

Community Mental Health Resources

Community Reach

- Connection to Mental Health Services w/ Crisis Center (8:00am)
- 1850 E Egbert Street Brighton, CO 80601
 - 8989 Huron Street Thornton, CO 80260
 - Phone Number: (303) 853-3500
 - Offers rates on a sliding scale and works with many insurance providers.
 - *Community Reach does not offer walk-ins

All Health Network - Littleton

- Connection to mental health resources
- 6509 S Santa Fe Dr Littleton, CO 80120
 - Phone Number: (303) 730-8858
 - Email: <https://www.allhealthnetwork.org/>

Ellie Mental Health

- Virtual and In-Person Appointments for Mental Health Services at multiple locations in area.
- 3303 West 144th Avenue Suite 204. Broomfield, CO 80023
 - Phone Number: (720) 709-2810

Jefferson Center for Mental Health

- Crisis Stabilization Unit for children ages 5-18.5
- Offer comprehensive clinical mental health evaluations
- Offers substance use, behavioral healthcare & counseling
 - Phone Number: 303-425-0300

Rocky Mountain Counseling Collective

- Individual and Family Counseling Resources, take all major insurances 2727 Bryant Street #300, Denver, CO 80211
 - Phone: (720)252-0345
 - Email: info@RMCCHealth.com

Regis University

- 500 E 84th Ave Suite D-1, Thornton, CO 80229
 - Phone Number: (303) 964-5786
 - Counselors currently working on their Master's in counseling which provides low cost services to community members.

CU Denver

- 900 Auraria Pkwy #454, Denver, CO 80204
 - Phone Number: (303) 315-7270
 - Email: Counselingcenterfrontdesk@ucdenver.edu
 - Counselors currently working on their Master's in counseling which provides low cost services to community members.

Psychology Today

- Link: <https://www.psychologytoday.com/us>
- You can type in your zip code and insurance provider and you will find a list of therapists in your area that take your insurance.

Additionally, it is often helpful to start with your insurance provider to see if counseling services are in network and if so, they can send a list of providers.

Community Mental Health Resources

- [Spark the Change](#) is a FREE resource that connects licensed, volunteer clinicians to students and communities in need of mental health response. Referees can get up to 10 sessions for free, as well as pertinent resources.
- [Second Wind Fund](#) is a FREE resource that connects licensed, volunteer clinicians to students at risk for suicide and in need of mental health response. Referees can get up to 12 sessions for free in person or through telehealth, as well as pertinent resources.
- [LMatter](#) All Colorado youth can access free mental health services and schedule 6 free sessions with a licensed behavioral health clinician, primarily online over telehealth.
- [JED](#) Nonprofit that protects emotional health by helping them with the skills and supports they need to thrive today.
- [Trevor Project](#) LGBTQ+ Counseling services including live chats, calls, or texts with licensed clinicians.

Crisis Resources

- Colorado Crisis Services: 1-844-493-TALK or text TALK to 38255 to speak with a licensed clinician.
 - Six walk-in locations in the Denver metro area, open 24/7, regardless of ability to pay.
- 988: Suicide and Crisis Lifeline
- **If you are experiencing a life-threatening emergency, call 911**

Hotlines

- [National Suicide Hotline](https://988lifeline.org/faq/) (https://988lifeline.org/faq/)
- [I'm Alive Chat Line](https://www.imalive.org/) (https://www.imalive.org/)
- [Your Life, Your Voice Helpline](https://www.yourlifeyourvoice.org/pages/home.aspx) (https://www.yourlifeyourvoice.org/pages/home.aspx)
- [The Trevor Project Lifeline](https://www.thetrevorproject.org/get-help/) (https://www.thetrevorproject.org/get-help/)
- [Teens Helping Teens Teenline](https://www.teenline.org/) (https://www.teenline.org/)
- [Colorado Warmline Peer Support](https://rmcrisispartners.org/home/services/supportline/)
(https://rmcrisispartners.org/home/services/supportline/)

Therapy Finders

- [SAMHSA Treatment Finder](https://www.samhsa.gov/find-treatment) (https://www.samhsa.gov/find-treatment)
- [NAMI Support Group Finder](https://nami.org/Support-Education/Support-Groups) (https://nami.org/Support-Education/Support-Groups)
- [NEDA Eating Disorder Support Group Finder](https://nationaleatingdisorders.org/free-low-cost-support)
(nationaleatingdisorders.org/free-low-cost-support)
- [NEDA Eating Disorder Treatment Finder](https://map.nationaleatingdisorders.org/) (https://map.nationaleatingdisorders.org/)
- [Psychology Today Treatment/Provider Finder](https://www.psychologytoday.com/us/therapists)
(https://www.psychologytoday.com/us/therapists)

Community Mental Health Resources

- [Good Therapy Provider Finder](https://www.goodtherapy.org/find-therapist.html) (https://www.goodtherapy.org/find-therapist.html)
- [Find a Therapist Provider Finder](https://www.findatherapist.com/) (https://www.findatherapist.com/)
- Child Mind Institute - Helpful articles for parents to engage students in conversations surrounding mental health, parenting, and more!
 - <https://childmind.org/guides/>