A Holistic Approach to Mental Health

**Self Care**
- Build skills that improve overall wellness, such as getting 7-9 hours of sleep each night, eating a balanced diet, staying hydrated, being physically active, preventing illness and practicing mindfulness and gratitude.
  - SilverCloud
  - Virtual reality therapy

**Build Community**
- Seek opportunities to foster supportive relationships.
  - Student organizations
  - Intramural Sports and/or Sport Clubs
  - Trainings and professional development (Intercultural Development Inventory, SafeZone, etc.)
  - Social activities that support a sense of connection

**Skill Development**
- Develop the skills to support a friend, recognize warning signs, start a conversation and refer to supportive resources.
  - Kognito
  - Mental Health First Aid
  - Therapy groups

**Talk About It**
- Talk to a friend, family member, or other trusted individual.
  - Let’s Talk
  - Buff Chats with an RA
  - Peer wellness coaching

**Assistance and Support**
- Refer to and/or utilize supportive campus resources.
  - Counseling and Psychiatric Services (CAPS)
  - Office of Victim Assistance (OVA)
  - Student Support and Case Management

**Seek Immediate Help**
- Call 911 in situations of imminent harm
- CAPS: 303-492-2277
- Colorado Crisis Services: 844-493-8255
- Suicide Prevention Lifeline: 800-273-8255
- Crisis Text Line: Text 741741

**REACTIVE**

**PROACTIVE**