

## Community Mental Health Centers

### **Mental Health Center of Denver\***

303-504-7900 | mhcd.org

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

### **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.

### **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**

### **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.

### **Suicide Prevention Lifeline\*\***

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

Suicidepreventionlifeline.org

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

### **National Domestic Violence 24 Hour Hotline**

1-800-799-7233 | thehotline.org

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

### **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.

**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 24 Hour 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.

## Suicide Prevention

**American Association for Suicidology**

Suicidology.org

National resources & information about suicide.

**American Foundation for Suicide Prevention**

Afsp.org

Group & community engagement through education & prevention programs.

**Live Through This**

Livethroughthis.org

A collection of portraits & stories of suicide attempt survivors.

**Safe2Tell Colorado**

1-877-542-7233 | safe2tell.org

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

**Second Wind Fund**

303-988-2645 | secondwindfund.org

Treatment services to children & youth at risk of suicide.

**\*Low Cost Services**

**\*\*Crisis Service and Suicide Prevention Service**

## Additional Low-Cost Services

**Information gathered from Mile High United Way. For additional information about fees, accepted insurance and services, call the numbers provided.**

**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/gsp/spp/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.

**Safehouse Denver**

24/7 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.

**Student & Community Counseling Center (University of Colorado Denver)**

303-315-7270  
Sliding Scale \$5 - \$40. \$5 for Denver Public School Students. Individual, group, family & couple therapy provided by masters-level students.

## Culturally Responsive

**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.

**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.

**\*Low Cost Services**

**\*\*Crisis Service and Suicide Prevention Service**