

RESPONDING TO BEHAVIORAL HEALTH CONCERNS IN EL PASO COUNTY

Life Threatening Emergencies

9-1-1 Emergency Services

For someone with an immediate life threatening emergency, contact 911 for services.

Crisis Services

These crisis services provide confidential and immediate support 24/7/365.

Colorado Crisis Services

1-844-493-8255, or text "TALK" to 38255

This hotline will connect you to a crisis counselor or trained professional. The staffer will assess risk and determine if a mobile response is necessary.

- If a **Mobile Crisis Response Team** is necessary, they will strive to arrive within one hour in Colorado Springs and within two hours outside of Colorado Springs.
- If the **Mobile Crisis Response Team** is not necessary, callers within the city limits of Colorado Springs may request the **Community Response Team**. The Community Response Team is staffed with members of the fire department, police department and AspenPointe. Response hours are limited.

AspenPointe Crisis Stabilization Unit

719-572-6100 | www.aspenpointe.org

There is a walk-in crisis stabilization unit in Colorado Springs where individuals may seek immediate help. Check the website for hours of operation.

- 115 S. Parkside Drive, Colorado Springs, CO 80909

Peak View Behavioral Health

Assessment team: 719-355-1028 | Main line: 719-444-8484

Peak View offers complimentary assessments 24/7 for individuals of all ages seeking help and support for mental health and/or substance abuse.

- 7353 Sisters Grove, Colorado Springs, CO 80923

Cedar Springs Hospital

719-633-4114 | www.cedarspringsbhs.com

Cedar Springs offers 24/7 referrals and assessments by phone or online for individuals of all ages who suffer from psychiatric disorders, substance abuse or co-occurring conditions.

- 2135 Southgate Rd., Colorado Springs, CO 80906

Non-Crisis Options

If an individual is not in immediate danger and does not require crisis services, there are many ways to connect them to behavioral health services.

- If an individual is already connected to behavioral health services, encourage them to reach out to their care team if symptoms are worsening.
- If an individual is not already in care, they may contact their insurance company to get a list of providers in their area.
- **Medicaid provider directory, provided by Colorado Community Health Alliance:**
<https://www.cchacares.com/for-members/find-a-provider/>
- Individuals may also contact their primary care provider to discuss concerns and determine follow up.

Behavioral Health Resources

Support Services

Depression and Bipolar Support Alliance (DBSA)

2132 E. Bijou St., Colorado Springs, CO 80909
719-477-1515 | www.dbsacoloradosprings.org
Free self-help support groups for people with mood disorders, and their family and friends.

HEARTBEAT

www.heartbeatsurvivorsaftersuicide.org
LaRita Archibald | 719-596-2575
Betty Van Thournout | 719-229-9657
Kevin Van Thournout | 719-360-5811
Peer support groups offering empathy, encouragement and direction following the suicide of a loved one.

Inside/Out Youth Services

223 N. Wahsatch Ave., Colorado Springs, CO 80903
719-328-1056 | www.insideoutys.org
Trusted, high quality and engaging youth development and recreation programs, as well as referrals for LGBTIQ youth in Colorado Springs.

National Alliance on Mental Illness (NAMI)

1615 S. Murray Blvd., Colorado Springs, CO 80916
719-473-8477 | www.namicoloradosprings.org
Peer-taught education programs and support groups for families, parents of school-aged children and individuals living with mental illness.

Pikes Peak Suicide Prevention

704 N. Tejon St., Colorado Springs, CO 80903
719-573-7447 | www.pikespeaksuicideprevention.org
Support groups for suicide attempters, families of suicide attempters, and children left behind by suicide.

Services for Hispanic Families

Centro de Familia

1287 Lake Plaza Dr., Ste. 109, Colorado Springs, CO 80906
719-227-9170 | www.centro.ws
Culturally competent counseling, advocacy, victim support and parenting education services to Hispanic/Latino populations.

Services for Military Families

Mt. Carmel Veterans Service Center

530 Communication Circle, Colorado Springs, CO 80905
719-772-7000 | www.veteranscenter.org
Individual and group wellness programs and behavioral health services for veterans and their families.

Peak Military Care Network

1257 Lake Plaza Dr., Ste. #220, Colorado Springs, CO 80906
719-577-7417 | www.pmcn.org
A source for information, navigation and integrated services for military service members, veterans, and their families.

Trainings

Question, Persuade, Refer (QPR)

Offered by Health Solutions
719-545-2746 | www.health.solutions
heatherp@health.solutions
A free 90 minute training with instruction on asking someone about suicidal thoughts, persuading them to get help and referring them to community resources. Classes are scheduled upon request.

Applied Suicide Intervention Skills Training (ASIST)

www.livingworks.net/programs/asist
Interactive training on suicide first aid for anyone 16 and older, regardless of prior experience. Visit website for training schedule.

Mental Health First Aid – Adult and Youth

719-352-1471 | www.mhfaco.org
Training program that teaches individuals to identify, understand and respond to those in mental health and substance abuse crises. Check the website for date and location of adult classes. Youth classes provided on request.

General Safety Resource

Safe2Tell Colorado

1300 Broadway, Denver, CO 80202
1-877-542-7233 | www.safe2tell.org
Safe2Tell provides an anonymous way for students, parents, school staff and community members to report concerns regarding their safety or the safety of others.

These resources came from the *El Paso County Community Assets for Youth Development* guide. To find the complete guide go to:

www.elpasocountyhealth.org
Services > Community > Youth Advocacy