

# Resource List

We are happy to offer this list of resources. Please note we do not work directly with any of the providers here. Please contact each provider directly for information and to determine goodness of fit.

## Crisis Resources

24/7/365

**Colorado Crisis Services**  
<https://coloradocrisiservices.org>  
 1844-493-8255

**Denver Springs**  
[www.denversprings.com](http://www.denversprings.com)  
 720-643-4300

**Highlands Behavioral**  
[www.highlandsbhhs.com](http://www.highlandsbhhs.com)  
 720-348-2800

## IOP/PHP Resources

- **Rogers Behavioral Health** - <https://rogersbh.org/why-choose-us/levels-care>
  - Accepts multiple insurances, also offers financial assistance
- **Sandstone Care** - <https://www.sandstonecare.com/locations/denver-mental-health>
  - Ages 13+
  - Accepts multiple insurances, not including CO Medicaid
- **Alis Behavioral Health** - <https://alisbh.com/>
  - Ages 11-17
  - Two locations (I25 and Colorado, Westminster)
  - Accepts multiple insurances including CO Medicaid and Kaiser
- **Charlie Health** - <https://www.charliehealth.com>
  - Ages 11-33
  - Accepts multiple insurances including CO Medicaid

## Counseling Resources

- **Lifestance** - [www.lifestance.com](http://www.lifestance.com)
  - Multiple locations / All ages/ Insurance
- **Denver Wellness Counseling**
  - <https://www.denverwellnesscounseling.com>
  - EMDR, Self-Pay
- **I Matter Colorado** - counseling for children
  - <https://www.imattercolorado.org>
- **Sondermind** [www.sondermind.com](http://www.sondermind.com)
  - Multiple locations / All ages/ Insurance
- **Holly Benight**
  - <https://inyourcornercounseling.com>
- **Janelle Washburne**
  - <https://janellewashburne.com>
- **Knippenberg & Associates**
  - <http://craigknippenberg.com/>
  - Denver and Littleton
  - Children/Teens/Social Skills/ Groups/ASD and ADHD Assessments/ IEP and 503 Educational Support
- **Queer Asterisk** - <https://queerasterisk.com>
- **Elliot Helt Therapy**
  - <https://www.elliottelttherapy.com>
  - Individual, family and partner's counseling (including poly/ENM partnerships)
  - Specialties: queer, trans, neurodivergent, chronic illness, narrative therapy, and somatic therapy
- **The Marriage and Family Clinic**
  - <https://www.themarriageandfamilyclinic.com>

## Couples Counseling

## Medication Management

- **Mindful Minds Psychiatry** - <https://mindfulmindspsychiatry.com/>
  - Accepts multiple insurance including CO Medicaid
- **Colorado Psychiatry Center** - <http://copsych.com/>
  - Ages 5-25
  - Accept multiple insurances, excluding CO Medicaid
- **Rocky Heights Wellness** - <https://www.rockyheightswellness.com/>
  - Accepts multiple insurance including CO Medicaid. Also offers ketamine treatment.
- **Peak Interactive Wellness** - <https://www.peakinteractivewellness.com/about>
  - Accepts multiple insurance including CO Medicaid. Also offers ketamine treatment.

## Other Resources

### Resources for Disordered Eating

- NourishED Colorado <https://nourishedcolorado.com/>
- Eating Recovery Center - <https://www.eatingrecoverycenter.com/>

### Occupational Therapy

- STEPS Pediatric Therapy - Occupational Therapy - <https://www.steptherapypediatrics.com/>
  - Accepts multiple insurances including CO Medicaid

### ADHD Coaching

- ADHD Navigator - <https://adhdnavigator.net/>

### Divorce Support

- Divorce Workshop - <https://divorceworkshopdenver.com>

### Transportation for Medical Appointments for Clients with CO Medicaid

- <https://gointelliride.com/colorado>

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## Community Mental Health Centers

CMHCs offer most services including medication management, individual/group counseling, and case management.

They will accept most insurances, have multiple locations, and see most ages.

This list covers most of Colorado. Please see individual websites for more information.

- **All Health Network** <https://www.allhealthnetwork.org/>
  - Parker, Castle Rock, & Littleton areas
- **Aurora Mental Health Center** <https://www.aumhc.org/>
- **Mental Health Center of Denver** <https://mhcd.org/>
- **Community Reach Center** <https://www.communityreachcenter.org/>
  - Westminster, Thornton, Broomfield, & surrounding areas
- **Jefferson Center for Mental Health** <https://www.jcmh.org/>
- **The Center for Mental Health** <https://www.centermh.org/>
  - Delta, Gunnison, Hinsdale, Montrose, Ouray, San Miguel
- **Northrange Behavioral Health** <https://northrange.org/>
  - Greeley, Frederick, Evans, Ft. Lupton, Windsor
- **San Luis Valley Behavioral Health Group** <https://www.slvbhg.org/>
- **Larimer Center for Mental Health** <https://www.summitstonehealth.org/>
- **Southeast Health Group** <https://www.southeasthealthgroup.org/>
  - La Junta, Lamar, Rocky Ford, Las Animas, Ordway, Springfield, Eads
- **Spanish Peaks Mental Health Center** <https://sprhc.org/>
  - Walsenburg & surrounding areas
- **Rocky Mountain Behavioral Health** <https://rmbh.org>
  - Canon City & surrounding areas