



Mental Health Resources

Supporting emotional health and addressing mood concerns are an important part of medical care. Here are some resources to help you find mental health support.

National Suicide and Crisis Hotline: 988
Anywhere in the U.S., any time day/night: call 988 or text 988 to speak with a trained crisis counselor.

I Matter. imattercolorado.org

On the website, you will take a brief, confidential survey that will match you with a mental health provider. You will be eligible to receive 6 free sessions, no matter your responses. If you are 11 or younger, your parent will need to fill out the survey with you. Parents can also use the site and survey to connect with a mental health professional.

If you have health insurance, go to their website, and use the “Find a provider” feature to locate an in-network therapist.

lifestance.com

Regional provider of mental health services. *Insurance coverage is always dependent on your plan but they accept most private insurances, Medicaid, and Medicare.*

sondermind.com

Regional provider of mental health services. *Insurance coverage is always dependent on you plan but they accept many private insurances.*

cbhc.org

Find your local Community Mental Health Center. *No insurance necessary.*

Adams County communityreachcenter.org


Tel: (303) 853-3500

Arapahoe County allhealthnetwork.org


Tel: (303) 730-8858

Aurora County aumhc.org


Tel: (303) 617-2300

Boulder County mhpcolorado.org


Tel: (303) 443-8500

Denver County wellpower.org


Tel: (303) 504-7900

El Paso County diversushealth.org


Tel: (719) 572-6100

IN PERSON
AND
TELEHEALTH
OPTIONS



Pediatric and Adolescent Gynecology
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

Find out more at: cupag.org/mental-health

The information presented is intended for educational purposes only. It is not intended to take the place of your personal doctor's advice and is not intended to diagnose, treat, cure or prevent any disease. The information should not be used in place of a visit, call or consultation or advice of your doctor or other health care provider.



Pediatric Mental Health Institute

Offers services to children, adolescents, and families.



Telephone: [\(720\) 777-6200](tel:(720)777-6200)



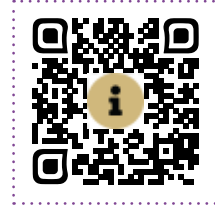
CU Medicine Psychiatry – Outpatient Clinic

Offers a general outpatient psychiatry clinic and many sub-specialty clinics (children, adolescents, adults, couples, families).



University of Colorado Medicine

Telephone: [\(303\) 724-1000](tel:(303)724-1000)

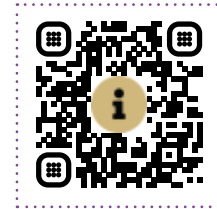


Helen and Arthur E. Johnson Depression Center

Focus on treating depression, bipolar disorder, anxiety disorders, and related conditions. Offers services to children, adults, families, and couples.



Telephone: [\(303\) 724-3300](tel:(303)724-3300)



UNIVERSITY OF COLORADO SCHOOL OF MEDICINE RESOURCES



Interested in learning more? Check out our Mental Health Resources page.



Pediatric and Adolescent Gynecology
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

Find out more at: cupag.org/mental-health

The information presented is intended for educational purposes only. It is not intended to take the place of your personal doctor's advice and is not intended to diagnose, treat, cure or prevent any disease. The information should not be used in place of a visit, call or consultation or advice of your doctor or other health care provider.