

## On-campus Resources:

### Student and Community Counseling Center

- If you are hoping to get started with mental health counseling, know that the CU Denver Student and Community Counseling Center offers CU Denver students 10 free sessions every academic year. They offer individual, couples, and family counseling. They also provide affordable counseling services to anyone living in Colorado on a sliding scale. Call 303-315-7270 to get started, or visit their website at <https://www.ucdenver.edu/counseling-center> for more information.
- For urgent mental health support: You can go to the 3rd floor of the Student Wellness Center or call 303-315-7270 to connect with a crisis counselor in-person or virtually. This support is available Monday – Thursday, from 10 AM - 4 PM & Friday from 11 AM - 2 PM.

### Active Minds

- Active Minds is dedicated to saving lives and to building stronger communities. Through education, research, advocacy, and a focus on young adults ages 14–25, Active Minds is opening up the conversation about mental health and creating lasting change in the way mental health is talked about, cared for, and valued in the United States. Here at the CU Denver Chapter, we welcome anyone and take a balanced approach through de-stigmatization, resources, and action. <https://ucdenver.presence.io/organization/active-minds>

### Auraria Recovery Community

- The Auraria Recovery Community (ARC) is a community of students on the Auraria Campus that are in recovery and/or those that are struggling with substance misuse, process addictions, other addictive behaviors, or mental health. Together we recover through recovery meetings, social events, expanding our recovery, and community fun. Everyone's journey is different; one size does not fit all. All paths and lifestyles are welcome to our open-minded and supportive community. We are virtual/online during the Spring 2021 semester. Visit their website for more information. <https://www.ccd.edu/event/auraria-recovery-community>

### LGBTQ Resource Center

- The LGBTQ Student Resource Center is a tri-institutional office serving students, faculty, and staff of all genders and sexualities on the Auraria Campus. We are a resource for those experiencing issues with sexuality, gender identity, and discrimination or harassment. We are located in the Tivoli in room 213. Resources include social space, advocacy and support, resources (sexual health, suicide and violence prevention, therapy, addiction recovery, and civil rights), and education. Visit their website to learn more <https://www.msudenver.edu/lgbtq/>

### Office of Case Management

- The Office of Case Management has available case managers to discuss resources on campus, and explore additional supports that students may need. Our office helps students navigate university systems, offices, and can assist with professor notifications, medical withdrawals, retroactive withdrawal processes, and more. Visit our website by going to <https://www.ucdenver.edu/student/health-wellness/case-management> and join our virtual office hours Monday - Friday 9 AM - 12 PM and 1 PM - 3:30 PM, if you have any questions.

### The Phoenix Center at Auraria

- Interpersonal violence includes sexual violence, relationship violence, family violence, childhood sexual abuse, and stalking. We aim to provide trauma-informed preventative education and survivor-centered advocacy. We serve all Students, Staff, and faculty. services are free and confidential, with the only exception being if you are a danger to yourself, others, children, or elders. There is no requirement to report to use our services. We provide emotional support, connect people to the right resources, and provide academic or employment advocacy. Every survivor has a different experience, we're not here to tell you what to do, only make sure that you have all the information and resources you want. In that same vein, we provide support to supporters to ensure that those supporting survivors are able to do so to the best of their ability. Visit their website to learn more <https://www.thepca.org/>

### Student Life & Campus Community

- The Student Life & Campus Community team works to connect students to one of 130+ campus clubs and organizations, help you meet friends on campus through Meet-Up Groups, develop your leadership skills through weekly leadership workshops, the LEAP program on Social Change, and a thorough variety of leadership certificate programs that will help you become career-ready. Interested in volunteering in Denver? They've got you covered. Their staff is happy to help you find a place to volunteer and make a difference. Student Life also sponsors the Student Government Association and the Sentry Newspaper. So be in touch with us to get involved, find peers, and make a difference. <https://www.ucdenver.edu/student-life>

### Wellness Coaching with the Wellness Center:

- Taking good care of yourself can be tough. Finding the time to exercise, choosing nutritious foods, getting all the sleep you need, making time for friends, all while staying on top of work and school responsibilities – it's a lot, but you have support here! You can work one-on-one with a certified health coach in virtual or in-person sessions to set goals and make a plan to improve your own wellness. No matter where you are in your wellness journey, we'll work with you to become a happier and healthier version of yourself, focusing on any dimension of wellness that is a priority for you: physical, emotional, social, financial, creative, environmental, or spiritual. Each student has access to one free session per semester; [sign up here](#).

### Off-campus Resources:

#### Colorado Crisis Services

- Talk to a counselor 24/7 to get urgent support or to get connected to mental health resources near you.
- Call 1-844-493-8255, text "TALK" to 38255, or visit their website at: <https://coloradocrisisservices.org/> for walk-in information

#### The Trevor Project

- National Organization providing crisis intervention and suicide prevention services to LGBTQ young people under 25.
- Call 1-866-488-7386, text START to 678-678 or use the chat feature available on their website. Visit their website at <https://www.thetrevorproject.org/> to learn more.