FOR CU GME HEALTH BENEFIT PLAN MEMBERS:

**In-Network Providers**

Plan pays 100% for covered services after copayment.

- Plan Members have access to in-network Providers located on and off the Anschutz Medical Campus.
- Listings for in-network providers for CU GME Mental/Behavioral Health Services are posted at [medschool.cuanschutz.edu/GMEBenefits](http://medschool.cuanschutz.edu/GMEBenefits) > Mental/Behavioral Health Providers.

Included in-network providers:
- **The Campus Health Center (CHC)** - 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](http://medschool.cuanschutz.edu/GMEBenefits) for more information.
- **Resident and Fellow Mental Health Clinic** - Available 24/7. Read more about the Resident and Fellow Mental Health Clinic [here](http://medschool.cuanschutz.edu/GMEBenefits).

**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@CUAnschutz.edu](mailto:smhservice@CUAnschutz.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](http://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](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.coloradocrisissservices.org](http://www.coloradocrisissservices.org) or 1-844-793-TALK(8255).

**Local Support Groups information and meeting time/locations**

- Alcoholics Anonymous [www.aa.org](http://www.aa.org)
- Denver Area Alcoholics Anonymous [www.daccaa.org](http://www.daccaa.org)
- Colorado Narcotics Anonymous [www.nacolorado.org](http://www.nacolorado.org)

**National Suicide Prevention Lifeline**

[https://suicidepreventionlifeline.org](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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