



Be Well really does mean “be well, live well, function well.” Being well does not suggest perfection and it looks different for different people.

This edition of Be Well comes to you just prior to the fall break professional development days extended to employees by President McConnell. If you are looking for ways to maintain and expand your well-being, there are a wealth of resources, webinars, discounts, and suggested activities in this edition.

If you already have your own ideas for how to use this time, we hope that your body and mind feel the benefits of prioritizing your wellness.



## A STEP BY STEP GUIDE TO FIND A THERAPIST THROUGH THE EMPLOYEE ASSISTANCE PROGRAM

We are entering the holiday season and the start of a new year. Maybe you want to set a goal for 2022 to elevate your mental health. Or the pandemic has brought clarity to a personal struggle with stress, anxiety or depression, or a recognition that you wish to develop new coping skills, and you could use support.

As a CSU employee, you probably already know that you can access six free solution-focused counseling sessions per year with a licensed professional through the Employee Assistance Program provider ComPsych. You also can find a professional to help members of your household, including your spouse, partner, or children, if they are seeking support.

If you have thought about using your employee assistance benefits but do not know where to start, or you’re worried about how the process works, this guidance can help.

1. Call ComPsych at 1-800-497-9133. ComPsych is a confidential third-party Employee Assistance Program for many businesses across the nation.
2. During your initial call with ComPsych, a case manager will ask you questions about why you’re seeking support, and help you identify your preferences in a counselor. They will help you find a licensed provider who best matches your needs – including helping to find providers who specialize in areas you want to address, or even those who provide virtual counseling sessions if you prefer your visits to be remote.
3. ComPsych will email you a list of three to six licensed providers in your community that match some or most of your preferences.
4. If you want to, you can research providers on the list by searching for more information about them online – many of them will have websites or a bio in professional lists. This provides you with more information about their background and therapy approach, and you may also read online reviews from their clients. This can provide you with a good starting point when determining who you want to meet with.



5. As a next step, you contact the therapist to set up an initial appointment. During the initial appointment, you can ask the therapist more questions and determine if they feel like a match for you. If they are not, you can move on to another therapist on your list.
6. If you do not reach a therapist on your list the first time you call them, be sure to leave a message with your name, phone number, and a bit about what you would like to work on. Many therapists are in sessions with other people and do not answer their phones. Many therapists also provide an email address on their website if that is easier for you.
7. If you call several therapists and they are full, ask if they have a waiting list. Get on a waiting list if you are provided with a therapist who you'd really like to work with. Because of the stressors of the pandemic, some therapists aren't able to take new clients right away, so you may need to be tenacious in your efforts. Don't give up!
8. Once you set an appointment with a therapist, you will need to call ComPsych back to tell them who you plan to work with. They will provide you with a code number to give to the therapist for billing purposes and authorize the therapist to provide you with six free sessions.
9. If you run into barriers at any point in this process, please call or email [Jan Pierce](#), the on-site Employee Assistance Program coordinator, to help.

## RESOURCES FOR PROFESSIONAL AND PERSONAL DEVELOPMENT

### 2021 Diversity Symposium

Most [Diversity Symposium presentations](#) were recorded to allow for greater accessibility and engagement with the content.

### Remote Refresh Videos

Follow along with CSU's own Dr. Michele Newhard's short video highlighting compelling research and thought-provoking topics from joy to resilience, to sustain viewers in uncertain and adverse times. You can also join the CSU's Talent Development Facebook page to access pre-recorded and new videos. Find other [Remote Refresh Videos in the online library](#).

### Spotlight Recorded Learnings

Talent Development has created one-hour learning sessions about relevant topics for our employees. Session titles include the value of self-care, focus on well-being, building hope in uncertainty, moving forward with emotional agility, and more.

Recordings of previously offered Spotlight Learning sessions are available in [My Learning](#) as self-paced courses. In the CSU training Learning Library filter by Course and the Talent Development tag to view available courses.

### Fort Collins Museum of Discovery Discount

The Fort Collins Museum of Discovery is offering a 20% discount to CSU employees on Nov. 24-28 through our Commitment to Campus benefit. To access the discount, show your CSU ID. When it comes to health, your mind matters just as much as your physical well-being. The [Mental Health: Mind Matters exhibit](#) uses hands-on experiences and multimedia activities to raise awareness about mental health and create a safe space for important conversations about mental illness.

## EAP & CARE PROGRAM RESOURCES

ComPsych has provided a [Healthy Holidays Toolkit](#), which provides information about how to help those in need, things to do during the holidays or ways to access assistance this holiday season.

The CARE Program also developed a [list of Holiday Resources in Northern Colorado](#).



The State of Colorado's State Employee Assistance Program (SEAP) also offers numerous opportunities focused on personal and professional development. SEAP hosts [webinars](#) on specialized topics to provide information that supports your well-being

Employees can also access BenefitHub to enjoy discounts of thousands of items you purchase every day. Check out the [State of Colorado's BenefitHub website](#) to start saving!

### FIND MORE RESOURCES

CSU cares deeply about our employees and we are constantly expanding and updating our resources for all of you. Check out the [Commitment to Campus Health and Wellness page](#), and [HR Health and Well-being Resources page](#) for tools and programs that can help care for you and your family.

