MENTAL HEALTH FIRST AID
LOW-COST RESOURCES

SLIDING SCALE SERVICES

Mental Health Center of Denver mhcd.org
303-504-7900
Medicaid/Medicare accepted. $30/month for uninsured. No one is turned away.
Case management, outpatient therapy, child and family, suicide prevention programs,
medication, housing services, residential treatment

Aurora Mental Health Center aumhc.org
303-617-2300
Sliding scale for Aurora residents. Medicaid/Medicare accepted, no insurance
required.
Individual, group and family therapy, medication, residential services, respite care,
vocational services, refugee wellness center

The Blue Bench thebluebench.org
303-329-9922, 24-hour hotline 303-322-7273, 24-hour Spanish hotline 303-329-0031
Sliding scale fee
Individual and group therapy, rape, assault and abuse survivor groups

Centers for Counseling and Family Therapy (Regis University)
303-964-6295 (Thornton), 719-264-7027 (Colorado Springs)
Sliding scale up to $30. No one will be turned away due to inability to pay. No
insurance accepted.
Counseling services for youth, adults and families

Community Reach Center communityreachcenter.org
303-853-3500
Sliding scale based on income. Medicaid/Medicare accepted.
Child, youth and family services, outpatient counseling, case management, substance
use, crisis services, housing, vocational services

Counseling and 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 and LD assessment

Jefferson Center for Mental Health (Jefferson, Clear Creek and Gilpin Counties)
JCMH.org
303-425-0300
Sliding scale possible for clients without insurance. Medicaid/Medicare accepted.
Mental health counseling, substance use treatment services, 24 hour crisis line

Maria Droste Counseling Center mariadroste.org
303-867-4600
Sliding scale fees available. Medicaid/Medicare accepted.
Individual, family, child and addiction counseling

Professional Psychology Clinic (University of Denver)
du.edu/gspp/services/ppo.html
303-871-2528
Sliding scale $15-70. Medicaid for therapy only.
Counseling, educational and psychological testing provided by doctoral students. Cancer,
HIV/AIDS, domestic violence and international disaster survivor specialties

Safehouse Denver safehouse-denver.org
24-hour crisis and information line 303-318-9979
Free services to survivors of domestic violence. Insurance not required.
Domestic violence safe shelter, emergency services, counseling and advocacy center,
Spanish services

Sheridan Health Services (University of Colorado Denver)
303-315-6150
Sliding scale fees. Medicaid and Medicaid accepted.
Individual and family therapy, physical care, oral health services, substance use

Student and Community Counseling Center (University of Colorado Denver)
303-315-7270
Sliding scale $5-40; $5 for Denver Public School students.
Individual, group, family, and couple therapy provided by masters level students

Information gathered from Mile High United Way. For additional information about
fees, accepted insurance, and services, call the numbers provided.

CULTURALLY RESPONSIVE

Asian-Pacific Development Center apdc.org
303-923-2920
Sliding scale available for private pay clients. Medicaid/Medicare accepted. No one
turned away due to inability to pay.
Counseling services, psychiatric screenings and referrals, mental health/cultural
competency consultation and education, primary care, youth programs, health
outreach and education, ESL and citizenship classes, multi-lingual services and
bilingual staff

El Centro de las Familias mhcd.org/el-centro
303-504-1900
No one will be turned away due to inability to pay. Medicaid/Medicare accepted.
Assessment/treatment ages 5+, Individual, family and group therapy, psychiatric care,
case management, Voz y Corazon Suicide Prevention Group, English and Spanish

Colorado Refugee Wellness Center
aumhc.org/programs-services/specialized-services/refugee/
303-617-2300
Sliding scale services
Integrated medical and behavioral healthcare, health navigators provide interpretation
in 15 languages, free legal consultation

Jewish Family Services jewishfamilyservice.org
303-597-5000
Sliding scale fee. Medicaid accepted, Insurance not required.
Disability and employment services, mental health counseling, grief counseling,
refugee mental health services, Russian language services

Servicios de la Raza serviciosdelaraza.org
303-458-5851
Sliding scale fees. Medicaid accepted, Insurance not required.
Individual and group therapy, substance use, parole community reintegration, youth
services, domestic violence program, HIV/AIDS, emergency food, job placement,
Spanish language services