

It's OK not to be OK. You are not alone.

Many of us struggle with fitting in, anxiety, depression, stress, loneliness, isolation, and uncertainty.

Whether you're struggling because of academic, relationship, or other personal reasons, or with feeling overwhelmed by racial injustice, economic instability, wildfires, political unrest, or the COVID-19 pandemic, we care about you and want you to reach out.

**Seeking help is a sign of strength.
CSU has resources to support you.**

For students:

CSU Health Network Counseling Services
health.colostate.edu | (970) 491-6053

Keep Engaging –

resources for mental health support and a variety of concerns
keepengaging.colostate.edu

For employees:

Employee Assistance Program
eap.colostate.edu | (800) 497-9133 (available 24/7)

If you are concerned about a student or employee's well-being, safety, or threat of violence:

Tell Someone
tellsomeone.colostate.edu | (970) 491-1350

