



spark the change

COLORADO

Community Resource Guide

Emergency Lines:

Police / Fire / EMS: 911

Suicide Hotline: 1-800-273-TALK (8255) – National Line (Spanish and English)

Comitis Crisis Center: 303-343-9890 – Denver Based 24-hour hotline

Colorado Crisis Services Hotline: 1-844-493-TALK (8255)

2 1 1 Colorado:

<https://www.211colorado.org/>

Connects all residents in Colorado to resources in your local community

Dial 2-1-1 or (866) 760-6489

Text your ZIP CODE to 898-211*

Walk-In Crisis Service Centers:

<i>Denver / Boulder</i>	Westminster Walk-In Crisis Services	2551 W. 84 th Avenue Westminster, CO 80031
	Lakewood Walk-In Crisis Services	12055 W. 2 nd Place Lakewood, CO 80228
	Littleton Walk-In Crisis Services	6509 S. Santa Fe Drive Littleton, CO 80120
	Denver Walk-In Crisis Services	4353 E. Colfax Avenue Denver, CO 80220
	Aurora Walk-In Crisis Services	2206 Victor Street Aurora, CO 80045
	Boulder Walk-In Crisis Services	3180 Airport Road Boulder, CO 80301
<i>Northeast Region</i>	Fort Collins Walk-In Crisis Services	1217 Riverside Ave Fort Collins, CO 80524
	Greeley Walk-In Crisis Services	928 12 th Street Greeley, CO 80631
<i>I-25 Corridor</i>	Pueblo Walk-In Crisis Services	1310 Chinook Lane Pueblo, CO 81001
	Colorado Springs Walk-In Crisis Services	115 Parkside Drive Colorado Springs, CO 80910
<i>Western Slope</i>	Grand Junction Walk-In Crisis Services	515 28 ³ / ₄ Road Grand Junction, CO 81501

Community Mental Health Centers:

Community mental health centers serve low-income individuals by offering sliding scale fees, and services covered by Medicaid, they will not turn anyone away due to inability to pay. They may also have a fee assistance program.

	WellPower (Denver County)	303-504-6500	https://www.wellpower.org/
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<i>Metro Denver</i>	Community Reach Center (Adams County)	303-853-3500	https://www.communityreachcenter.org/
	AllHealth Network (Arapahoe, Douglas Cos.)	303-730-8858	https://www.allhealthnetwork.org/
	Aurora Mental Health and Recovery (City of Aurora)	303-617-2300	https://www.auroramhr.org/
	Jefferson Center for Mental Health (Jeff. Co.)	303-425-0300	https://www.jcmh.org/
	Mental Health Partners (Boulder, Broomfield)	303-443-8500	https://www.mhpcolorado.org/
<i>Northeast Region</i>	Mental Health Partners (Longmont)	303-443-8500	https://www.mhpcolorado.org/
	SummitStone Health Partners (Fort Collins)	970-494-4300	https://summitstonehealth.org/
	North Range Behavioral Health (Greeley)	970-347-2120	https://northrange.org/
	Centennial Mental Health Center (Sterling, Yuma)	970-522-4549	https://www.centennialmhc.org/
<i>I-25 Corridor</i>	Diversus Health (Colorado Springs)	719-572-6100	https://diversushealth.org/
	SolVista Health (Canon City)	719-275-2351	https://solvistahealth.org/
	Health Solutions (Pueblo)	719-545-2746	https://www.health.solutions/
	Southeast Mental Health Center (La Junta)	719-384-5446	https://www.southeasthealthgroup.org/
	San Luis Valley Comprehensive Community MHC (Alamosa)	719-589-3671	https://www.slvbhg.org/
<i>Western Slope</i>	Mind Springs Health (Glenwood Springs)	970-945-2241	https://www.mindspringshealth.org/
	Axis Health System (Montrose, Durango)	970-247-5245	https://www.axishealthsystem.org/

Additional Resources

Statewide Tools & Services

- **OwnPath** – find behavioral healthcare in Colorado.
<https://ownpath.co/>
Utilize the filter tool to select your insurance/Medicaid/sliding scale.
- **Psychology Today** – Search tool for finding mental health support (therapy and med management.)
<https://www.psychologytoday.com/us>
Utilize the filter tool to select your insurance/Medicaid/sliding scale.

- [FindTreatment.gov](https://findtreatment.gov/locator) - resource for locating treatment facilities for mental and substance use disorders in the U.S.
- [Sondermind](https://www.sondermind.com/) – online virtual and in-person therapy service that connects licensed therapists with users. Accepts Medicare and private insurance.
- [LifeStance Health](https://lifestance.com/) – virtual therapy and psychiatry (med management) nationwide.

Note: Services offered are subject to change due to availability. This document will be updated periodically.

Denver and Surrounding Areas

Sliding Scale and Pro Bono Therapy Services

- [WellPower Therapy Direct](https://www.wellpower.org/therapydirect/)
(303) 504-6579
 - Available Monday-Friday 9:00 a.m.- 5:30 p.m.
 - 55-minute sessions with a counselor- no insurance needed
 - Access to up to three sessions each year
 - Free for individuals that are uninsured and on Medicaid
- [Maria Droste Center](https://mariadroste.org/) - Pro Bono and Sliding Scale/ Fees based off income
(303) 867-4600
- [Catholic Charities Archdiocese of Denver](https://ccdenvr.org/)
(855) 777-5280
- [Focus Points Family Resources Center](http://www.focuspoints.org)
(303) 292-0770 x 136
- [Khesed](https://www.khesedwellness.com/free-therapy)
(720) 575-9889
- [Denver Family Insititute](https://denverfamilyinstitute.org/counseling-specialties/individual-counseling/)
(303) 765-3340
- [People House](https://peoplehouse.org/affordable-counseling/)
(303) 480-5130
- [Professional Psychology Clinic](https://psychology.du.edu/clinics/professional-psychology-clinic)
(303) 871-3626
- [Centus](https://www.centus.org/about)
(303) 639-5240
- [Rocky Mountain Psychology](https://rmppsychology.com/)

(720) 460-0258

- Benefits in Action – Application assistance: Medicare, Medicaid, SNAP, Disability, Dental Care (60+), Prescriptions. Some free mental health support.
<https://www.benefitsinaction.org/>

(720) 221-8354

Medicaid Providers – Therapy

***Reference community mental health centers above**

- Colorado Therapy and Assessment Center
<https://coloradotherapyassessment.com/>
(720) 515-4244
- Center for Resilience Strategies
<https://crscounseling.com/>
(720) 647-6777
- Behavioral Health Solutions - use website to schedule appointment right away
702-589-4871
<https://bhs.health/contact-us/>
- LifeStance Health – virtual therapy and psychiatry nationwide.
<https://lifestance.com/>
970-310-3406

Medicaid Providers – Psychiatry (Med Management)

***Reference community mental health centers above, many of them offer psychiatry services.**

- Mile High Psychiatry
<https://milehighpsychiatry.com/>
(855) 782-3642
- LifeStance Health – virtual therapy and psychiatry nationwide.
<https://lifestance.com/>
970-310-3406

Boulder and Northern Colorado

- Whole Connection (Boulder) - Medicaid and low-cost sessions
<https://www.wholeconnection.org/>
(720) 442-0946
- Naropa Community Counseling Center (Boulder) - Medicaid and low-cost sessions
<https://www.naropacommunitycounseling.com/>
303-546-3589
- Rangeview Counseling Center (Boulder) - Medicaid and sliding scale
<https://rangeviewcounselingcenter.com/>
303-447-2038
- Sample Therapy Services (Longmont) - Medicaid and sliding scale
<https://www.sampletherapy.com/>
(720) 684-6309

- *Behavioral Treatment Services (Longmont)* - Medicaid and sliding scale
<https://www.btxs.org/>
(303) 962-4304
- *City of Longmont Children, Youth and Families*- Free counseling (individual and family), Bilingual
<https://www.longmontcolorado.gov/departments/departments-a-d/children-youth-and-families/family-success>
(303) 651-8580
- *Longmont Resources* <https://www.longmontcolorado.gov/home/showdocument?id=13413>
- *Turning Point Center for Youth and Families (Ft. Collins)*

<https://turningpnt.org/>

CO Springs

- *Catholic Charities of Central Colorado*
<https://www.ccharitiescc.org/>
(719) 636-2345
228 North Cascade Avenue Colorado Springs, CO 80903
- *Dream Centers* - Offers a clinic with free medical and mental health services
<https://www.dreamcenters.com/>
(719) 247-2007
- *Centro De La Familia* – Services for Latinx families
<https://cdf.org/>
(720) 865-2170
- *Tessa*- Youth and Adult Services- free mental health for DV and sexual assault survivors in addition to Legal, Housing, and Trafficking services
<https://www.tessacs.org/>
719-633-1462
- *Pathways Psychological Services* – Pueblo and CO Springs
<http://www.pathwayspsychologicalservices.com/home.html>
719-309-3301

Other Helpful Links

- *The Resource Exchange* – find a variety of services in El Paso, Park, and Teller Counties
<https://www.tre.org/>
- *Nami Support Groups*
<https://www.namicoloradosprings.org/for-people-living-with-mental-illness.html>
- *Nami Resource Guide*
<https://www.namicoloradosprings.org/for-the-general-community.html>
- *Helping Hands El Paso Community Resources* (Mental Health + Medical)
<https://research.ppld.org/c.php?g=527775&p=3608673>

Pueblo

Mental Health Services

- *Impact Counseling and Consulting*
<https://www.facebook.com/IMPACT4PUEBLO>
719-256-0127

- *Gateway to Success* – Medicaid and sliding scale, services individuals regardless of inability to pay
<https://www.gateway2success.us/>
719-275-0700
- *Associates for Psychotherapy and Education*
<https://www.gateway2success.us/>
719-564-9039

Medicaid Pueblo

- *My Therapy Matters*
<https://mytherapymatters.org/>
719-404-6618
- *Pathways Psychological Services* –Pueblo and CO Springs
<http://www.pathwayspsychologicalservices.com/home.html>
719-309-3301
- *A New Leaf Therapy*
<https://www.anewleaftherapy.org/contact-me>
719-948-7120
- *Crossroads Turning Point*
<https://www.crossroadstp.org/>
(719) 546-6667

Other Helpful Links

- *Community Resources: The Resource Exchange*
<https://www.tre.org/resources/>
- *Pueblo County Mental Health Resources*
<https://county.pueblo.org/public-health-department/mental-health>