and we are just using the same platform, but you ARE in the right place and the office hour is on Fridays from 1:00-2:00pm.
* Please fill out the form and for the question about “is there a specific provider you would like to speak with” Please indicate that you want to talk to Rachel LaHoda and that you are a faculty or staff.
* You will get an automated away message that says that we only respond during Let’s Talk hours of 10:00-11:00 and 3:00-4:00. Again, this is for students who might be using the Lets Talk form during this time, which is why it’s important that you indicate that you are a faculty or staff. Ignore the away message.
* Dr. Lahoda will either send you a secure video invite if she is currently available, or let you know what number in line you are.