



# 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 <sup>th</sup> Avenue Westminster, CO 80031
	Lakewood Walk-In Crisis Services	12055 W. 2 <sup>nd</sup> 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 <sup>th</sup> 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 <sup>3</sup> / <sub>4</sub> 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.

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

## Additional Resources

### Statewide Tools & Services

- [OwnPath](https://ownpath.co/) – find behavioral healthcare in Colorado.  
<https://ownpath.co/>  
Utilize the filter tool to select your insurance/Medicaid/sliding scale.
- [Psychology Today](https://www.psychologytoday.com/us) – 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* - resource for locating treatment facilities for mental and substance use disorders in the U.S.  
<https://findtreatment.gov/locator>
- *Sondermind* – online virtual and in-person therapy service that connects licensed therapists with users. Accepts Medicare and private insurance.  
<https://www.sondermind.com/>
- *LifeStance Health* – virtual therapy and psychiatry (med management) nationwide.  
<https://lifestance.com/>

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* - Pro Bono and Sliding Scale/ Fees based off income  
<https://mariadroste.org/>  
(303) 867-4600
- *Catholic Charities Archdiocese of Denver*  
<https://ccdenvver.org/>  
(855) 777-5280
- *Focus Points Family Resources Center*  
[www.focuspoints.org](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
- Colorado, I Have a Dream Foundation  
<https://www.coloradodream.org/emotional-wellness>  
(303) 861-5005

### **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

### **Medicaid Providers – Addiction Treatment (including Med Management)**

- Boulder – telehealth addiction treatment for opioid and alcohol use disorders.  
<https://www.boulder.care/>  
888-720-2236

## **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
- *The OUR Center* – Resource Center; Rent, Utility, Housing, Employment, Mental Health, Medical, and more  
<https://www.ourcenter.org/support-network/>  
(303) 772-5529
- *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>
- *Nami Support Groups*  
<https://namisoutheastco.org/programs-2/>

