

SOME CSU AND COMMUNITY MENTAL HEALTH RESOURCES



1

[CSU HEALTH NETWORK](#)

COVID19 era resources. Visits can be scheduled in person, via Telehealth or via Zoom. Counseling appointments are included in student fees, with some exceptions that will be noted during an initial visit. Psychiatry and medical services will be billed to insurance. Call: 970-491-7121.

2

[CSU STUDENT DIVERSITY PROGRAMS AND SERVICES](#)

List of links to Asian Pacific Cultural Center, Black/African American Cultural Center, El Centro, Pride Resource Center, Native American Cultural Center, Student Disability Center, Women and Gender Advocacy Center

3

[PSYCHOLOGICAL SERVICES CENTER](#)

Therapy offered in affiliation with the Psychology Department at Colorado State University.

4

[CONNECTIONS- ADULT SERVICES](#)

Part of Health District of Larimer County, offering free referral service to connect individuals to community therapists

5

[PHD BALANCE](#)

Online community focused on empowering graduate students

6

[CENTER FOR FAMILY AND COUPLE THERAPY](#)

The Center for Family and Couple Therapy provides therapy services to the Northern Colorado community for families, couples and individuals across the lifespan.

7

[STUDENT CASE MANAGEMENT](#)

Community resources including:

- Food Insecurity
- Housing Insecurity
- Utilities Assistance
- Unemployment & Government Aid
- Domestic Violence Resources
- Health Insurance
- Resources for parents
- Support for undocumented and immigrant families

8

[COLORADO PEAK](#)

An online platform that will allow you to apply for a variety of benefits with one application.

9

[SILVERCLOUD HEALTH](#)

Are you feeling anxious, depressed, stressed, or overwhelmed? SilverCloud designs programs to fit into your life. It is a self-guided program based on cognitive behavioral therapy principles that can be accessed 24 hours/day, 7 days/week.