

MENTAL HEALTH FIRST AID RESOURCES

COMMUNITY MENTAL HEALTH CENTERS

Mental Health Center of Denver mhcd.org
303-504-7900

Case management, outpatient therapy, child and family, suicide prevention programs, medication, housing services, residential treatment

All Health Network (Arapahoe and Douglas County) AllHealthNetwork.org
303-730-8858, 24/7 Crisis Intervention 303-730-3303
Adult counseling, child and family therapy, medication, walk in crisis center, criminal justice rehabilitation, substance use, primary care

Aurora Mental Health aumhc.org
303-617-2300
Individual, group and family therapy, medication, residential services, respite care, vocational services, refugee wellness center

Community Reach Center (Adams County) CommunityReachCenter.org
303-853-3500
Child, youth and family services, outpatient counseling, case management, substance use, crisis services, housing, vocational services

Denver Health denverhealth.org
303-602-4357
Substance use, outpatient and inpatient services, child and family, neuropsych, 24/7 mobile crisis

Jefferson Center for Mental Health (Jefferson, Clear Creek and Gilpin Counties)
JCMH.org
303-425-0300
Mental health counseling, substance use treatment services, 24 hour crisis line

Mental Health Partners (Boulder and Broomfield Counties) MHPColorado.org
303-443-8500
Outpatient, family services, substance use, community integration and rehabilitation, trauma, crisis services

CRISIS SERVICES

If there is a life threatening emergency dial 911

Colorado Crisis Services coloradocrisiservices.org
1-844-493-8255 or Text "TALK" to 38255
24/7 free hotline, text and online chat services for crisis help, information and referrals, free emergency walk-in locations

Suicide Prevention Lifeline suicidepreventionlifeline.org
1-800-273-TALK (8255); Spanish hotline 1-888-628-9454
If concerns about suicide arise for yourself or someone you care about, call, or chat online

Crisis Text Line crisistextline.org
Text HELLO to 741741
Text a trained Crisis Counselor

Denver Health Emergency Mental Health Services
303-602-7221
24/7 onsite/phone evaluations, crisis stabilization and treatment for psychiatric or substance emergencies, information and referrals

National Domestic Violence 24 Hour Hotline thehotline.org
1-800-799-7233
Speak confidentially if experiencing domestic violence, seeking resources, or questioning unhealthy relationships

National Human Trafficking Resource Center humantraffickinghotline.org
1-888-373-7888
Reach an Anti-Trafficking Hotline Advocate for 24/7 support in more than 200 languages

Rape Assistance and Awareness Program thebluebench.org
24-hour hotline 303- 322-7273, 24-hour Spanish hotline 303-329-0031
Case management, counseling and support through medical and legal logistics

The Center for Trauma and Resilience 24 Hour Hotline traumahealth.org
24-hour hotline 303-894-8000, 24-hour Spanish hotline 303-718-8289
Youth and families program, trauma sensitive yoga, elderly and disabled program, legal assistance to immigrants, resources and directories

SUICIDE PREVENTION

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American Association for Suicidology suicidology.org
National resources and information about suicide

American Foundation for Suicide Prevention afsp.org
Group and community engagement through education and prevention programs

Live Through This LiveThroughThis.org
A collection of portraits and stories of suicide attempt survivors



Mental Health Center of Denver

mhcd.org |   

SUICIDE PREVENTION CON'T

Safe2Tell Colorado safe2tell.org

1-877-542-7233

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

Second Wind Fund SecondWindFund.org

303-988-2645

Treatment services to children and youth at risk of suicide

Suicide Prevention Resource Center sprc.org

Resources and trainings both online and in person

Voz y Corazon mhcd.org/voz-y-corazon

Free, culturally sensitive mentoring and suicide prevention for youth and families

SUBSTANCE USE

Alcoholics Anonymous (AA) daccasaa.org

303-322-4440

Peer support group for those looking to recover from alcoholism

Al-Anon/Alateen

24-hour hotline: 303-321-8788

Support for family and friends of individuals with an alcohol use disorder

Narcotics Anonymous (NA) nacolorado.org/denver/meetinglist.html

303-832-DRUG (3784)

Peer support group for any drug use disorder

Nar-Anon nar-anon.org

1-800-477-6291

Support for family and friends of individuals with drug use disorders

Phoenix Multisport phoenixmultisport.org

720-440-9175

Free fitness center and activities for those in recovery from addiction

Sobriety House sobrietyhouse.org

720-381-4337

Halfway house, residential long-term treatment, independent living, outpatient services

Young People in Recovery youngpeopleinrecovery.org

720-600-4977

Support for young people recovering from a substance use disorder; recovery coaching

DIRECTORIES AND NATIONAL RESOURCES

Depression and Bipolar Support Alliance dbsalliance.org

1-800-826-3632

Support and education for those with mood disorders

Man Therapy ManTherapy.org

Mental health and suicide prevention information for working age men

Mile High United Way Denver unitedwaydenver.org/2-1-1

Dial 211

Free and confidential community referral service



National Alliance on Mental Illness (NAMI) namicolorado.org

303-321-3104

Resource hotline, mental health educational classes, support groups

Psychology Today psychologytoday.com

Search for therapists by zip code, specialty, and insurance

Homeless Shelter Directory homelessshelterdirectory.org

Shelters, homeless service organizations, free clinics, food pantries

SAMHSA findtreatment.samhsa.gov

National Helpline: 1-800-662-HELP (4357)

Mental health and substance abuse treatment services locator

Schizophrenia and Related Disorders Alliance of America sardaa.org

240-423-9432

Provides Schizophrenics Anonymous, a community-based, peer support group

VETERAN SERVICES

Veteran Crisis Line veteranscrisisline.net

Call 1-800-273-TALK (8255) and press 1 or text 838255

Suicide prevention lifeline through the Department of Veterans Affairs

VA Eastern Colorado Health Care System Denver.VA.gov

303-399-8020

Assessments, individual, couple, and family therapy, Rocky Mountain MIRECC for VA Suicide Prevention (MIRECC.VA.gov)

The National Child Traumatic Stress Network

nctsn.org/resources/topics/military-children-and-families

Resources and information for military children and families

LGBTQ SUPPORT

The Center glbtcolorado.org

303-733-7743

GLBT social and support groups, sliding scale fee available for counseling services

The Trevor Project TheTrevorProject.org

24/7 support 1-866-488-7386, Text Trevor to 1-202-304-1200

Crisis line, text, or chat online, resources and education programs

Trans Lifeline translifeline.org

(877) 565-8860

Hotline staffed by transgender people for transgender people

ADDITIONAL LOCAL RESOURCES

Eating Disorder Center of Denver edcdenver.com

303-771-0861

Outpatient services, support groups (Eating Disorders Anonymous), training programs

The Eating Disorder Foundation of Denver eatingdisorderfoundation.org

303-322-3373

Education, support and advocacy for individuals with an eating disorder and families

Judi's House JudisHouse.org

720-941-0331

Grief services, school and community services, education programs



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