

Mental Health Statement and Supports

As faculty in the CU Teach licensure programs, we are united in our commitment to supporting your mental health and to helping you identify school and community resources for students as part of your field work. With that in mind, we share the following resources. Please do not hesitate to reach out to any one of us with questions, concerns, or needs. We are here for you.

Summary of resources provided by the Boulder Faculty Assembly and Staff Advisory Council:

In-person or Remote, on-campus	In-person or Remote, off-campus	Remote, off-campus	Remote, crisis support
<i>CAPS</i> : on-campus resources in the C4C 3rd floor. Includes both in-person and remote based (students must be within Colorado) https://www.colorado.edu/counseling/our-services	<i>Thriving Campus</i> : a free search portal for providers outside of CU, tailored to your insurance plan. https://colorado.thrivingcampus.com/	<i>Academic Live Care</i> : available to all students, includes FREE unlimited visits, evening and weekend access, and continuity of care out-of-state: https://www.colorado.edu/health/academiclivecare	<i>Real Help Hotline</i> 833-533-2428 <i>Colorado Crisis Services</i> Text “TALK” to 38255 <i>Suicide Crisis Hotline Chat via Text:</i> www.crisistextline.org

More resources:

Colorado Crisis Service

Colorado Crisis Service provides a 24-hour support line for anyone affected by mental health, substance abuse, and/or emotional challenges, including anxiety, depression, and loneliness. Call **844-493-TALK (8255)** or text **TALK** to **38255**.

CU Counseling and Psychiatric Services (CAPS)

CAPS is available for appointments and services from 9am-4pm, Monday through Friday. Please schedule an appointment online or call 303-492-2277 and follow the instructions on the voicemail. There are also drop-in appointments available in the CAPS office in the Center for Community (C4C), Suite N352, on Mondays-Fridays from 9:30-11:30 and 12:30-2:30.

Molly Grosse

Molly is an Embedded Therapist with the SoE and CAPS and can meet with students individually and provide group programming around students’ mental health. Students can make an appointment with Molly or any other counselors at CAPS by clicking here.

CU Office of Victim Assistance (OVA)

OVA provides free and confidential information, consultation, support, advocacy, and short-term counseling services to CU Boulder students who have experienced a traumatic, disturbing, or life

disruptive event. OVA staff are confidential advocate counselors. To meet with an OVA advocate counselor, call 303-492-8855 or email assist@colorado.edu.

Basic Needs Center (Food and Housing Assistance)

The Basic Needs Center (BNC) collaborates with campus and community resources to help students access essential resources including food and emergency housing. You can learn more about this group [here](#) or by visiting their office in UMC 458. We also have a School of Education food pantry available in the first floor tower of the Miramontes-Baca building.

Associate Dean of Students

Our Associate Dean of Students is available to support students if they need assistance with recalibrating academic expectations or assignment deadlines. If students need accommodations or flexibility and/or help advocating for these, Terrenda can provide support in making these requests and mediating communications with faculty. You can email her at

Terrenda.White@colorado.edu.

Safehouse Progressive Alliance for Nonviolence (SPAN)

SPAN provides shelter and advocacy for victims of interpersonal violence in Boulder and western Broomfield.

SoE Academic Advising Team

Our SoE advisors are available to meet with students to help them not only achieve their academic goals but help them co-create inclusive learning environments. You can make an appointment with our CU Teach advisor (Sam Long) [here](#).

The CU Collegiate Recovery Center

The CUCRC provides support for students in recovery or seeking recovery from substance use and other addictions. The Center helps students develop peer-to-peer connections and resiliency and provides recovery-related services and resources.

Additional Resources

For general mental health tips and resources, check out this post from CU Boulder: [8 Resources to Support Your Mental Wellness](#).