

Type	Name	Description	Eligibility	Contact	How to apply
Financial Assistance	Student Assistance Fund	Limited financial assistance, to meet immediate, essential expenses because of temporary hardship related to an unexpected situation.	Can apply once per term Current enrolled DU student Experiencing financial hardship	sos@du.edu	Online Application
Financial Assistance	GSSW Student Emergency Fund	The GSSW Student Emergency Fund provides limited financial assistance to currently enrolled GSSW students who are experiencing unexpected, temporary hardships resulting from emergency or crisis situations (\$1,000 Max).	Currently enrolled GSSW students experiencing financial hardship	deana.ahmad@du.edu	Online Application
Financial Assistance	Colorado PFAK	State Public Benefits: Food Assistance (SNAP) Health Care Coverage Transit Assistance Cash Assistance Energy Bill Assistance Early Childhood Programs (Ex. WIC or CCCAP)	Use the online eligibility tool to see if you qualify	Contact Your County Human Services Department	Apply through the website. Application assistance available
Financial Assistance	Temporary Rent and Utility Assistance (TRUA)	If you are a renter or homeowner in Denver and need assistance with paying rent and/or utilities, including Denver Water and Xcel Energy, you may be eligible for rent and utility assistance through Denver's Temporary Rent & Utility Assistance Program.	The property you are requesting assistance for is your primary residence and is in the City and County of Denver, the tenant or homeowner's household income is at or below the maximum income listed on website, you have experienced an unexpected financial hardship, you complete the application for assistance and provide all of the required documentation	To connect with a representative Call or Text: 720-356-0174 Monday - Friday 8:30 a.m. - 5:30 p.m. MST	Fill out application online complete with supporting documents
Financial Assistance	Bursar Emergency Loans	Short term emergency loans are available to students who are experiencing temporary financial hardship through the DU Bursars Office.	Students must be currently enrolled in University of Denver courses with registration confirmed Loans will not be awarded to students in their first or last term or with past due balances on tuition accounts and/or loan accounts. For More eligibility criteria please see website	bursar@du.edu or 303-871-4944	Application can be obtained at the Bursars office located at University Hall - Room 223
Mental Health Resources	DU Health and Counseling Center (HCC)	Professional and Graduate staff providing counseling services to DU students. Crisis appointments/Walk-in Monday - Friday 1:00 p.m. - 3:00 p.m.	Actively enrolled DU Student	303-871-2205 or info@hcc.du.edu 2054-2240 Buchtel Blvd S, Denver, CO 80210 3rd Floor of the Richie Center	Through HCC Portal Online or calling the office
Mental Health Resources	DU Student Health Insurance Plan (SHIP)	The DU Student Health Insurance Plan (SHIP) is a comprehensive student health insurance plan underwritten by United Healthcare Student Resources and available exclusively to DU students actively enrolled in an on-campus, degree seeking program. SHIP provides ideal coverage for most members of the DU student community, especially when combined with the Health & Counseling Fee (HCF), which grants access to a wide range of services offered by the DU Health & Counseling Center.	Actively enrolled on campus student	303-871-2205 insurance@hcc.du.edu	Students must accept or decline ship in their DU student portal.

Mental Health Resources	Health First Colorado – Colorado's Medicaid Program	Health First Colorado is public health insurance for Coloradans who qualify. Medicaid is funded jointly by the federal government and Colorado state government, and is administered by the Department of Health Care Policy & Financing.	Based on income info located here: - https://www.healthfirstcolorado.com/apply-now	1-800-250-7741 Monday-Friday, 7:30 a.m. to 5:15 p.m. CBMS.Help@state.co.us	Apply by phone: Call 1-800-221-3943 Apply Online through PFAK
Mental Health Resources	TELUS Health	Free 24/7 mental health resource Call/text counseling service available at no cost for all DU students, also offers in person.	DU Student (including students on a personal or medical leave of absence)	1-866-743-7732 If calling from outside North America 001-416-380-6578, Or visit app or website	Download the TELUS Health App and create a profile or access on website
Mental Health Resources	Psychology Today	Therapy directory with advanced search options to find a provider near you using your insurance, zip code and preference of type of appointment.	Anyone	Search providers on Website	N/A
Mental Health Resources	DU HCC Community Referral Directory	Community referral database of providers vetted by HCC staff.	Available to all DU students	Search providers on website	N/A
Mental Health Resources	DU Department of Psychology: Professional Psychology Clinic	The Professional Psychology Clinic (PPC) is not only a community resource, but also an essential student training center. They provide low cost, high-quality psychological services to the Denver and surrounding communities, including psychotherapy, psychological and cognitive assessment, and forensic services. Services provided on sliding scale basis.	Anyone	303-871-3736	Call to request a phone screen
Mental Health Resources	DU Department of Psychology: Trauma and Disaster Recovery Clinic	The Trauma & Disaster Recovery Clinic (TDRC) provides psychological support to individuals and communities who have experienced stress, adversity and/or trauma.	Anyone	303-871-3626	Call to request a phone screen mention t the Trauma and Disaster Recovery clinic when you call
Mental Health Resources	The Sturm Center	The Sturm Center is part of the Graduate School of Professional Psychology at the University of Denver. The clinic is both an academic clinical training site and a community behavioral health center for veterans, service members and their families.	Available to veterans, service members and their families	303-871-7942	Call or fill out the electronic form on the website to request a phone screen
Mental Health Resources	Transgender Center for the Rockies	The Transgender Center of the Rockies provides holistic gender-affirming services to support transgender, non-binary, and gender-expansive individuals in Colorado.	Available to transgender and gender expansive individuals in Colorado	303-761-0200	Call or go in-person Open Monday - Friday 9:00 a.m. - 6:00 p.m.
Mental Health Resources	Queer Asterisk	Queer Asterisk empowers and nurtures the diverse ways of being that queer people embody by providing accessible counseling, education and community programs that uplift queer, trans and gender expansive lives.	Anyone	720- 507-6161	Call or fill out request for services form on website
Mental Health Resources	Trans Lifeline	Trans Lifeline is a grassroots hotline and microgrants. 501(c)(3) non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.	Trans and nonbinary individuals	877-565-8860	Call for Assistance

Technology	DU IT Department	Free laptop loan program to DU students, faculty, or staff offers both short and long term rentals.	DU students, faculty, & Staff	IT.LaptopLoaner@du.edu	Submit an application via the program's website
Technology	Denver Public Libraries	Denver Public Libraries offer rentals for Laptops and Wi-Fi hotspots for free for up to 3 months. They also have different technology and software to use at the library.	Anyone	Find a library near you: https://www.denverlibrary.org/locations	Visit your library or use the catalog to find where they have available laptops. Denver Public Library (denverlibrary.org)
Housing Support	The Delores Project	The Delores Project partners with individuals experiencing barriers to housing by providing safe, reliable shelter and housing coupled with onsite services as they move towards stability.	Women, Trans folks, and Nonbinary or gender nonconforming folks over the age of 18. Accepting spots every day at 10am, one dose of the COVID-19 vaccine is require, you will be asked to rapid test upon arrival	303-534-5411	Those looking for shelter should call at 10am daily at 303-534-5411 to inquire about bed availability and complete a brief phone screen.
Housing Support	Urban Peak	Urban Peak has a 40-bed overnight shelter for youth ages 15 through 20. They are open 365 days a year, 24 hours a day, and offer a safe and welcoming environment where your rights and identity will be respected. The Urban Peak is a safe space for all members of the LGBTQ+ community. Urban Peak also offers drop in hours for folks up to 24 years of age and case management services.	Must be between 15-24 for services during operating hours. Must be 15-20 to stay in the shelter	303.974.2900 Drop in center Location: 2100 Stout St. Denver, CO 80205	Drop in or Call Drop in Center hours: Mon., Tues. ,Thurs. , Fri. 8:00 a.m. - 12:30 p.m. 2:00 p.m. - 4:00 p.m. 5:00 p.m. - 8:00 p.m. Wed. 8:00 a.m. - 12:00 p.m. 5:00 p.m. - 8:00 p.m. Weekends 10:00 a.m. - 1:30 p.m. 4:00 p.m. - 8:00 p.m.
Housing Support	Colorado Coalition for the Homeless	Colorado Coalition for the Homeless offers support to those who are experiencing housing insecurity or homelessness, they also provide support in getting healthcare services and more.	Anyone	Colorado Coalition for the Homeless 2111 Champa Street, Denver, CO 80205 (303) 293-2217 info@coloradocoalition.org	Drop in or call Open Monday - Friday 7:30 a.m. - 5:00 p.m.
Food	Swipe Out Hunger	Students who have extra swipes from their meal plans can donate those swipes Swipes are then redistributed to students facing food insecurity through the Student Outreach and Support Office.	DU Student experiencing issues of food insecurity	sos@du.edu	Swipe Out Hunger Application
Food	DU Food Pantry	One bag of supplementary food assistance per week that student can pick up and pick out food they want.	DU Students experiencing issues of food insecurity	foodpantry@du.edu	N/A
Food	Supplemental Nutrition and Assistance Program (SNAP)	Food assistance provided through the state of Colorado.	Typically students are eligible to receive assistance as long as they meet income guidelines (which you should meet if you are not working) and meet ONE of the additional criteria seen on this website: Supplemental Nutrition Assistance Program (SNAP) Colorado Department of Human Services	800-816-4451	Apply on Peak Website

Food	Denver Community Fridges	The Denver community fridge offers free food 24/7. Fridges with pantry items and fresh food are located in 6 locations across Denver. It is completely anonymous and free.	Anyone	Locations: Heart & Hand Center (Five Points): 2758 Welton St., Denver, CO 80205 Fort Greene Bar (Globeville): 321 E. 45th Ave., Denver, CO 80216 Laradon (Globeville): 5100 Lincoln St., Denver, CO 80216 Huckleberry Roasters (Sunnyside): 4301 N. Pecos St., Denver, CO 80211 Bayaud Enterprises (Baker): 333 W. Bayaud Ave., Denver, CO 80223 Re:Vision (Westwood): 3800 Morrison Rd., Denver, CO 80219	N/A
Food	Hunger Free Colorado	Hunger Free Colorado, a statewide nonprofit organization, connects people to food resources to meet existing needs.	Anyone	(720) 328-1284 1355 S Colorado Blvd Suite 201, Denver, CO 80222	Food Resource Hotline 855-855-4626
Food	Same Café	Same Café offers an exchange program for which volunteers are offered a hot meal for half an hour of work. You can volunteer for 30-minute meal shifts during the following M-F 11:00am - 2:30pm.	Anyone	720-530-6853 2023 East Colfax Ave info@soallmayeat.org	Volunteering time, giving produce or donating money. Can drop in or schedule working for a meal ahead of time.
Food	Capitol Hill Community Services	Capitol Hill Community Services offers no-cost meals at two locations across Denver. Trinity United Methodist Church Monday 11:45 am - 12:15 pm Tuesday 11:45 am - 12:15 pm Thursday 11:45 am - 12:15 pm Friday 11:45 am - 12:15 pm Agape Christian Church Saturday 11:30 am - 12:15 pm	Those experiencing homelessness and poverty	303-847-8239	Drop in
Food	Cafe 180	CAFE 180 opened with the mission to feed everyone. Those who can pay, pay. Those who can't pay give of their time in exchange for lunch (volunteering) Tuesday – Saturday 11:00 a.m. – 2:00 p.m.	Anyone	720-289-0799 info@cafe180.org 3315 South Broadway; Englewood, CO 80113	Cafe 180 Website
Food	Mobile Food Bank of the Rockies	Mobile Pantries host more than 70 monthly distributions at site areas in CO and WY. Mobile Pantries are completely free to clients. On website is a pantry locator that will pull up pantries near the address you put in.	Survey Intake at distribution sites	855-855-4626, 303-371-9250	Optional intake survey. Applicants will have to provide income information for specific programs within the mobile pantry.
Identity-Based Support	DU- Cultural Center	The Vision of the Cultural Center is to foster a campus community committed to centering, preserving, and promoting the historical, cultural, intellectual, and social movement traditions of the affinity groups* we support at the University of Denver, and throughout the world.	DU Students	303-871-3111 or TCCinfo@du.edu	Call or email
Identity-Based Support	Affinity based clubs	There are 8 clubs at DU that are for different affinity groups that are open to students. Students can sign up for these groups on Crimson connect.	Enrolled DU Students	Crimson Connect	Through Crimson Connect

Identity-Based Support	DU Pride Closet	The Pride Closet is a free resource for LGBTQ+ graduate and undergraduate students. Students can get hygiene products, casual clothes and gender-affirming clothes at no cost.	DU Students	Driscoll Commons, Suite 1, and is open Monday through Friday from 10 a.m.-3 p.m. TCCinfo@du.edu	Drop in
Identity-Based Support	University of Denver Trans Student Guide	A resource for current, past and prospective University students, who are Transgender, non-binary, or otherwise gender expansive.	DU Students	N/A	N/A
Academic	Student Success Coaching	A no-cost program where students can make an appointment with an advisor to find a balance good life balance. Supports Students in staying organized, balancing commitments, forming productive study habits, using their strengths, having accountability, understanding their learning style, and connecting with campus resources.	DU Students	303-871-7001 or ACE@du.edu	Visit the website and schedule an individual appointment, submit a Group Workshop Request, or email ACE@du.edu
Academic	Learning Effectiveness Program (LEP)	Supports learning and neurodiversity by providing students opportunities and resources for personal growth, academic skill building, and connection. A paid service for DU students that are neurodiverse and or have learning disabilities. There are also scholarships available for those who would benefit from LEP but cannot afford it.	DU Students that are neurodiverse or have learning disabilities	LEP@du.edu	https://studentaffairs.du.edu/learningeffectiveness/future-students/apply-lep
Academic	Accessible DU Student Disability Services	Gives students with disabilities an equal opportunity to participate in the University's programs, courses and activities. DSP provides accommodations at no cost to any student who has a documented disability as required by the Americans with Disabilities Act and Section 504 of the Rehabilitation Act.	DU student with a documented disability	DSP@du.edu	Requesting Accommodations Disability Services Program Student Affairs (du.edu)
Academic	Writing Center	The University Writing Center works with all University of Denver students, staff, and faculty as part of the Writing Program's mission to create and sustain a robust culture of writing on the DU Campus. This is done through support in the writing, researching, and editing process.	DU Students, Faculty, & Staff	wrc@du.edu	Schedule an appointment
Academic	Center for World Languages and Cultures	The CWLC offers free drop-in language tutoring in the Language Center, located on the main floor of the Anderson Academic Commons. They can also direct you to the resources you need to learn a new language or keep up with and improve your skills in previously studied languages.	DU students	cwlcd@du.edu 303-871-4601	No application needed, drop-in via zoom or in-person CWLC hours: 8:30am-4:30pm Tutoring hours: 2:00 p.m. - 6:00 p.m. or 7:00 p.m. depending on language
Academic	Math Center	The Math Center offers free, drop-in assistance for Business Calculus, Calculus I, II, and III, Elements of College Algebra, and College Algebra and Trigonometry. The Math Center provides a place to study, to do homework, and to ask questions. Their assistants offer individual and group-based help (depending on demand) for students in the classes above, focusing on conceptual understanding.	DU students in Business Calculus, Calculus I, II, and III, Elements of College Algebra, and College Algebra and Trigonometry	math-info@math.du.edu	No application needed, drop-in via zoom or in-person

Academic	Academic Advising	Staff Academic Advisors are available to support students in navigating academic resources and developing their academic plans. Staff Academic Advisors differ from FSEM and Faculty advisors, because they support students with general academic requirements and planning, whereas faculty advisors are typically more specific to students' majors.	DU undergraduate students, outside of the Music and Business schools	advising@du.edu	Schedule an appointment or drop in: Appointments & Drop In's Academic Affairs (du.edu)
Academic	Research Center (DU Library)	First point of contact for questions about research, locating research materials, and using library sources.	DU students, Faculty, & Staff	You may ask questions at the Research Center on the Main Level in-person, by phone (303-871-2905), by email (research@du.libanswers.com), by chatting with staff on the Research Center tab of the Ask Us page.	Schedule a consultation: Make an Appointment - Research Consultations - LibCat - University of Denver
Physical Health	South Metro Medical	Medical Equipment Loaner Program.	Anyone	info@medicalequipmentloan.org 720-443-2013	Apply on site or outreach via email
Physical Health	DU Student Health Insurance Plan (SHIP)	The DU Student Health Insurance Plan (SHIP) is a comprehensive student health insurance plan underwritten by United Healthcare Student Resources and available exclusively to DU students actively enrolled in an on-campus, degree seeking program. SHIP provides ideal coverage for most members of the DU student community, especially when combined with the Health & Counseling Fee (HCF), which grants access to a wide range of services offered by the DU Health & Counseling Center.	Actively enrolled on campus student	303-871-2205 insurance@hcc.du.edu	Students must accept or decline ship in their DU student portal
Physical Health	DU Health and Counseling Center (HCC)	The University of Denver Health & Counseling Center offers full primary care and gynecology services to all eligible DU students, both graduate and undergraduate. With a staff of licensed physicians, specialists, nurses, practitioners, and other medical professionals at our convenient on-campus facilities, the HCC strives to equitably and accessibly meet the basic health needs of our University community.	Actively enrolled DU Student	303-871-2205 or info@hcc.du.edu 2054-2240 Buchtel Blvd S, Denver, CO 80210, 3rd Floor of the Richie Center	Through HCC Portal Online or calling the office
Physical Health	Health First Colorado – Colorado's Medicaid Program	Health First Colorado is public health insurance for Coloradans who qualify. Medicaid is funded jointly by the federal government and Colorado state government, and is administered by the Department of Health Care Policy & Financing.	Based on income information, guidance can be found online	CBMS.Help@state.co.us 1-800-250-7741 Monday-Friday, 7:30 a.m. to 5:15 p.m	Apply by phone: Call 1-800-221-3943 Apply Online through PEAK
Transportation	DU Shuttle	DU offers a campus shuttle that runs throughout the day along a set route, along with an on-demand shuttle service. To use either, you'll have to download and use the TripShot app.;The app will allow you to access the ETA of the bus to your pick-up stop as well as to your destination stop. It will also allow you to book on-demand service that will take you to additional stops both on campus, and off-campus.	DU student	Download the Trip Shot app to use the on demand service: https://www.tripshot.com/app-download/	N/A

Transportation	Zip Car	Students can reserve cars to be able to drive around town or where they need to go. There is a discount for DU students. Plans and costs vary can sign up on website. Can locate cars near DU via locator map on website.	Anyone	Website and App	N/A
Transportation	RTD (Denver's public transit system)	Students can have access to a free student pass through DU and can pick up the pass through the Pioneer ID card office. The CollegePass provides free service for all RTD transportation modes including the rail lines to and from Denver International Airport. Exceptions are specialty services including the BroncoRide, RockiesRide, SkyRide, and other outlying service areas of metro Denver.	Active enrolled DU Student with qualifying program see details on website	If having difficulty with pass, contact RTD: 303-299-6000 If they cannot help, then contact DU ID card office: 303-871-4545	Go to DU ID Office open Monday-Wednesday 8:00 am - 1:00 p.m. 2:00 p.m. - 4:30 p.m. Thursday 9:00 a.m. - 1:00 p.m. 2:00 p.m. - 4:30 p.m. Friday 8:00a.m. - 1:00 p.m. 2:00 p.m. - 4:30 p.m. Located in Driscoll center South lower level #4 Please note, a form of photo identification such as a driver's license or passport is required to pick up your ID card
Resource Databases	2-1-1 Colorado	2-1-1 is a confidential and multilingual service connecting people to vital resources across the state. No matter where you live in Colorado, you can find information about resources in your local community.	Anyone	Website, call 2-1-1 or (866) 760-6489 or Text your ZIP CODE to 898-211*	N/A
Resource Databases	Aunt Bertha.com	Folks can find different support and help by typing in their zip code then searching what they are looking for or clicking on the different categories.	Anyone	Website	N/A