

# Mental Health Counseling

All students have access to a variety of mental health services, including individual and couples counseling, workshops, and 24/7 psychiatric services. Information is maintained and posted in the Office of Student Affairs and is listed on the RVU website and other strategic locations throughout the campus. Mental health counseling is available for students through the Office of Student Affairs at no cost. When receiving services outside of the University, the individual student and his/her personal health insurance are responsible for all fees that are incurred through the utilization of such services.

## **Colorado Physician Health Program**

(303) 860-0122;  
899 Logan Street, Suite 410, Denver, CO

The Colorado Physician Health Program (CPHP) is a nonprofit organization, independent of other medical organizations and the government. CPHP provides the peer assistance services for licensed physicians and physician assistants of Colorado. CPHP also has training program contracts to serve residents, medical students, and physician assistant students. CPHP clients have assured confidentiality as required by law or regulation. Peer assistance services aid individuals who have any health problems such as emotional, psychological, or medical problems. For example, CPHP assists its clients with medical and/or psychiatric conditions (e.g. Alzheimer's disease, HIV infection, depression or substance abuse) as well as psychosocial conditions (e.g. family problems or stress related to work or professional liability difficulties). CPHP provides diagnostic evaluation, treatment referral, and treatment monitoring and support services. CPHP believes that early intervention and evaluation offer the best opportunity for a successful outcome and preventing the health condition from needlessly interfering with medical practice.

## **WellConnect**

To access free, confidential, and professional mental health services off-campus, call WellConnect at 866-640-4777 at any time 24/7. Students can speak to a mental health professional for in-the-moment support for acute distress or to discuss any variety of concerns, including but not limited to: stress associated with school, learning how to balance work and personal life, housing concerns, food assistance, health coaching, parenting advice, childcare matters, legal concerns, and financial matters. All RVU Students and their household members can access 3 free counseling sessions per concern. WellConnect also has web resources available by visiting their website. School code is RVU.

For behavioral health emergencies, 24/7 support can be accessed by calling WellConnect 866-640-4777. Calling the National Suicide Prevention Lifeline 1-800-273-8255, texting HELP to Crisis Textline 741-741, calling the Trevor Project LGBTQ hotline 1-866-488-7386, calling 911, or visiting your nearest emergency room. During business hours, your RVU Mental Health & Wellness Counselor is also available for crisis intervention by calling (720) 875-2896 for the Colorado Campus or (435) 222-1257 for the Southern Utah Campus.