



Mental Health Resources Denver Metro Area

Community Mental Health Centers

WellPower

303-504-7900 | wellpower.org

Case management, outpatient therapy, child & family therapy, suicide prevention programs, medication & more.

TherapyDirect

303-504-7900 | wellpower.org/therapydirect

Offers same-day, online counseling to people in Colorado 18+ Monday through Friday from 9 a.m. to 5:30 p.m. Interpretation services are available on request. Up to three 55-minute counseling sessions with a therapist or peer specialist/year from smart device or computer.

Allhealth Network (Arapahoe & Douglas County)

303-730-8858 | allhealthnetwork.org

Adult counseling, child & family therapy, medication, walk-in crisis center, criminal justice rehabilitation, substance use & primary care.

Aurora Mental Health

303-617-2300 | aumhc.org

Individual, group & family therapy, medication, residential services, respite care, vocational services, refugee wellness center.

Alis Behavioral Health

720-647-8780 | alisbh.com

Level of Care Assessment, Adolescent Intensive Outpatient Programming (IOP), Adolescent Partial Hospitalization Programming (PHP), Suicide Prevention Programs, Medication Management while in PHP.

Community Reach Center (Adams County)

303-853-3500 | communityreachcenter.org

Child, youth & family services, outpatient counseling, case management, substance use, crisis services, housing & vocational services.

Jefferson Center (Jefferson, Clear Creek & Gilpin)

303-425-0300 | jcmh.org

Mental health counseling, substance use treatment services.

Mental Health Partners (Boulder & Broomfield)

303-443-8500 | mhpcolorado.org

Outpatient, family services, substance use, community integration & rehabilitation, trauma & crisis services.

Rose Andom Center (Denver)

720-337-4400 | roseandomcenter.org

Services for victims of domestic violence and their families; safe shelter, counseling, health, legal services referral

Crisis Services

If there is a life-threatening emergency, dial 911

Mental Health Center of Denver Crisis Services Walk-in Center- 24 hours

4353 E. Colfax Ave Denver

Jefferson Center 24-hour Walk-in Crisis Center

4643 Wadsworth Blvd, Wheat Ridge CO

Aurora Mental Health 24-hour Walk-in Crisis Center

2206 Victor St., Aurora CO

Mental Health Partners 24-hour Walk-in Crisis Center

3180 Airport Rd Boulder, CO

Colorado Crisis Services

1-844-493-8255 | Text "TALK" to 38255

Coloradocrisisservices.org

24/7 free hotline, text & online chat services for crisis help, information & referrals, 24/7 walk-in crisis care locations.

Suicide Prevention Lifeline

1-800-273-8255 | Spanish 1-888-628-9454

Suicidepreventionlifeline.org



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If concerns about suicide arise for yourself or someone you care about, call or chat online.

The Trevor Project

1-866-488-7386 | Text- 'START' to 678-678

thetrevorproject.org

24/7 free suicide prevention hotline and online chat service for LGBTQ+ Youth

National Domestic Violence 24 Hour Hotline

1-800-799-7233 | thehotline.org

Speak confidentially if experiencing domestic violence, seeking resources or questioning unhealthy relationships.

Safehouse Denver

Hotline: 303-318-9979 | safehouse-denver.org

Free services to survivors of domestic violence. Insurance not required. Domestic violence safe shelter, emergency services, counseling & advocacy center, Spanish services available.

Rape Assistance and Awareness Program

Hotline: 303-322-7273 | Spanish: 303-329-0031

Thebluebench.org

24/7 hotline availability; case management, counseling & support through medical & legal logistics.

The Center for Trauma and Resilience Hotline

English: 303-894-8000 | Spanish: 303-718-8289

Traumahealth.org

Youth & family program, trauma-sensitive yoga, elderly & disabled program, legal assistance to immigrants, resources & directories.

Safe2Tell Colorado

1-877-542-7233 | safe2tell.org

Anonymous line for students, parents & community members to report youth that may be struggling.

Suicide Prevention Resources

American Association for Suicidology

Suicidology.org

National resources & information about suicide.

American Foundation for Suicide Prevention

Afsp.org - education & prevention programs

Additional Services

The Blue Bench

303-329-9922 | thebluebench.org

Individual & group therapy, support groups for rape, abuse & assault survivors.

Centers for Counseling and Family Therapy Regis University

Thornton: 303-964-6295

Colorado Springs: 719-264-7027

Sliding scale fee up to \$30. No one will be turned away due to inability to pay. No insurance accepted. Counseling services for youth, adults & families.

Counseling & Educational Services Clinic (University of Denver)

Morgridge.du.edu/counseling-educational-services-clinic

Counseling Services: 303-871-2528

Assessment Services: 303-871-6395

Sliding scale \$5 - \$30; counseling services, psychological & LD assessment.

Maria Droste Counseling Center

303-867-4600 | mariadroste.org

Individual, family, child & addiction counseling.

Professional Psychology Clinic University of Denver

303-871-2528 | du.edu/gssp/services/ppc.html

Sliding Scale \$15 - \$70. Medicaid for therapy only.

Psychotherapy & psychological testing provided by doctoral students. Cancer, trauma, veteran & international disaster survivor specialties.

Student & Community Counseling Center (University of Colorado Denver)

303-315-7270



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Sliding Scale \$5 - \$40. For Denver Public School students and their families

Asian-Pacific Development Center

303-923-2920 | apdc.org

Medicare/Medicaid accepted. No one turned away due to inability to pay. Counseling services, psychiatric screenings & referrals, mental health/cultural competency consultation & education, primary care, youth programs, health outreach & education, ESL & citizenship classes, multi-lingual services & bilingual staff.

Center for African American Health

303-355-3423 | www.caahealth.org

Improving health and wellbeing for African Americans

Therapist of Color Collaboration

www.therapistofcolor.com

Culturally responsive therapy for individuals of color

El Centro de las Familias

303-504-1900 | mhcd.org/el-centro

Medicare/Medicaid accepted. No one turned away due to inability to pay.

Assessment/treatment ages 5+. Individual, family & group therapy, psychiatric care, case management, English & Spanish.

Colorado Refugee Wellness Center

303-617-2300

aumhc.org/programs-services/specialized-services/refugee

Integrated medical * behavioral healthcare, health navigators provide interpretation in 15 languages, free legal consultation.

Jewish Family Service

303-597-5000 | jewishfamilyservice.org

Disability & employment services, mental health counseling, grief counseling, refugee mental health services, Russian language services.

Servicios de la Raza

303-458-5851 | serviciosdelaraza.org

Individual and group therapy, substance use counseling, parole community reintegration, youth services, domestic violence program, HIV/AIDS services, emergency food, job placement, Spanish language services.

National Human Trafficking Resource Center

1-888-373-7888 | humantraffickinghotline.org

Reach an anti-trafficking hotline advocate 24/7 for support in more than 200 languages.

Transgender Center of the Rockies

303 761 0200

www.transgendercenteroftherockies.org

Group and individual counseling for trans individuals over 18. Medicaid and sliding scale accepted.

The Center on Colfax

303 733 7743 | lgbtqcolorado.org

Many services and support groups available for LGBTQ+ people

The Gathering Place

303 321 4198 | tgpdenver.org

Services for women, children and transgender people to improve living standards

Free or low-cost self-help and other support strategies

Meetup.com/Denver

Hundreds of groups to choose from; all ages and interests, culturally specific such as:

Black and Brown Women's Alliance Dedicated to cultivating a sisterhood of women in the metro area Meetup <https://www.meetup.com/black-and-brown-womens-alliance/>

Outdoor/Recreation/Mind-body

Outdoor Afro (local chapter) Cultivating black leadership in the outdoors
www.outdoorafro.com

WellPower

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Latinos Outdoors (local chapter)

Latino Outdoors Colorado | Facebook

Brown Girls Climb (rock climbing) Brown Girls

Climb | Climbing + Community + Mentorship + Education www.browngirlsclimb.com

Girl Trek Walking and activist group for black women and girls www.GirlTrek.org

Lincoln Hills Cares (Youth) Developing Leaders Through Outdoor Experiences 720 253 2494

Yoga for people of color

<https://satyayogacooperative.com/why-yoga-for-people-of-color>

Apprentice of Peace Tai Chi and Qi Gong -

<https://www.apprenticeofpeace.com/>

Denver Community Acupuncture Affordable Acupuncture | Denver Community Acupuncture

\$1 admission to Denver Zoo etc for people who receive SNAP benefits Denver Zoo and History Colorado Center now offer \$1 admission for SNAP recipients (denvergov.org)

Free Rec Center access and library card for youth- My Denver card to access rec centers for free MY Denver Card - City and County of Denver (denvergov.org)

Rocky Mountain Rainbeaus (LGBTQ+ square dancing) | Rainbeaus.org

The Arts

Youth on Record (music lessons) FB Home | Youth on Record

Art from Ashes - Empowering youth through creative expression & personal transformation 303 837 1550

Access Gallery- Creative, educational and economic opportunities for people with disabilities to access and experience the arts | accessgallery.org

Phoenix Choir (transgender community choir)- Non-audition intergenerational activist choir based in Broomfield | Find on Facebook.

Safe and Sound Choir choir for people who are experiencing homelessness Safe & Sound Choir | Find on Facebook

Personal accounts of living with and recovery from mental illness

I jumped Off the Golden Gate Bridge- The Kevin Hines Story- Personal account of living with Bipolar Disorder and suicidality | [Youtube.com/I jumped Off the Golden Gate Bridge](https://www.youtube.com/watch?v=IjumpedOfftheGoldenGateBridge)

National Alliance on Mental Illness

Various recovery stories and resources www.nami.org

Live Through This

A collection of portraits and stories of suicide attempt survivors. www.Livethroughthis.org