BEHAVIORAL/MENTAL HEALTH SERVICES FOR 
CU GME RESIDENTS & FELLOWS

FOR CU GME HEALTH BENEFIT PLAN MEMBERS:

<table>
<thead>
<tr>
<th>In-Network Providers</th>
<th>Plan pays 100% for covered services after copayment.</th>
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<tbody>
<tr>
<td>• Plan Members have access to in-network Providers located on and off the Anschutz Medical Campus.</td>
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<td>• Listings for in-network providers for CU GME Behavioral/Mental Health Services are posted at <a href="http://www.medschool.ucdenver.edu/gme/healthdental">www.medschool.ucdenver.edu/gme/healthdental</a> &gt; Behavioral/Mental Health Services Providers &amp; Facilities.</td>
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<td>Included in-network providers:</td>
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<td>o <strong>The Campus Health Center (CHC)</strong> - Anschutz Health and Wellness Center (12348 East Montview Boulevard, 2nd Floor). Call 303-724-4716 with questions, for an appointment or to verify walk-in hours. Visit the Campus Health Center website for more information.</td>
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<tr>
<td>o <strong>Resident and Fellow Mental Health Clinic</strong> - Available 24/7. Read more about the Resident and Fellow Mental Health Clinic here.</td>
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ADDITIONAL RESOURCES FOR ALL RESIDENTS:
Your mental health is just as important as your physical health. In addition to having access to a network of providers through the CU GME Health Benefits Plan, all CU GME trainees can take advantage of these additional resources to help monitor and manage your mental well-being.

**Resident and Fellow Mental Health Clinic**
Decreases barriers to care by offering evening and same-day appointments and 24/7 on-call coverage by University of Colorado School of Medicine psychiatrists, psychologists, and an advanced practice psychiatric nurse. In-network for CU GME Health Benefits Plan. Call 303-724-4716 (business hours) and 303-370-9127 (after hours); smhservice@ucdenver.edu (e-mail for appointments only).

**CPHP**
The mission of Colorado Physician Health Program is to promote the health and well-being of physicians and physician assistants through evaluation, treatment, referral, support, education and research. Learn more at www.cphp.org.

**Colorado State Employee Assistance Program**
Residents have access to the Colorado State Employee Assistance Program, C-SEAP, https://www.colorado.gov/pacific/c-seap/confidential-counseling which provides active State Employees with confidential, cost-free counseling and coaching for issues including relationship concerns, depression, grief and more. Contact C-SEAP directly with questions about available services.

**Colorado Crisis Services**
“Colorado’s first statewide resource for mental health, substance use or emotional crisis help, information and referrals.” Call in or walk-in access to crisis services. www.coloradocrisisservices.org or 1-844-793-TALK(8255).

**Local Support Groups** information and meeting time/locations
Alcoholics Anonymous www.aa.org
Denver Area Alcoholics Anonymous www.daccaa.org
Colorado Narcotics Anonymous www.nacolorado.org

**National Suicide Prevention Lifeline**
https://suicidepreventionlifeline.org or 1-800-273-TALK(8255).

**Emergency Services**
In an emergency, call 911 or report to the nearest emergency room.

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