

Staff and Faculty Support Resources

Welcome to the UCCS Staff and Faculty Support Resources page, a hub dedicated to promoting the emotional and mental well-being of our valued employees. At the University of Colorado Colorado Springs, we understand that personal well-being is essential for professional success, and we are committed to supporting the holistic health of our staff and faculty.

Within this page, you'll find a variety of resources designed to build emotional resilience, improve coping strategies, and create a supportive work environment. Whether you're seeking guidance, tools for self-care, or simply a listening ear, we're here to empower you on your path to well-being.

Resilience Resources



The UCCS GRIT program provides tools and resources to support mental health, resilience, and well-being. Through online self-guided modules, community connections, and professional support, GRIT helps students, faculty, and staff develop skills to navigate life challenges. To learn more or to access resources, please visit [Home | GRIT](#).



My Resilience Help is a self-help service designed to help students, faculty, and staff build resilience and enhance their well-being. Through workshops, self-guided tools, and community support, the program offers strategies to manage stress, improve mental health, and navigate life challenges. For more information, visit [My Resilience Help](#).

Just need to take a quick breather? The Lyda Hill Institute for Human Resilience offers 5-30 minute strategies to feel more grounded. Please visit [Take 5 Self Care Resources | Lyda Hill](#) for strategy options and contact information.

Mental Health Resources



UCCS faculty and staff have access to free mental health counseling through the UCCS HealthCircle Primary Care Clinic at the Lane Center. Sessions are available on campus, virtually, or off campus on a first-come, first-served basis. Licensed professional counselors and clinical social workers provide support, funded by the CU system. Visit [Primary Care Clinic | HealthCircle](#) for more information, or call (719) 255-8001 to schedule an appointment.



The Colorado State Employee Assistant Program (CSEAP) is a free resource for Colorado employees. UCCS employees are entitled to 8 mental health counseling sessions at no cost. CSEAP also offers leader consultation, critical incident response, mediation, and facilitation services. Call (303) 866-4314 or complete the [online request form](#) to request an appointment.



KAISER PERMANENTE®

All CU medical plans offer one preventative mental health care visit at no cost per plan year. For Anthem CU Health Plan holders enrolled in Exclusive, Extended, High-Deductible or Medicare plans, search for providers using the [Anthem Find Care](#) page. For Kaiser CU Health Plan holders, search for providers using the [Kaiser Find Doctors and Location](#) page. For details on coverage, please visit [Current Employee Benefits & Wellness | University of Colorado](#).



University of Colorado
Colorado Springs

UCCS students, faculty, and staff have access to free case management services through the Health Services offices in the Recreation and Wellness Center. Case management helps connect individuals to on- and off-campus resources, including SNAP and Medicaid applications, health insurance navigation, and referrals for mental health or other community services. For more information, please visit [Health Services | Gallogly Recreation and Wellness Center](#).

Benefits Resources



Certain life events may affect your benefits. While your benefits usually remain in effect until the plan year ends annually on June 30th, a qualifying life change outside of open enrollment may allow for certain changes and adjustments to your coverage. Please visit [Life Changes | University of Colorado](#) for more information and a list of qualifying life events.

Financial Resources



CU employees have access to free one-on-one financial consultations through TIAA. These sessions provide personalized guidance on retirement planning and savings strategies. Consultations are available virtually or in person. To schedule an appointment, please visit [Schedule a Meeting | TIAA](#).

CU also offers monthly financial webinars in partnership with TIAA, covering topics like Roth contributions, estate planning, market trends, and responsible investing. If you can't attend a live session, on-demand recordings are available at any time. These workshops are free for employees and accessible year-round. To explore available webinars or register for an upcoming session, visit [Financial Education Webinars for CU Participants | TIAA](#).



The Colorado State Employee Assistance Program (CSEAP) provides emergency financial assistance to CU employees facing unexpected hardships. Support may be available for essential expenses like rent, food, and utility bills. To qualify, you must be a state (public) employee for at least six months. For more information or to apply, visit [Emergency Financial Assistance | Colorado State Employee Assistance Program](#) or call (303) 866-4314.

If You or a Loved One are in Crisis



The 988 Suicide & Crisis Lifeline provides free, 24/7 confidential support for individuals in distress, those worried about a loved one, or anyone in need of emotional support. Trained crisis counselors are available nationwide by **calling or texting 988**.

For more information, visit [988 Lifeline](#).



Pikes Peak Suicide Prevention provides support, resources, and education for suicide prevention and postvention in Colorado Springs. Services include peer support groups, crisis resources, and community outreach programs. For more information or to access support, visit [Pikes Peak Suicide Prevention](#).



Diversus Health offers immediate crisis support for individuals in need. You can reach out by calling **(844) 493-TALK (8255)**, texting **TALK to 38255**, or visiting one of their two locations in Pueblo or Colorado Springs.

For more information, visit [Diversus Health Crisis Services](#).

Wellness Resources



From getting paid to exercise to planning for your financial future, CU Advantage offers a variety of employee benefits and resources to support your well-being. Discover programs that promote your overall health, financial security, and work-life balance, all designed to enrich your personal and professional life. To learn more, visit [UCCS | CU Advantage](#).

Veteran Resources



Mt. Carmel Veterans Service Center offers resources to help veterans, service members, and their families navigate life during and after military service. Programs focus on well-being, financial stability, and community connection to ensure a successful transition to civilian life. For more information, visit [Home | Mt. Carmel Veterans Center](#).



Support is available 24/7 for veterans, service members, and their loved ones through the Veterans Crisis Line. Confidential help is just a call, text, or chat away – no enrollment of VA benefits required. Call 988, then press 1, text 838255, or visit [Veterans Crisis Line](#) to chat online.



The U.S. Department of Veterans Affairs offers comprehensive mental health resources for veterans, service members, and their families. From therapy and crisis support to specialized programs for PTSD, depression, and substance use, the VA provides confidential care tailored to your needs. To explore available services, visit [Mental Health | VA](#).