

# Mental Health & Wellness Resources List

## Resources for RVU Students

### I. Urgent Mental Health Support

Call WellConnect at 866-640-4777 to access this service. It is available 24/7/365.

### II. Urgent Physical Health Support

#### a. Colorado

- i. Nearest Emergency Room to campus: Parker Adventist Hospital  
Emergency Room, 9395 Crown Crest Blvd, Parker, CO 80138
- ii. Urgent Care:
  1. The Little Clinic (Walk-in) King Soopers Marketplace 17761  
Cottonwood Dr. Parker, CO 80134; Phone: (303) 334-9576 [Website](#)
  2. Concentra Urgent Care 11877 E. Arapahoe Rd. Centennial, CO  
80012; Phone: (303) 792-7368 [Website](#)
  3. UCHealth Urgent Care - Highlands Ranch 9475 S. University  
Boulevard Highlands Ranch, CO 80126; Phone: 720.909.6117  
[Website](#)

#### b. Utah

- i. Nearest Emergency Room to campus: St. George Regional Hospital River  
Road Emergency Department, 1380 E Medical Center Dr, St. George, UT  
84790
- ii. Urgent Care:
  1. Snow Canyon Clinic 1930 W Sunset Blvd STE #94 St George, UT  
84770; Phone: (435) 709-8786 [Website](#)
  2. Sunset Instacare (Intermountain) 1739 W Sunset Blvd St. George,  
UT 84770; Phone: (435) 634-6050 [Website](#)
  3. River Road Instacare (Intermountain) 577 S River Rd St George, UT  
84790; Phone: 435-688-6300 [Website](#)

#### c. Another State

- i. For nearest emergency room or urgent care: call WellConnect at 866-640-4777.

### III. Scheduled appointment with a mental health clinician

#### a. Short Term Services (5 or less sessions)

- i. You have some options:
  1. Schedule an appointment with an RVU Mental Health and  
Wellness Therapist via <https://rvucounselingco.clientsecure.me/>
  2. Request services with an off-campus mental health clinician  
either via telehealth or in person by calling WellConnect at

866-640-4777 (available 24/7/365).

3. Contact your insurance company to be connected with a list of mental health clinicians who are in network for you. Usually there is a behavioral health number or a customer service number on the back of your insurance card. If you have Medicaid, it may be necessary to first make an appointment with your PCP.
4. If you would like to self-pay for services, the Psychology Today website has a directory which can be helpful.  
<https://www.psychologytoday.com/>

**b. Long Term Services (more than 5 sessions)**

i. You have some options:

1. Contact your insurance company to be connected with a list of mental health clinicians who are in network for you. Usually there is a behavioral health number or a customer service number on the back of your insurance card. If you have Medicaid, it may be necessary to first make an appointment with your PCP.
2. If you would like to self-pay for services, the Psychology Today website has a directory which can be helpful.  
<https://www.psychologytoday.com/>
3. If you are a Colorado student in the DO or PA programs, you can also go through the Colorado Physician's Health Program to receive free assessment, treatment planning, case management, and connection to a long-term therapist (you will need to utilize your health insurance or self-pay for the long-term therapy). Call CPHP at 303-860-0122, Monday – Friday, 8:30 a.m. – 4:30 p.m. to self-refer to CPHP services.
4. Reach out to Kären Robinson, Director of Mental Health and Wellness Services, if you need additional help getting connected to long-term services. 720-875-2896 or [krobinson@rvu.edu](mailto:krobinson@rvu.edu)

#### **IV. Scheduled appointment for physical health**

##### a. Colorado

- i. Visit the [Rocky Vista Health Center \(CO\)](#) or visit the website / call the number on the back of your insurance card for in-network providers.

##### b. Utah

- i. Visit the [Rocky Vista Health Center \(UT\)](#) or visit the website / call the number on the back of your insurance card for in-network providers.

##### c. Another State

- i. Visit the website / call the number on the back of your insurance card for in-network providers.

#### **V. Group Therapy for myself**

- a. Please contact Kären Robinson, Director of Mental Health and Wellness Services, at 720- 875-2896 or [krobinson@rvu.edu](mailto:krobinson@rvu.edu).

#### **VI. Couple's / Relationship Counseling**

- a. Call WellConnect at 866-640-4777 to access this service. It is available 24/7/365.

#### **VII. Free legal consultation**

- a. Call WellConnect at 866-640-4777 to access this service. It is available 24/7/365.

#### **VIII. Help finding a resource such as housing, childcare, or medical services**

- a. Call WellConnect at 866-640-4777 to access this service. It is available 24/7/365.

#### **IX. Health coaching**

- a. Call WellConnect at 866-640-4777 to access this service. It is available 24/7/365.

#### **X. Financial coaching**

- a. Call WellConnect at 866-640-4777 to access this service. It is available 24/7/365.

#### **XI. Peer Support**

Visit <https://www.physiciansupportline.com/> or <https://www.peerrxmed.com/>

#### **XII. Self-Help**

Visit <https://wellconnect.personaladvantage.com/> and enter code RVU.

#### **XIII. Have a mental health clinician attend my student organization event / speak at an event / collaborate with MHW on an event/initiative.**

- a. Please contact Kären Robinson, Director of Mental Health and Wellness Services, at 720- 875-2896 or [krobinson@rvu.edu](mailto:krobinson@rvu.edu).

#### **XIV. Other Resources**

- a. Please contact Kären Robinson, Director of Mental Health and Wellness Services, at 720- 875-2896 or [krobinson@rvu.edu](mailto:krobinson@rvu.edu).

### **Resources for Friends, Family, or Household Members of RVU Students**

Call WellConnect at 866-640-4777 to access a variety of services, including urgent mental health support, short term mental health services, free legal consultation, help finding a resource such as housing, childcare, or medical services, health coaching, and financial coaching. It is available 24/7/365.

Friends, family, and household members are also welcome to utilize the Rocky Vista University Health Centers for scheduled physical health appointments.

### **Resources for RVU Faculty/Staff**

- I. If you are concerned about a student, you can call the WellConnect FAST Line 844-208-7070 to consult with a mental health clinician 24/7/365 for advice on how to proceed, for a second opinion on the situation, or for a reminder of what services are available for students. You are also encouraged to fill out the CARE Team Student of Concern form on the iNet via <https://inet.rvu.edu/home/forms-2/student-of-concern-ver-2022/> to notify the CARE Team so that additional supports can be offered to the students where appropriate.
- II. If you are concerned about a Faculty or Staff member, please contact [your Human Resources representative](#).
- III. If you are looking for mental health resources for yourself, please utilize the Employee Assistance Program via 800-252-4555 or [www.theEAP.com/Higher-Education-EAP](http://www.theEAP.com/Higher-Education-EAP). For more information, contact [Human Resources](#).

### **Resources for Others**

Please contact Kären Robinson, Director of Mental Health and Wellness Services, at 720-875-2896 or [krobinson@rvu.edu](mailto:krobinson@rvu.edu).