



Mental Health Support Resources for Students Spring 2019

CSU Health Network provides numerous resources to help students learn how to improve mental health, manage stress and minimize anxiety.

- **YOU@CSU** – This online tool helps connect students to personalized resources to support success and well-being, including online skill-building modules addressing stress, anxiety and depression. Available anytime, anywhere through **RAMweb** and at you.colostate.edu.
- **Rams Fail Forward** – Failure is a normal part of the human existence, and recovering and learning from failure is important to success. Learn more about how to bounce back from failure and take the Rams Fail Forward pledge at health.colostate.edu/RamsFailForward.
- **Skill-Building Group Workshops** – Available for students only at no additional charge. See full line-up of workshops, including descriptions, dates and times, at health.colostate.edu/groups-and-workshops. Call (970) 491-7121 to register.
 - **Mindfully Managing Stress** – Experience how mindfulness can help you cope with difficulty, reduce stress and increase your well-being in this 4-session workshop. Call (970) 491-7121 to register.
 - Mondays, March 4th to April 1st, 10:00 – 11:30 a.m. (*no session during Spring Break*)
 - Tuesdays, April 9th to April 30th, 4:30 – 6:00 p.m.
 - **Self-Care Life Hacks Workshop** – Learn well-researched ways to take small steps that make a big difference in your well-being in this 3-session workshop. Join in any week. Call (970) 491-7121 to register.
 - Thursdays, March 28th to May 2nd, 3:30 – 5:00 p.m.
 - **Well-Being Wednesdays** – Held every Wednesday during the Spring 2019 academic semester (except Spring Break) from 4:30 – 5:30 p.m. in TILT Room 221. No registration is needed; drop-ins welcome.
 - Different topics each week, including A Full Life: Pathways to Success; Physical Self-Care; Test Anxiety; The Stress Less Program; Rams Fail Forward; Boosting Belonging; and Creative Chill Out. Learn more at health.colostate.edu/well-being-wednesday
 - **Additional skill-building workshops**, including Anger Management, Brain Scans, Gender Issues (for men), Harm Reduction, Stages of Change, Values Clarification and Who Am I?, are also available. Visit health.colostate.edu/groups-and-workshops for more information.
- **Counseling Services** - Fee-paying students have access to a range of additional support services. Call (970) 491-6053 or visit Counseling Services on the 3rd floor of the CSU Health and Medical Center, and **we'll work together to find the services that are right for you**. Visit health.colostate.edu/about-counseling-services for more information.
- **Therapy and Support Groups** – Therapy and support groups help students connect with others who share common experiences, identities and concerns. See full line-up of therapy groups, including descriptions, dates and times, at health.colostate.edu/groups-and-workshops. Call (970) 491-6053 to register. Pre-session screenings are required.
 - Theme groups with openings remaining for Spring 2019 include: Coming Out, Being Out and Questioning Support Group; Connection and Purpose; Dialectical Behavior Therapy (DBT); Depression Skills; Mindful Yoga; Taming the Anxious Mind; Transgender and Gender Fluid Support Group; and Women of Color Support Group.



- **Spiritual Care Services** - Available to students, faculty and staff to support exploring life's questions, experiences and transitions in a safe, nonjudgmental space. Learn more at health.colostate.edu/spiritual-care and call (970) 491-7121 to make an appointment.
- **Drugs, Alcohol and You (DAY) Programs** – Students who are concerned about their substance use (including alcohol, marijuana and/or other drugs) can engage with DAY Programs for individual appointments, workshops and other services. Visit health.colostate.edu/day-programs or call (970) 491-6053 for more information.
- **Still Point Reflection Space** – Located on the first floor of the CSU Health and Medical Center, this space is designed to be a spiritually nourishing, inclusive environment for CSU faculty, staff and students from all backgrounds and cultures to prioritize self-care, pray, reflect, meditate and relax. Learn more at health.colostate.edu/still-point-reflection-space
 - **NADA Ear Acupuncture** – A non-verbal approach to healing involving the gentle placement of up to five small, sterilized disposable needles into specific sites on each ear. Recipients sit quietly in a group setting for 30-45 minutes. This treatment has been shown to help with addiction, withdrawal, cravings, stress, anxiety, emotional trauma and chronic pain, among other benefits.
 - Held every Tuesday and Thursday during the Spring 2019 semester (except Spring Break) from 4:00-5:00 p.m. in the Still Point Reflection Space. No registration required; drop-ins welcome.
 - **Relaxation Pod** – Students, faculty and staff can make a 20-minute appointment to use the relaxation pod located in the Still Point Reflection Space. Visit the Information Desk on the first floor of the CSU Health and Medical Center, or call (970) 495-5246 to learn more and reserve your session.
 - **Stress Reduction Technology** – Bio-feedback devices, Muse and Heart Math, are available for students, staff and faculty to use in the Still Point Reflection Space. These devices can help increase ability to focus, relax, manage stress and improve mood and well-being. Visit the Information Desk on the first floor of the CSU Health and Medical Center to check them out.
- **Group Presentations** – CSU Health Network staff can provide educational presentations to classes and student groups about various health topics, including stress management, mindfulness, resilience, suicide prevention and many others. Online presentation requests should be submitted at least two weeks in advance of requested presentation date at health.colostate.edu/presentation-request-form.

NOTE: CSU Health Network is partially funded by CSU student fees, and **access to most services is available for fee-paying CSU-Fort Collins students only**. For more information about CSU Health Network services and resources, visit health.colostate.edu or call (970) 491-7121.

For Faculty and Staff

To learn more about **mental health resources available to faculty and staff:**

- **CSU Human Resources** – www.hrs.colostate.edu or (970) 491-MyHR (6947)
- **Employee Assistance Program (EAP)** – www.eap.colostate.edu or (970) 491-1527
- **CARE Program** – www.care.colostate.edu
- **Commitment to Campus (C2C)** – www.commitmenttocampus.colostate.edu