



## Clinics and Programs

### **Rocky Mountain Crisis Partners**

<http://www.metrocrisiservices.org/>

1-844-493-8255 (TALK)

- Available online-self assessment(s)
- Immediate one-on-one counseling calls with professionals
- Services Provided:
  - **Metro Crisis Line:** Colorado's free, confidential, 24/7 telephone hotline for mental health or substance abuse crisis help, information, and referrals.
  - The second service provided is the free **Program Services Directory**, including over 3,000 different providers, assistance programs, and support resources throughout the community.
  - *Want to speak to a Crisis Clinician online?*  
4:00 p.m. - 12:00 a.m. 7 days a week - See more at:  
<http://www.metrocrisiservices.org/6-about-rmcp/what-we-do/chat>

### **The Action Center**

303-237-7704

8755 W. 14<sup>th</sup> Ave., Lakewood, CO 80215

<http://theactioncenterco.org/>

- Hours of Operation:
  - Monday, Tuesday, Wednesday, and Friday: 9:00am – 3:00pm
  - Thursdays: 11:00am – 5:30pm
- Serves Jefferson county residents and homeless individuals
- Crisis counseling from 1 to 6 sessions
- Intensive case management and extra assistance accessing services in the community
- Spanish speaking services available.

### **Affordable Counseling Program – Animal Assisted Therapy Programs of Colorado**

720-266-4444

<http://animalassistedtherapyprograms.org/>

1255 Lee St., Lakewood, CO 80217

- Counseling for children, adults and families with the assistance of therapy animals
- Master's Level Interns counsel clients through the Scholarship Program, a Low Fee service for those clients in need of a sliding fee scale (if making over \$40,000/year, please seek services elsewhere)
  - More details on the Scholarship Program can be found at:  
[http://animalassistedtherapyprograms.org/scholarship\\_program.html](http://animalassistedtherapyprograms.org/scholarship_program.html)

The following is a list of mental health providers that accept payments based on a sliding scale (depending on income). Some providers may have a wait list or a limited number of visits. Be sure to call each provider for more information and to ask about eligibility information.

In the event of a mental health crisis, call 911 or Rocky Mountain Crisis Partners at 1-844-493-8255.

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If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.



**Asian Pacific Development Center**

303-923-2920

1537 Alton St., Aurora, CO 80010

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

- Services include: individual, couples, family, and group psychotherapy and counseling; psychological evaluation; psychiatric medication evaluation and monitoring; case management services; and senior outreach.
- These services, as well as mental health consultation and education activities, are provided by clinical staff in Hmong, Japanese, Khmer, Korean, Laotian, Mandarin, Cantonese, Taiwanese, Thai, Vietnamese, and English.
- Payment: Medicaid, various third party insurance and private payment on a sliding scale. (soon to be accepting Medicare as well)

**The Centre for Behavioral Health at Porter Adventist Hospital**

303-778-5774

2465 S. Downing St., Ste 110, Denver

<http://www.porterhospital.org/POH/Specialties/Behavioral-Health/Centre-for-Behavioral-Health/>

- Individual and family counseling for adults, teens, and children is provided by licensed, Masters-educated counselors specializing in family counseling, cognitive behavioral therapy, play therapy and trauma therapy.
- Psychiatric medication management services for all ages.
- Payment: They accept most managed healthcare insurance plans. They cannot accept Medicaid. A sliding fee schedule is available for those clients who qualify and do not have health insurance coverage
- Hours of Operation: Monday – Friday, 8:00AM – 5:00PM. Treatment hours may differ.

**CHARG Resource Center**920 Emerson St., Denver, CO 80218 – Drop-In Center – **303-830-2130**709 E. 12<sup>th</sup> Ave., Denver, CO 80203 – Clinic and Offices – 303-830-8805[www.charg.org](http://www.charg.org)

- Drop-In Center @ CHARG
  - The drop-in center is open to anyone 18 years and older living with mental illness and receiving mental health treatment, regardless of where they receive treatment
  - One can sit quietly and read, or socialize in a variety of groups, recreational outings, and seasonal celebrations. Coffee, snacks, food bank, the daily newspaper, clothing bank, free internet and phone, and a low-cost lunch on Tuesdays (\$1.25).
  - Peer specialists are also available for assistance with basic needs resources.
  - Free of charge, but members must fill out a contact information form during first visit and bring verification of treatment to their second visit
  - Hours of Operation:
    - Monday, Wednesday, and Friday: 10am-5pm
    - Tuesday and Thursday: 12pm-5pm
    - Saturdays: 10am-2pm
- The HEARTLAND Clinic
  - Outpatient clinic that provides intensive services to adults with major mental illness.



- These services include individual counseling, group counseling, medication management, case management, skills training, payee program, recreational activities and monitoring of overall health.
- Call for more information regarding payment for services.

### **Clinica Tepeyac**

303-458-5302

5075 Lincoln St., Denver, CO

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

- Offers culturally competent bilingual services for the underserved and underinsured in the community. They provide various services, including: Individual, couples, family and group counseling for children, adolescents and adults.
- Visits are \$25

### **Counseling Connections**

720-328-0569

3954 Youngfield St., Wheatridge, CO 80033

<http://www.connections counseling.net/default.html>

[connections counseling5@gmail.com](mailto:connections counseling5@gmail.com)

- Comprehensive treatment center for trauma with therapists having experience in PTSD and use evidence-based treatments such as EMDR and somatic trauma work.
- For individuals and families who do not have resources to pay, we offer a sliding scale as low as \$50/hour depending on the clinician. Contact for more details.

### **The Denver Family Institute**

303-756-3340

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

3600 Yosemite St., Ste. 1050, Denver, CO 80237 – South/Central

4891 Independence Ave., St. 165, Wheat Ridge, CO 80033 – North

- Serves the Denver Metro Area by providing therapy for individuals, couples, and families regardless of income
- Counseling provided on a sliding fee scale based on the family's annual income and ranges from \$15-\$50 a session
- Pro bono work can also be completed at a nearby café if one cannot afford the minimum service charge, please inquire for more details

### **Foundation Family Counseling P.L.L.C.**

303-393-0085

789 Sherman St, Suite 440, Denver, Co 80203

[www.foundationsfamilycounseling.com](http://www.foundationsfamilycounseling.com)

- Services include individual, couple and family therapy, play therapy, life coaching, EMDR for topics such as: trauma and abuse, addiction, depression and anxiety and GLBTQQ issues.
- Sliding scale fees may vary, as low as \$50/hour. Medicaid accepted. Contact for more detail.



**Jewish Family Services**

303-597-7777, 303-597-5000

3201 S. Tamarac Dr., Denver, CO 80231

[www.jewishfamilyservice.org](http://www.jewishfamilyservice.org)[counseling@jewishfamilyservice.org](mailto:counseling@jewishfamilyservice.org)

- Therapy is offered on a sliding-scale-fee basis and can range from \$35 to \$130 per hour, depending on income.
- Accept some private insurance; do not accept Medicaid.
- Call or email to set up an Intake appointment.

**Maria Droste Counseling Center**

303-756-9052

1355 South Colorado Blvd. Suite C-100, Denver, CO 80222

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

- Provides mental health services regardless of a client's ability to pay.
- Serves children, adults, groups, and families and provides treatment for issues such as: depression, substance abuse, grief and loss, trauma, relationship issues and parenting and family problems.
- Accepts all kinds of insurance, including Medicare/Medicaid.
- Sliding scale for those without insurance.

**Mount Saint Vincent Home – Outpatient Counseling Services**

303-458-7220

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

4159 Lowell Blvd., Denver, CO 80211

- Treatment center for children with severe behavioral and emotional challenges
- Provides individual, family, and group therapy as well as residential, in-home, and day treatment services.
- Sliding scale outpatient is only offered when a client moves from a higher level of care at Mount Saint Vincent into outpatient treatment as a step-down. Inquire for more details.

**People House**

303-480-5130

3035 W. 25<sup>th</sup> Ave., Denver, CO 80211[www.peoplehouse.org](http://www.peoplehouse.org)

- Serves adults, children, couples, and families
- Low-cost therapy program which is intended for clients who have a need for counseling services but lack the resources for full-priced psychotherapy.
- Counseling by interns on a sliding scale basis (\$20 to \$40 per hour).
  - They request that clients choose the appropriate fee based on income and life circumstances.

**University of Colorado Denver Psychological Services Center – Auraria Campus**

303-556-5289

<http://www.ucdenver.edu/academics/colleges/CLAS/Centers/psychservices/Pages/default.aspx>

1200 Larimer St., North Classroom Building, Suite 4036, Denver, CO 80217



- Costs: \$10 for an intake and between \$10-\$25 for therapy sessions – they are committed to provide help regardless of ability to pay.
- All services are provided by doctoral level students in training who are supervised by licensed clinical psychologists. These services include: therapy, psychological testing/assessment and health psychology services.
- Hours of Operation: Monday-Thursday, 9:00AM – 8:00PM (except during university vacation breaks and holidays).

### **University of Denver – Professional Psychology Clinic**

303-871-3626

<http://www.du.edu/gspp/services/ppc.html>

2450 S Vine St., Denver, CO 80208 (DU Campus)

- Staffed by more than 100 doctoral students and psychologists, they offer affordable and confidential mental health care. Services are available without visit limitations
- Individual, couples, and family counseling with sliding scale fees based on income
- Groups are available; please call for more info about joining a group:
  - Interpersonal Process Group, Thursdays, 7:00pm-8:30pm
  - Gay Men's Group, location and time upon request
- Hours of Operation:
  - Monday – Thursday: 8:30 AM - 8:30 PM
  - Friday: 8:30 AM - 3:00 PM

### **University of Denver - Counseling & Educational Services Clinic**

303-871-2528

<http://morgridge.du.edu/counseling-educational-services-clinic/>

1999 East Evans Ave., Denver, CO 80208

University of Denver, Katherine A. Ruffatto Hall (Building 83 on DU campus map), Room #140

- Provides a community counseling service for adults, adolescents, children, couples, and families with career, personal, family, educational, and other life concerns
- The clinic offers assessment, counseling, consultation, support and therapy groups, and referrals to other community services when appropriate
- Fees for counseling and psychological services vary from \$10 to \$125 per hour and are determined on a sliding scale fee schedule based on gross monthly income
  - DU students, staff and faculty receive a 10% discount on counseling and psychological assessment services
- Hourly paid parking is available in Lot 302 or 316W.

### **University of Denver – Clinic for Child and Family Psychology**

303-871-3306

[www.du.edu/psychology/child\\_and\\_family\\_clinic/](http://www.du.edu/psychology/child_and_family_clinic/)

2155 S. Race Street, Denver, CO 80208 (DU Campus)

- Services provided:
  - For Children and Adolescents
    - Depression and Low Self-Esteem
    - Behavior Problems such as defiance, anger/aggression, and temper tantrums
    - Anxiety Problems including school refusal, social anxiety, worry, and obsessive-compulsive disorder (OCD)



- Emotional reactions to traumatic events (Post Traumatic Stress Disorder; PTSD)
- Full psychological evaluations on a sliding scale between \$150-\$800
- For Parents
  - Behavioral Parenting Skills
- For Adults
  - Couples or marital therapy
  - Anxiety Problems including social anxiety, worry, and post traumatic reactions
  - Depression and mood difficulties
- Sliding scale only, sessions range from \$5-\$75 depending on annual taxable income
- Hours of Operation: Monday-Thursday 9:00AM – 8:00PM, Friday 9:00AM – 5:00PM

### **70 West Counseling**

720-898-3208

[70westcounseling.com/home/](http://70westcounseling.com/home/)

9901 West 50<sup>th</sup> Avenue, Wheat Ridge, CO 80033

- Full range of counseling services, including groups, individual, couples, and family counseling covering a wide range of topics including: grief, depression, shame, trauma, crisis and many more.
- New intensive outpatient groups beginning soon
- Spanish-speaking counselor available
- Payment: Sliding scale fees range from \$20, \$40 or \$60; scholarships and pro bono work also provided. No one is turned away due to inability to pay.
- Hours of operation
  - Monday: Office Closed, Tuesday – Friday 9:00am – 9:00pm; on Wednesdays, child care is provided from 6:00pm-8:00pm

### **Child Counseling**

#### **Judi's House**

720-941-0331

1741 Gaylord St., Denver CO 80206

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

- Provides support groups, grief education groups, individual and family counseling, and activities for children ages 3-18 and young adults 18-25. Also provides support and education for caregivers of grieving children and youth.
- Services are available in Spanish.
- Services are provided free of charge to children and families grieving a death loss of any kind. Donations accepted.

#### **Second Wind Fund**

720-962-0706

13701 W. Jewell Ave. #251, Lakewood, CO 80228

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

- Free counseling for kids aged 19 and under who are underinsured or uninsured
- Matches kids at risk for suicide with a community therapist and pays for up to 12 sessions
- Referrals made through mental health professionals due to financial or social barriers to treatment. Referral line for providers: 720-988-2645



## **Counseling for the Homeless**

### **Mental Health America of Colorado**

720-208-2220, or toll-free at 1-800-456-3249

1385 S. Colorado Blvd., Suite 610, Denver, CO 80222

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

- Provides short-term, free mental health services to low-income children and their families, older adults, and people who are homeless.

### **Stout Street Clinic**

303-293-6512 (mental health triage line)

2130 Stout St., Denver, CO 80205

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

- Open for appointments and walk-ins Monday, Tuesday, Thursday, and Fridays: 7:30am, Open for walk-ins on Wednesdays: 11:00am

## **Religious Counseling**

### **Alabaster Vessel**

**303-453-9775**

5483 W. Alder Avenue, Littleton CO 80128

<http://www.alabastervessels.org/>

- Free therapy services for girls 13-18
- Christian counseling for multiple therapies

### **Catholic Charities – Regina Caeli Clinical Services**

720-377-1359

4045 Pecos St., Denver 80211

<http://www.rccsdenver.org/ReginaCaeli/index.php/clinical-ministry.htm>

- Individual, marital, family and child counseling.
- Fee-based service. Grants available.

### **Centus**

303-639-5240

1385 S. Colorado Blvd Ste. 210, Denver, CO 80222

<https://centus.org/counselors>

- Counseling and psychotherapy for individuals, couples, and families.
- A subsidy may be provided based on income or personal circumstances.
- To request an appt., please call or email a clinician through the link above.

### **Grace Counseling Services**

720-489-8555

7921 Southpark Plaza, Suite 204, Littleton 80120

[www.gracecounseling.net](http://www.gracecounseling.net)

- Christian organization serving all areas. Counseling for individuals, couples, children and adolescents.



- No religious affiliation required to receive services. Faith and spirituality will be incorporated upon preference of the client.
- Frequently, a few therapists offer a sliding scale depending on individual and family financial circumstances and availability of reduced-fee spots.
- Hours of Operation: Monday – Thursday 9am – 5pm, appointment only.

#### **Shepherd’s Gate Counseling Center – Denver Seminary**

303-762-6987

6399 S. Santa Fe Dr., Littleton, CO 80210

<http://www.denverseminary.edu/resources/shepherds-gate-counseling/>

- Marital, premarital, couple, older adult issues, men and women issues, grief and loss, child, and adolescent counseling provided by graduate students enrolled in Denver Seminary. Generally 10-15 sessions.
- Cost is \$5 to \$25 per session depending on income. Typically there is no waiting list.

#### **Southwest Counseling Associates**

303-730-1717

141 W. Davies Ave., Littleton, CO

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

- Traditional or Christian counseling for individuals, families & couples.
- Scholarships available for low-income clients to pay a percentage of their fees depending on income for a limited number of sessions.

#### **Specific Populations**

##### **Colorado AIDS Project (CAP)**

303-837-0166

2490 W. 26<sup>th</sup> Ave., Suite A-300, Denver, CO 80211

<http://www.ncaids.org/denver-colorado-aids-project>

- Free individual, families and group counseling, and support groups for those with HIV/AIDS.

