

It's okay to ask for help

Mental Health Coverage

If you are enrolled in a medical plan through CSU or the State of Colorado, mental health expenses are covered (subject to deductibles, copays, etc.).

These providers also offer options for meeting with a therapist online — they can even prescribe medicine, all from the comfort of your own home!

Financial Well-Being

The link between mental health and financial health are more connected than some may realize. In fact, worries about finances came in as the #1 stressor in a recent CreditWise survey.

You have access to no-cost personal retirement counseling with your account at AIG, Fidelity, or TIAA. These vendors also offer numerous online resources to help you confidently navigate your financial future.

Visit the HR website for details.



WE ARE HERE TO HELP

Human Resources
Employee Assistance Program
CARE Program
Employee Housing Programs

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HUMAN RESOURCES
COLORADO STATE UNIVERSITY



MENTAL HEALTH MATTERS

Resources for CSU employees

Employee Assistance Program (EAP)



Learn more

The EAP helps employees and their dependents navigate difficult life situations like mental and physical health, conflict resolution, or legal concerns.

Staffed by experienced clinicians, ComPsych, the EAP provider, refers you to a local psychotherapist or other experts in the community or answers legal or financial questions.

CSU employees and their household members are offered six free sessions per person, per issue, per year.

Put your mind first with SilverCloud

SilverCloud is a free, confidential, self-guided program is based on cognitive behavioral therapy principles with resources that help you to better understand your emotional well-being.



Available 24/7 on desktop, smartphone, and tablet



Diverse activities, tools, videos & exercises



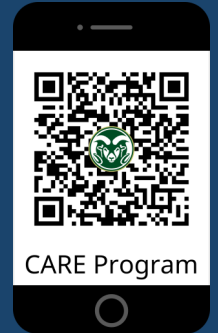
Modules that cover a variety of well-being topics



CARE Program

CARE connects and refers employees to both on-campus and community resources that provide services in the areas of:

- Physical & mental healthcare
- Finances
- Food & clothing
- Dependent care
- Transportation
- Pets
- And more!



Employee Housing Programs

The Employee Housing Programs assists with housing resources, rental and sabbatical housing searches, financial assistance and home ownership.

A below market rate rental program is being developed and updates will be provided on the HR website.