**Colorado Stats:**

Suicide as cause of death in Colorado was #1 for ages 10-14 and #2 for ages 15-44.

According to the [Colorado Health Institute](https://www.coloradohealthinstitute.org/):

* **1 in 10 people in Colorado did not receive proper health care in 2019.**
* Less than 1/3 of Coloradans who were diagnosed with a mental disorder (anxiety, depression, etc.) and who committed suicide received mental health care.
* 42% of Colorado youth (LGBTQIA) considered suicide in 2019 verses 13.4% of heterosexual youth.
* Systemic Racism in Healthcare is a real issue nationally and in Colorado.
* **Colorado ranked 51st among U.S. states and the District of Columbia for adult mental health in 2021 but 45th in 2022. For overall mental health, Colorado ranked 30th in 2022.**

This is list is brought to you by:

**Make Mental Health Matter –** Mental Health and Suicide Awareness Nonprofit:

We bridge the gap by educating people to support those who are faced with a mental health challenge.

**Take Action Now!**

2 ways to Make Mental Health Matter

1. Get educated about Mental Health to assist those in need.

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1. Become a Warrior for Mental Health and support mental health and suicide prevention education.

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**Need Immediate Help in An Emergency?**

If you or a loved one is in immediate danger calling 911. It is **important** to notify the operator that it is a mental health crisis and ask for first responders trained in [crisis intervention](http://www.nami.org/Learn-More/Treatment/Getting-Treatment-During-a-Crisis) or ask for the mobile mental health crisis team.

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**More Colorado Resources:**

**National Suicide Prevention Lifeline:** 988

Call, Text or Chat 988lifeline.org

**Safe2Tell Colorado**

1-877-542-7233 | safe2tell.org

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

**MMHM Trusted Resource Partners:**

Other Nonprofits:

**Bullying Recovery Resource Center (BRRC)**

[**(303) 991-1397**](tel:3039911397)

<https://bullyingrecoveryresourcecenter.org/>

Stop bullying today, start recovering tomorrow.

**YANA: You Are Not Alone Mom 2 Mom**

<https://yanamom.com>

Changing the world. One Mama at a time.

Wrap around support for moms and their babies.

**Crisis Center**

[www.thecrisiscenter.org](http://www.thecrisiscenter.org)

Direct service programs to adults and children impacted by domestic violence.

**Free Spiritual Community**

<https://www.freerecoverycommunity.com>

FREE is a spiritual community for Addicts, Loved Ones of Addicts, and Spiritual Refugees breaking the silence of addiction while creating space for healing, recovery, and spiritual connection.

**7/20 Memorial Foundation**

<https://www.7-20memorial.org>

Love Wins Always. To honor our loved ones taken in the Aurora theater shooting.

**Break The Silence**

<https://www.breakthesilenceinc.org>

Focusing on providing awareness through music

events on the mental health stigma in our society

and reaching individuals that feel there is nothing

worth living for.

**Ardent Grove Foundation: Nonprofit MH Clinic**

[info@ardentgrove.org](mailto:info@ardentgrove.org)

303-704-4062

ardentgrove.org

300 S Jackson St. Suite 210. Denver, CO 80209

**ParenTween Foundation**

<https://www.parentweenconnection.com/foundation>

Times are tough. And you and your kids still need support. The ParenT(w)een Foundation's mission is to bridge the gaps that exist between your resources and professionals' expertise.

**Project Helping**

<https://projecthelping.org>

Volunteering improves your mental wellness.  
We make it ridiculously easy to volunteer so you  
can access this meaningful self-care tool.

**Second Wind Fund**

<https://thesecondwindfund.org>

Second Wind Fund has built an innovative program that matches children and youth, ages 19 and younger, who are at risk for suicide and do not have the means or adequate insurance for necessary mental health treatment, with licensed therapists in their local communities or potentially via teletherapy.

**Service based:**

**Fear to Courage**

Eva Fisher, PhD | <https://feartocourage.com/>

Mental health coaching services. Fear to Courage specializes in helping individuals with body dysmorphic disorder and anxiety disorders using clinically proven cognitive behavioral strategies.

**Renegade Health Boss**

Heather Gray FDN-P

<https://renegadehealthboss.com>

Functional Diagnostic Nutrition Practitioner

**Light of Love Coaching**

Michelle Vande Hey, [michelle@lightoflovecoaching.com](mailto:michelle@lightoflovecoaching.com)

Michelle empowers mission-driven leaders and teams. Through holistic coaching, trauma sensitive yoga, and breathwork clients connect more deeply to themselves, their mission and their community which creates long-lasting sustainable impact.

**Somatic Embodiment**

Laura Oswald | [www.lauraoswald.com](http://www.lauraoswald.com)

Somatic Experiencing is an alternative to traditional talk therapy. It is a highly effective body centered approach to healing, trauma, PTSD, depression, anxiety, and much more.

**Meridian Neuro**

Regina Italiano | Neurofeedback Specialist

<https://meridianneuro.com/>

**Footnotes Whole Body Healing Through Your Feet**

Kalea Kulbe | <https://www.kaleakulbe.com/>

FootZone Practitioner |[footnoteswbh@gmail.com](mailto:footnoteswbh@gmail.com)

**Adult Community Services and Child Community Services** (Mental Health Services)

<https://adultcommunityservices.com> <http://www.childcommunityservices.org>

**DTC Ellie Mental Health**

Client Access Team at 720-706-1944. <https://elliementalhealth.com/locations/denver-tech-center-co/> to complete a quick form. Client Access Team will typically call within 2 business days.

**Alis Behavioral Health: Adolescent focused Mental Health Services in Denver, CO for teens 11-17.**

[info@alisbh.com](mailto:info@alisbh.com)

888.528.3860

Alisbh.com

**VitalCare**

<https://vitalcare.us>

VitalCare is a licensed non-medical home care agency serving clients across the Front Range. We serve clients with a wide variety of needs including: Personal Care, Counseling, Music Therapy, Massage Therapy, Respite, Housekeeping.

**Free Services:**

#### **7 Cups**

#### <https://www.7cups.com>

7cups.com to offers free listening support via chat. There is someone that can listen 24/7 here.

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**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

**Crisis Services (in-person and hotlines)**

**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

[www.coloradocrisisservices.org](http://www.coloradocrisisservices.org)

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

**The Trevor Project**

**1-866-488-7386** | Text- ‘START’ to 678-678

[www.thetrevorproject.org](http://www.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 | [www.thehotline.org](http://www.thehotline.org)

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

**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.

**Rape Assistance and Awareness Program**

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

[www.thebluebench.org](http://www.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

[www.traumahealth.org](http://www.traumahealth.org) Youth & family program, trauma-sensitive yoga, elderly & disabled program, legal assistance to immigrants, resources & directories.

**Suicide Prevention Resources**

**American Association for Suicidology**

[www.suicidology.org](http://www.suicidology.org)

National resources & information about suicide.

**American Foundation for Suicide Prevention**

[www.afsp.org](http://www.afsp.org) - education & prevention programs

**Additional 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

**Professional Psychology Clinic (University of Denver)**

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

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

Psychotherapy & psychological testing provided by doctoral students

**Student & Community Counseling Center (University of Colorado Denver)** Sliding Scale $5 - $40. For Denver Public School students and their families

303-315-7270

**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.

**Center for African American Health**

303-355-3423 | [www.caahealth.org](http://www.caahealth.org).

Improving health and wellbeing for African Americans

**Therapist of Color Collaboration**

[www.therapistofcolor.com](http://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

**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](http://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 standar