



Community Resources

For a behavioral health emergency, call 988 or Colorado Crisis Services at 1-844-493-8255, or go directly to the nearest Emergency Department. If you are in crisis or need help dealing with one, call this toll-free number 1-844-493-TALK (8255) or text TALK to 38255 to speak to a trained professional. When you call Colorado Crisis Services, you will be connected to a crisis counselor or a trained professional with a master's or doctoral degree. They offer translation services for non-English speakers. Their walk-in crisis services are open 24/7, and offer confidential, in-person crisis support, information and referrals to anyone in need.

Community Behavioral Health Centers and Agencies

Call the customer service phone number for behavioral health on your insurance card or check your insurance website for a list of psychiatrist, psychologist, and licensed providers covered by your benefits. The following centers accept private insurance.

Outpatient Behavioral Health Services

- Douglas County Mental Health (All Health)
2356 Meadows Blvd, Ste 230B
Castle Rock, CO 80109
303-730-8858
<https://www.allhealthnetwork.org/locations/castle-rock/>
- Denver Springs- Parker
16830 Northgate Drive, Suite 130
Parker, CO 80134
720-468-4780
F: 303-841-7906
<https://denversprings.com/locations/parker-co/>
- Denver Springs- Englewood
8835 American Way
Englewood, CO 80112
Confidential Assessment Line: 720-643-4300
Facility Phone: 720-669-0408
F: 720-441-1555
<https://denversprings.com/locations/englewood-co/>
- Highlands Behavioral Health
8565 South Poplar Way



Littleton, CO 80130
Inpatient: 720-348-2800
Outpatient: 720-348-2816
<https://highlandsbhs.com/>

- CU Medicine Psychiatry- Outpatient Clinic
1890 N Revere Ct
Anschutz Health Sciences Bldg, Suite 4020
Aurora, CO 80045
O: 303-724-1000
F: 303-724-9472
<https://medschool.cuanschutz.edu/psychiatry/PatientCare>
- HCA HealthONE Mental Health and Wellness Center
Potomac Street
Aurora, CO 80011
844-556-2012
<https://www.healthonecares.com/locations/healthone-mental-health-and-wellness-center/aurora>
- Correctional Psychology Associates
420 E 58th Ave, Suite 210
Denver, CO 80216
O: 720-928-1440
F: 720-854-0263
<https://www.correctionalpsychologyassociates.com/>

Substance Disorders and Dual Diagnosis Services

- Denver Springs- Englewood
8835 American Way
Englewood, CO 80112
Confidential Assessment Line: 720-643-4300
Facility Phone: 720-669-0408
F: 720-441-1555
<https://denversprings.com/locations/englewood-co/>
- Highlands Behavioral Health
8565 South Poplar Way
Littleton, CO 80130
Inpatient: 720-348-2800
Outpatient: 720-348-2816
<https://highlandsbhs.com/>



- AspenRidge Recovery Colorado Springs (Multiple Locations)
Confidential Assessment Line: (855) 251-5588
1223 Plaza Drive, Suite C
Colorado Springs, CO 80906
O: 719-350-3754
<https://www.aspenridgerecoverycenters.com/>
Transportation Assistance Available
- Centennial Peaks Hospital
2255 South 88th Street
Louisville, CO 80027
Confidential Assessment Line: 303-673-9990
Facility Phone: (720) 410-6724
<https://centennialpeaks.com/>
- West Pines Behavioral Hospital
11455 Huron Street
Westminster, CO 80234
877-519-3108
<https://www.westpinesbehavioral.com/>
- Sandstone Care- teen to young adult- multiple locations
O: 202-335-8909
F: 888-850-1860
<https://www.sandstonecare.com/>

Partial Hospitalization Programs (PHP), Intensive Outpatient Programs (IOP), and Inpatient Services

- Denver Springs
16830 Northgate Drive, Suite 130
Parker, CO 80134
720-468-4780
F: 303-841-7906
<https://denversprings.com/locations/parker-co/>
- Highlands Behavioral Health
8565 South Poplar Way
Littleton, CO 80130
Inpatient: 720-348-2800
Outpatient: 720-348-2816
<https://highlandsbhs.com/>
- HCA HealthONE Mental Health and Wellness Center



Potomac Street
Aurora, CO 80011

844-556-2012

<https://www.healthonecares.com/locations/healthone-mental-health-and-wellness-center>

- Peak View Behavioral Health

7353 Sister Grove

Colorado Springs, CO 80923

719-694-0220

<https://peakviewbh.com/>

- CU Medicine Psychiatry- Summit Intensive Outpatient Program

1890 N Revere Ct

Anschutz Health Sciences Bldg, Suite 4020

Aurora, CO 80045

O: 303-724-1000

F: 303-724-9472

<https://www.cumedicine.us/locations/cu-medicine-psychiatry-outpatient-clinic-anschutz-health-sciences-building>

Finding a Therapist

Find a therapist in your area by using Psychology Today or Headway. Input your city or zip and you can filter by insurance, treatment, orientation, etc. You will be able to read biographies, qualifications, credentials, cost and ratings to find someone who will best suit you and your needs.

- <https://www.psychologytoday.com>
- <https://headway.co/>

Below are a list of therapists and psychologists Brigid Medical, LLC works with regularly. You will need to call the counseling group and find out the cost of services, whether they accept your insurance, if they have providers that provide services in other languages, have a provider that can prescribe medication and if they are accepting new patients. Contact your insurance for an accurate list of providers or treatments that they will cover. Please call for the most up to date information;

- Schultz Behavioral Consultants
<https://lisa-schultz.clientsecure.me/>
405 S Wilcox St Ste 104
Castle Rock, CO 80104-2665
719-322-8175
- In The Moment Counseling



Kendra Liedtke, LCSW
1189 South Perry Street, Suite 110D
Castle Rock, CO 80104
(720) 295-1199
Kendra@InTheMomentCounseling.com
<https://www.inthemomentcounseling.com/>

- Clear View Counseling
12835 East Arapahoe Road Tower One, Suite P-850
Centennial, CO 80112
Link for discovery call: <https://calendly.com/kimjohancen/free-discovery-call?month=2024-07>
<https://www.clearviewcounselingdenver.com/therapists>
- Authentic Connections
419 Jerry Street
Castle Rock, CO 80104
720-370-3010
info@authenticconnections counseling.com
<https://authenticconnections counseling.com/>

Local Resources and Counseling

You will need to call the agency and find out the cost of services, whether they accept your insurance, if they have providers that provide services in other languages, have a provider that can prescribe medication and if they are accepting new patients. Contact your insurance for an accurate list of providers or treatments that they will cover. Please call for the most up to date information;

- Affordable Counseling Connection
720-485-3756
<https://www.denveraffordablecounseling.com/>
- Asian Pacific Development Center
303-923-2920
<https://youngsurvival.org/directory/asian-pacific-development-center-apdc>
- Axis Integrated Mental Health
720-400-7025
<https://www.axismh.com/>
- Centus Counseling (School Counseling Program)
303-639-5240
<https://centusschools.org/>



- The Center on Colfax
303-733-7743
<https://lgbtqcolorado.org/>
- Clinica Tepeyac
303-458-5302
<https://www.tepeyachealth.org/>
- Denver Family Institute
303-756-3340
<https://denverfamilyinstitute.org/>
- Denver Family Therapy Center
303-456-0600
<https://www.denverfamilytherapycenter.com/>
- Equinox Counseling and Wellness Center
303-861-1916
<https://www.equinoxcounseling.com/denver-center-tour>
- El Centro de las Familias
303-504-1900
<https://www.wellpower.org/el-centro-de-las-familias-english/>
- Inner City Health
303-296-1767
<https://www.innercityhealth.org/>
- Jefferson Center for Mental Health
303-425-0300
<https://www.jcmh.org/>
- Jewish Family Services
303-597-7777
https://www.jewishfamilyservice.org/?utm_source=GMBlisting&utm_medium=organic
- Russian Mental Health Services
720-722-4496
<https://www.jewishfamilyservice.org/services/russian-mental-health-services-denver>
- Refugee Mental Health Services
720-248-4669



<https://www.jewishfamilyservice.org/services/refugee-mental-health-services-denver>

- Immigrant and Refugee Mental Health Program at CU Medicine Outpatient Psychiatry Clinic
303-724-4940
<https://medschool.cuanschutz.edu/psychiatry/PatientCare/immigrant-and-refugee-mental-health>
- La Clinica Campesina Family
303-650-4460
<https://www.clinica.org/locations/pecos/>
- Lutheran Family Services
303-922-3433
<https://www.lfsrm.org/Home>
- Maria Droste Services Counseling Center
303-867-4600
<https://www.mariadroste.org/>
- Talkspace
<https://www.talkspace.com/>
- BetterHelp
<https://www.betterhelp.com/>

Various Telephone/Telehealth and Hotline Resources

- Colorado Crisis Services
844-493-TALK (8255)
<https://coloradocrisisservices.org/>
- National Alliance of Mental Illness (NAMI)
NAMI HelpLine: 800-950-6264 or Text “helpline” to 62640
<https://www.nami.org/>
- National Suicide Prevention Hotline
800-273-TALK (8255)
- Crisis Text Line
Text “CONNECT” to 741741
Chat at <https://connect.crisistextline.org/chat>



Connect on WhatsApp at

https://api.whatsapp.com/send/?phone=14437877678&text=CONNECT&app_absent=0&lang=en

<https://www.crisistextline.org/topics/self-harm/>

Support Groups and Organizations

LGBTBQ>

- The Trevor Project (LGBTQ)
Counseling Line
Call 866-488-7386
Text “Start” to 678-678
Chat at <https://chat.trvr.org/>
<https://www.thetrevorproject.org>
- Trans Lifeline (dedicated to the wellbeing of transgender people)
877-565-8860
<https://translifeline.org/>
- Rocky Mountain Equality (Out Boulder)
303-499-5777
<https://www.rmequality.org/>
- Gender Identity Center of Colorado
303-202-6466
<https://gic-colorado.org>

Youth

- Colorado Teen Addiction Hotline
888-351-0084
<https://teenaddictionhotline.org/colorado/>
- Resilience1220 (Confidential Counseling for youth ages 12-20 years old at no cost)
<https://www.resilience1220.org/>

Support Groups and Organizations

Grief

- Judi’s House (child-family grief services, ages 3-25)
720-941-0331
<https://judishouse.org/>



- The Denver Hospice Grief Center
303-321-2828
<https://thedenverhospice.org/our-services/denver-hospice-grief-center/>

Sexual Abuse/Sexual Assault

- The Blue Bench (Sexual Assault Hotline) # 303-322-7273/ # 303-329-0031 (Spanish)
- The Wings Foundation # 303-238-8660
- Peace Works 24/7 Crisis Hotline (abuse) # 303-838-8181
- LovelsRespect.org (teen dating abuse) call 1-866-331-9474 or text LOVEIS to 22522

Substance Use

- SAMHSA National Line (Treatment Referral Routing)
800-662-HELP (4357)
<https://www.samhsa.gov/find-help/helplines/national-helpline>
- Alcoholic Anonymous
303-322-4440
<https://coloradoaa.org/>
- Al-Anon Service Center
303-321-8788
<https://www.denverasc.org/>
- Crystal Meth Anonymous
855-638-4373
<https://coloradocma.org/>
- Cocaine Anonymous
866-768-7709
<https://ca-colorado.org/>



- Narcotics Anonymous
303-832-DRUG (3784)
<https://nacolorado.org/>

Domestic Violence

- National Domestic Violence Hotline
800-799-7233

To chat live with the National Domestic Violence Hotline, please click here:
<http://www.thehotline.org/what-is-live-chat/>

- Catholic Charities
720-215-4521
<https://www.ccharitiescc.org/get-help/castle-rock-services/>

- Crisis Center
Crisis Line: 303-688-8484 or 888-247-7472
Non-Crisis Line: 303-688-1094 or 888-247-7472
<https://www.thecrisiscenter.org/>

- Family Tree # 303-420-6752 (crisis line) or # 303-420-0412
- Gateway Battered Women's Services # 303-343-1851 (crisis) or # 303-343-1856
- Mountain Resources Center (Conifer) # 303-838-7552 *not a crisis support line
- SafeHouse Denver #: 303-318-9989 (crisis line) or # 303-318-9959
- Safe Shelter of St. Vrain Valley (Boulder County) # 303-772-4422 (crisis line) or

303-772-0432

- Women's Crisis and Family Outreach Center (Castle Rock) # 303-688-8484 (crisis line) or # 303-688-1094



Eating Disorders

- Eating Recovery Center
866-350-1878
<https://www.eatingrecoverycenter.com/>
- ED Care
866-336-3251
<https://eatingdisorder.care/locations/denver/>
- NourishED Colorado
O: 720-664-8927
<https://nourishedcolorado.com/>
- The Eating Disorder Foundation
303-322-3373
<https://www.eatingdisorderfoundation.org/>
- National Alliance for Eating Disorder Helpline
866-662-1235
<https://www.allianceforeatingdisorders.com/>
- Overeaters Anonymous
720-443-3676
<https://recoveryintherockies.org/>