



CU ANSCHUTZ MENTAL HEALTH SERVICES

CU Anschutz is focused on improving whole brain health - on our campus and across the Rocky Mountain region. With care, research, and education directed at solutions and treatments for both neurological, and psychiatric and behavioral health conditions, CU Anschutz is at the forefront of bettering mental health.

DEPARTMENT OF PSYCHIATRY

- [COVID-19 Support](#) - Groups, tools, and resources for parents, health care providers, students, residents and more to assist with resiliency during the COVID-19 pandemic
- [Colorado Center for Women's Behavioral Health and Wellness](#) - Offers multiple peer support sessions for women in the pregnancy and postpartum period. Support sessions are also offered for partners in separate groups
- [Addiction Research and Treatment Services \(ARTS\)](#) - Since 1972, focused on delivering effective treatment to individuals who have the most severe and chronic substance abuse disorders
- [Faculty and Staff Mental Health Clinic & Student and Resident Mental Health](#) - Comprehensive and confidential mental health services provided for the nearly 25,000 CU Anschutz faculty, staff & 4500 students, residents and fellows
- [Well-Being Support Line](#) - Available to **all** healthcare workers and educators in the state of Colorado including faculty, clinicians, PRAs and staff for call or text support. The line is staffed by volunteers with supervision from licensed mental health providers
- [Physician-to-Physician Support Line](#) - For MDs and PhDs that are providing care to patients in Colorado and would like to talk to someone who is familiar with the particular issues facing physicians
- [Past the Pandemic sessions](#) - An eight-session series available for providers and staff working in healthcare settings and offers tools to navigate, normalize and hold space for worries and experiences during this pandemic. This series is offered in collaboration with ECHO Colorado
- [Mind the Brain series](#) - Weekly article written about a different mental health topic and its relation to the COVID-19 pandemic. Dr. Epperson interviews the week's expert in a podcast episode. Topics range from sleep, suicide risk, alcohol use, to depression & anxiety
- [Partners for Children's Mental Health](#) - Collaboration between Dept. of Psychiatry and Children's Hospital Colorado to increase capacity, access, and quality of youth mental health services in Colorado
- [Johnson Depression Center](#)
 - Member of the National Network of Depression Centers and provides adult and adolescent care and conducts research in depression, bipolar disorder, anxiety disorders and related conditions
 - [Cohen Military Family Clinic](#) - Provides confidential, compassionate and personalized mental health care to post-9/11 veterans and their family members





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MENTAL AND NEUROLOGICAL HEALTH SERVICES ACROSS CAMPUS

- [National Mental Health Innovation Center](#)
 - Using unique technology solutions, such as virtual reality, to address hurdles in the mental healthcare system, to expand services and eliminate stigma. Forges partnerships with industry to develop these solutions
 - Publishing supportive content such as Mindful Moment guided meditation series & Crazy podcast
- [Marcus Institute for Brain Health](#)
 - Provides specialized, interdisciplinary and integrated care and research for traumatic brain injuries (TBI), with a particular focus on Veterans and athletes
 - A recognized leader in TBI and national network hub for Veterans, focused on using new technology and a wide variety of treatment and therapies
- [Anschutz Health and Wellness Center](#)
 - Offers behavioral health appointments and other services for the campus and community
- [You@CUAnschutz](#)
 - Digital platform for CU Students to help manage their well-being by monitoring areas such as stress, workload
- [Center for Women's Health Research](#)
 - Investigates the specific links between mental and physical health - important research as women experience higher rates of mental illness

PREPARING FOR THE FUTURE: Anschutz Health Sciences Building

New 300,000 sq ft facility, uniting our different disciplines on campus under one roof for mental and behavioral health research and care.



CU ANSCHUTZ MENTAL HEALTH SERVICES

MENTAL HEALTH LEADERSHIP IN THE NEWS

Our experts are not only leaders in their fields, but are also called upon to discuss important and current issues in mental health with the news media on a consistent basis.

Our experts have been featured in:



The New York Times

THE DENVER POST

CPR News

TIME

abc NEWS

CR Consumer Reports

PSYCHIATRY online



9NEWS

FOX 31 DENVER

theguardian

REUTERS

[Horse Riding Plus Brain-Building Exercises May Help Kids with Autism, ADHD - Reuters, Feb. 26](#)

The results are preliminary, noted Robin Gabriels, program director for neuropsychiatric special care at Children's Hospital Colorado and a psychiatry professor at the University of Colorado Anschutz Medical Campus in Aurora. "I look forward to the researchers conducting a randomized clinical trial to more definitively determine if equine-assisted activities combined with their curriculum effectively improves motor skills compared to therapeutic riding by itself," said Gabriels.

[What Coronavirus is Doing to Stressed US Health Workers – and Why it Will be Felt for Years, The Guardian, May 15](#)

"Obviously, we don't know a lot of what's going to happen once this Covid response is over," said Meredith Mealer, a professor at the University of Colorado's Clinical and Translational Sciences Institute who worked on the study of nurses. "I would anticipate we start to see nurses and physicians who have PTSD as a result of this up closer to 40-50%."

[We're Dealing With a Pandemic, But Remember the Opioid Crisis? Coronavirus is Likely to Make it Worse., Colorado Sun, June 22](#)

It's always been easier for people in a behavioral health crisis to get access to alcohol and drugs than to a therapist, said Tanya Sorrell, a psychiatric and mental health nurse practitioner and associate professor at the University of Colorado College Anschutz Medical Campus in Aurora.

[When Things Aren't OK With a Child's Mental Health, The New York Times, August 10](#)

Dr. Maya Haasz, an attending physician in the pediatric emergency room at Children's Hospital Colorado and an assistant professor at University of Colorado School of Medicine, brought up the vulnerability of children who already had mental health concerns, especially depression and anxiety, and emphasized the need for parents to ask children about their moods, mental health and low moments.



University of Colorado
Anschutz Medical Campus

FIND OUT MORE:

cuanschutz.edu/mental-health-resources