

Subject: Supporting Ram Community Mental Health and Well-Being

Dear Colleagues:

As we approach the one-year anniversary of our rapid pivot to all-remote teaching last March, we want to continue to emphasize two things to you: our gratitude for the heavy lift you have undertaken on behalf of our students and campus community and the acknowledgment that CSU's tremendous success in our response to the pandemic has been thanks in great part to your dedication.

So too, we are aware that the pandemic and the approaching anniversary brings a myriad of stressors and challenges for all of us across our work and personal lives. This, of course, is true for our students as well and Vice President for Student Affairs Blanche Hughes recently sent [a message to students](#) about mental health and well-being resources available to them.

We want to be sure that you are aware of resources available to you, our valued faculty and staff.

Faculty and Staff Well-Being Resources

Caring for others effectively starts with self-care. Should you need mental health and well-being assistance, please reach out, tell someone, and consult the below resources (most also are linked at the COVID website: <https://covid.colostate.edu/kb/its-ok-not-to-be-ok-mental-health-resources/>):

- CSU Human Resources, www.hrs.colostate.edu, (970) 491-MyHR (6947)
- Well-being trainings offered by CSU Talent Development, <https://training.colostate.edu/>
- Employee Assistance Program (EAP), <https://eap.colostate.edu/>, (970) 491-1527; in addition to other services, the EAP will be offering bi-weekly supervisor and wellness webinars through ComPsych
- CARE Program, <https://care.colostate.edu/>; in addition to other services, CARE is in the process of adding mental health providers from the community who will offer sliding scale payments
- Commitment to Campus (C2C), <https://commitmenttocampus.colostate.edu/>
- Center for Mindfulness, <https://mindfulness.colostate.edu/>
- SilverCloud Health, <https://csu.silvercloudhealth.com/signup/>, online cognitive behavioral therapy modules
- Office of the Ombuds, <https://ombuds.colostate.edu/>
- Psychological Services Center, <https://psychology.colostate.edu/psc/>

Student Well-Being Resources

As you explore ways to support students with the resources below, you also might find useful information for you and your workplace community:

- Explore [CSU's Well-Being in Academic Environments Tool Kit](#), a web-based resource with easy to implement strategies for fostering well-being, while creating effective learning environments. The tool kit is a collaboration between CSU Health Network and university partners.
- Remind students that CSU is a community that cares, and that they are not alone. CSU Health Network Counseling Services has trained professionals who can help. Student fees provide access to a wide range of support services. Students can visit <https://health.colostate.edu/about-counseling-services> to learn more and

<https://health.colostate.edu/mental-health-resources/> for additional student mental health and well-being resources.

- Anyone concerned about a student, friend or peer can use Tell Someone by calling (970) 491-1350 or visiting <https://supportandsafety.colostate.edu/tell-someone/> to share concerns with a professional who can discreetly connect the distressed individual with the proper resources.

Again, thank you for all you are doing and continue to do to take care of yourself so that you can support our students.

Sincerely,

Kelly Long, Vice Provost for Undergraduate Affairs
with the Teaching Continuity & Recovery Team

Robyn Fergus, Chief Human Resources Officer