

Resource List for Graduate Students

Compiled by Statistics Graduate Students, Spring 2023

To add:

- Computing Resources / Best Practices
- Format for sharing: wiki, OneDrive/Teams, website?

Medical Health

- General information
 - The current insurance provider is Anthem through Blue Cross Blue Shield
 - Mostly, any services off campus, even if they are in network with Anthem, will just go to the deductible of \$1000.
 - Most services at the CSU health network are free.
 - Most prescriptions are covered through the CSU pharmacy, even if they are name-brand
- Dental
 - Cleaning every 6 months at the CSU health network are completely covered with SHIP
 - Nightguards from the CSU health network are currently \$218, as they are mostly covered with SHIP. This is uncommon for most dental insurance plans
- Vision
- Women and Gender Care
 - Annual exams, STD testing, birth control counseling, PMS, and a few other exams are completely covered with SHIP. To schedule, log onto the [CSU health network portal](#).
- Primary Care
 - Annual exams, immunizations, allergies, and a wide range of issues are covered with SHIP if seen at the CSU health network. To schedule, log onto the [CSU health network portal](#).
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- Urgent Care
 - Urgent care services are provided at the CSU health network, and most visits are completely covered by SHIP.
 - After hours nurse hotline: 970-491-7121
- Telehealth
 - Telehealth is offered through Academic Live Care and is free with SHIP. Information on accessing is on the SHIP insurance card. Urgent care, nutrition counseling, therapy, and psychiatry are covered completely with the access code. It is unclear how many sessions are covered.
- Lab work

Mental Health

- [CSU Counseling Center](#)

- Every full-time student (taking 6 or more credits) gets 6 “free” counseling sessions at the Health Center
- Any full-time student can go to drop-in counseling sessions unlimited times each semester. With drop-in counseling, you are not guaranteed to see the same counselor each time. You also are not guaranteed a session since it is drop-in.
- Students also can join one of the many [support groups](#) offered by the Health Center
- Every student on the student health insurance plan (SHIP) gets fully covered mental health therapy sessions with in-network providers (doesn't need to be through the CSU Health Center)
- Psychiatry is also covered on SHIP for psychiatrists at the CSU health network
- Helpful, mostly free, apps, endorsed by the WGAC and CSU health network:
 - Calm Harm: thoughts of self-harm
 - PTSD Coach: PTSD
 - What's Up?: promotes positive mental health and well-being
 - Clarity: cognitive behavioral therapy coach
 - The Gottman Card Sort: relationship wellness tool
 - Headspace: meditation guidance
 - [SilverCloud](#): Free for CSU students, cognitive behavior therapy guidance
- Crisis intervention hotlines
 - CSU counseling services: 970-491-6053
 - Colorado Crisis center/suicide prevention Lifeline: 970-494-4200
 - National mental health/suicide prevention hotline: 9-8-8
 - Victim Assistance Team: 970-492-4242
 - Transgender suicide prevention hotline: 877-565-8860
 - CSU safewalk: 970-491-1155
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Student Disability Support

- [Student Disability Center \(SDC\) at CSU](#) provides learning and testing accommodations and support for students with disabilities

Food Insecurity

- CSU offers [various resources](#) to help students with food insecurity
- Larimer County has [food banks](#) in Loveland and Fort Collins

Gender Inequity and Advocacy

- [Women and Gender Advocacy Center \(WGAC\) at CSU](#)
- [Title IX Office](#)
- [Planned Parenthood in Fort Collins](#)

Cultural Centers and International Students

- [Student Centers and Support](#)
- [International Student Services](#)

- [SLiCE organizations](#) for international students: lots of clubs for international students and various nationalities
- [Service Coaching](#): students can get help finding community engagement opportunities to meet required service hours for scholarships

Library Information

- Visit the [library website](#) to learn [how to access library services off-campus](#)

Interpersonal Violence

- [Victim Assistance Team \(VAT\) hotline](#) for primary and secondary survivors
- [Sexual Assault Victim Assistance \(SAVA\)](#) advocate center

Nutrition Counselling

- Free individual diet and nutrition counseling with SHIP through the [CSU Kendall Reagan Nutrition Center](#)

Conflict Resolution/Grievance Process

- [Employee resources for conflict resolution](#)
- [Student Case Management](#)
- [Evaluation of Graduate Students and Graduate School Appeals Process](#)
- Appeal disciplinary issues through the [Student Resolution Center](#)
- File complaints about discrimination through the [Office of Equal Opportunity](#)
- Report research misconduct through the [Research Integrity and Compliance Review Office](#)

Additional student services and institutional policies

- As a student at Colorado State University, you have access to a variety of [University services and resources](#) to ensure your success