

Mental Health Wellness * Recreation

The Resources for you at University of Colorado Boulder and in the Community

I NEED ASSISTANCE - NOW -

I'm in an emergency or
crisis

You are not alone - Immediate support is here to help you through this crisis.

[Counseling and Psychiatric Services \(CAPS\)](#): 303-492-2277 (after hours, press 2)

[Office of Victim Assistance](#): 303-492-8855 (after hours, press 2)

Campus welfare checks (CUPD): 303-492-6666

Boulder Police: 911

Colorado Crisis Services: 844-493-8255

[Boulder Community Health Hospital](#): 303-415-7000 | 4747 Arapahoe Ave Boulder, CO 80303

I AM FEELING OVERWHELMED

pressure, stress,
intellectual, social,
organizing, love, balancing,
emotional, financial,
spiritual

Reach out - Many people on campus are here to help you navigate these issues.

[Counseling and Psychiatric Services \(CAPS\)](#): Screening appointments, crisis support, brief counseling, workshops, group therapy and more.

[Let's Talk](#): Drop-in consultations and mental health services available virtually and in person.

[Academic Support & Resources](#): Tutoring, advising, libraries and other academic support services.

[Peer Wellness Coaching](#): Peer-to-peer coaching and support.

[Health Promotion](#): Free weekly programs focused on self-care, mindfulness, and stress

[WellTrack](#): a mental health support app through CAPS <https://www.colorado.edu/health/welltrack>

[Student Support and Case Management](#): Connect with resources to achieve your personal and academic goals.

[Student Conduct and Conflict Resolution](#): Find support in navigating and resolving conflict as well as conduct violations.

[Student Recreation Center](#): Engage in physical activities and community programs.

VISIT

campus resources are here
to help you manage and
navigate your experiences

Explore resources - Visit places on campus here to help you be and stay well.

[Counseling and Psychiatric Services \(CAPS\)](#): Brief counseling, workshops, group therapy and more.

[Recreation Services](#): Recreational and wellness activities, including sports, fitness, skating, swimming, outdoor recreation and more.

[Health Promotion](#): Peer coaching, wellness suite, weekly activities and more.

[Medical Services](#): Primary care, sexual and reproductive health, physical therapy, nutrition, pharmacy and more.

[Disability Services](#): Reasonable accommodations and services for students with disabilities.

[Collegiate Recovery Center](#): Connect with recovery resources on and off campus.

[Mental Health 101](#): Learn strategies to address a variety of mental health and wellness concerns.

[Substance Use](#): Explore resources and classes related to substance use.

[Health and Wellness Services](#): Explore programs, events and resources related to health and wellness on campus.

PLAN

counselors will help you
develop a path specifically
for you

Make plans - Meet with a counselor to develop a plan especially for you.

[Counseling and Psychiatric Services \(CAPS\)](#): Schedule a screening appointment to meet with a counseling provider. During this appointment, a provider will help you explore options, understand available services and work with you to develop a personalized approach to address your concerns and meet your goals.

[Peer Wellness Coaching](#): Get personalized support setting and reaching your health and wellness goals.

[Let's Talk](#): Drop-in consultations and mental health services available virtually and in person.

ASK

therapy, counseling, group
sessions, costs, insurance,
limits, specialists, on
campus, community
referrals

Be informed - Take time to ask questions regarding your plan.

Health and Wellness Services providers can help you navigate insurance plans and coverage. Asking questions can help you make the best decision about your care. What are the costs? How often will you meet with your provider? What if you need additional assistance or support? Ask questions and stay informed.

ACT

commit to your mental
health and well being

Be strong - Act faithful on your plan.

These resources are here to help you navigate your needs and goals.

Commit, Attend, Follow-up, Practice, Reconnect.