



Wellness Resources Available to UCCS Staff and Faculty



becolorado.org/program

Information on CU specific wellness programs.



becolorado.org/program/the-real-help-hotline

The Real Help Hotline is free and confidential and gives you access to professional counselors who can offer assistance finding local resources or provide immediate crisis counseling.



colorado.gov/c-seap

Confidential counseling, mediation, emergency financial assistance, and domestic violence services.



uccs.edu/recwellness

Full memberships, group fitness classes, aquatics, campus trails, outdoor rental gear and trips, faculty and staff leagues/games, indoor triathlon, massage/chiropractor, 1-day tournaments, personal training, noon basketball.



uccs.edu/swell

Sustainability, Wellness, and Learning. Information on Food Next Door, the Farmhouse, and The Flying Carrot.



diningservices.uccs.edu/NetNutrition/1

Information to help plan meals on campus to avoid allergens and find healthy food options.



uccs.edu/healthcircle/primary-care-clinic.html

Primary care and behavioral health services.



uccs.edu/healthcircle/peak-nutrition-clinic.html

Nutrition counseling, workshops, and comprehensive assessments. Healthy recipes and health topics.



uccs.edu/healthcircle/veterans-health-and-trauma-clinic.html

Veterans Health and Trauma Clinic - specialized trauma recovery, treatment, and neuropsychological services.



cu.edu/employee-services/benefits-wellness/current-employee

HR link to full list of wellness benefits.



uccs.edu/equity

Resource for reporting and receiving assistance related to harassment and discrimination, retaliation, stalking, sexual misconduct, intimate partner abuse, and sexual assault.

Notes



Wellness Center
UNIVERSITY OF COLORADO
COLORADO SPRINGS

wellness@uccs.edu | 719-255-4444
Mon-Fri 8am-5pm



Wellness Resources Available to UCCS Students



uccs.edu/recwellness

Information on UCCS campus recreation, mental health, health, nutrition and wellness services and programs. Group fitness classes, aquatics, campus trails, outdoor rental gear and trips, intramural and club sports, fitness buddies, massage, chiropractor, personal training, management of acute and chronic conditions, individual and group therapy, wellness programs, and free cooking classes.



uccs.edu/pusafety

Information on UCCS Public Safety services, prevention programs, and emergency preparedness.



uccs.edu/swell

Sustainability, Wellness, and Learning. Information on Food Next Door, the Farmhouse, and The Flying Carrot.



uccs.edu/equity

Resource for reporting and receiving assistance related to harassment and discrimination, retaliation, stalking, sexual misconduct, intimate partner abuse, and sexual assault.



uccs.edu/mosaic

Information on advocacy, leadership development, mentorship, and social support for students from underserved communities.



uccs.edu/advising

Academic Advising partners with students to successfully navigate college.



uccs.edu/fye

The First Year Experience office assists freshmen and transfer students with their academic and personal goals through their first year at UCCS.



uccs.edu/finaid

Resource for financial wellness through scholarships, student employment and work study, grants and loans. Information on how to build credit, budget tips, investing, avoiding bad spending habits, and much more.



dining.uccs.edu/NetNutrition/1

Information to help plan meals on campus to avoid allergens and find healthy food options.



uccs.edu/disability

Resource to help provide academic and housing accommodations for chronic health and mental health conditions, learning disabilities, pregnancy, vision and hearing impairments, and temporary medical injuries.



uccs.edu/healthcircle/veterans-health-and-trauma-clinic.html

Veterans Health and Trauma Clinic - specialized trauma recovery, treatment, and neuropsychological services.



[uccs.edu/dos/student-response-team-\(srt\)](https://uccs.edu/dos/student-response-team-(srt))

The Student Response team coordinates responses for significant campus situations that directly affect the well-being of students.



uccs.edu/studentlife

Student Life helps students foster a sense of belonging through learning, leadership, and exploration. Get involved with Greek Life, service, student government, campus activities, and over 200 student clubs.