

UCCS CARES

We as UCCS family care about all of our community members and wanted to make sure as the lay-off notices are being sent out, we also provide you with some important information and resources to help individuals cope with this transition and be successful in finding new jobs and enhancing their careers.

UCCS

ASSESS PERSONAL NEEDS

1. Please consider completing your:
 - Doctor's and dentist's appointments check-ups;
 - Pending doctor's appointments for your existing conditions;
 - Medication refills
2. Understanding the significant toll stress takes on the body, Colorado Institute of Massage Therapy is offering free massages to UCCS community members who are recently laid off on:
 - Saturday 6/13 9:00am–1:00pm

RESEARCH JOBS

There are a variety of local and federal resources for you to be successful in your job search:

- Comprehensive resource through the U.S. Department of Labor called "careeronestop." It is specifically targeted at those recently laid off and has resume examples, interviewing tips, job search tips, and even a state resource finder by state. Please visit: **careeronestop.org/WorkerReEmployment**
- Pikes Peak Workforce Center (PPWFC) is our local resource that matches individuals who are looking for jobs with organizations that are looking to fill their positions. PPWFC can answer your questions about filing unemployment claims, provide webinars on a variety of topics, and help individuals gain new skills for a new position through their job training services.

PPWFC Phone Number: **719-667-3700**

PPWFC Website: **ppwfc.org**

PPWFC Webinars/Workshop Videos: **ppwfc.org/workshop-videos**

You can also e-mail Erin Hutchinson and Al Maxwell for trainings at: **ppwtraining@elpasoco.com**

EMOTIONAL SUPPORT

During life transitions, it is important to keep emotional support services in mind and have their contact information easily accessible.

- If you are in need of support and access to resources from the community please call **719-315-5870** for the emotional support line provided by the National Institute for Human Resilience. The times for the emotional support line are:

Monday: 10am–11am

Monday: 11am–12pm

Monday: 3pm–4pm

Monday: 4pm–5pm

Tuesday: 10am–11am

Tuesday: 11am–12pm

Tuesday: 3pm–5pm

Wednesday: 10am–12pm

- If you have insurance, please visit your insurance company's mental/behavioral health page to review providers that are in your network.
- Psychology Today is an excellent resource to find mental health providers in the area you live in. With a simple search and entering your zip code, a list of practicing providers in any area can be accessed. For Psychology Today website, El Paso county providers, please visit: **psychologytoday.com/us/therapists/co/colorado-springs**
- If you have financial hardship and have limited healthcare coverage, please visit AspenPointe's website for their variety of services and to schedule an appointment at: **[aspenpointe.org](https://www.aspenpointe.org)**
AspenPointe E-mail: **info@AspenPointe.org**
AspenPointe Phone Number: **719-572-6100** or Toll Free **855-277-3678**
- For behavioral health EMERGENCIES please text the word **"TALK"** to **38255** or call **844-493-TALK**

SOCIAL NETWORKING

In uncertain and stressful times, one of the possible responses we have is socially withdrawing. Ironically, one of the most helpful things we can do is to reach out to our social support network and increase our engagement with the individuals we are close with. A lay-off means there will be less contact with co-workers, which is a loss and part of the stress of the current circumstances. Please make sure to reach out to those family and friends who are close and trusted for support.

Being helpful to others is also an empowering strategy when we seemingly have less control in our lives. If you know of others who are going through challenging times and are wondering how to support them, please consider familiarizing yourself with the GRIT toolkit. You can access GRIT at: **grit.uccs.edu**
