## Mental Health Treatment: Low Cost / Sliding Scale

### Clinics and Programs

<table>
<thead>
<tr>
<th>Clinic Name</th>
<th>Address</th>
<th>Website</th>
<th>Services Provided</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rocky Mountain Crisis Partners</td>
<td><a href="http://www.metrocrisisservices.org/">http://www.metrocrisisservices.org/</a></td>
<td><a href="http://www.metrocrisisservices.org/">http://www.metrocrisisservices.org/</a></td>
<td>Available online-self assessment(s)</td>
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<td>Immediate one-on-one counseling calls with professionals</td>
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<td>Services Provided:</td>
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<td>o Metro Crisis Line: Colorado's free, confidential, 24/7 telephone hotline for</td>
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<td>mental health or substance abuse crisis help, information, and referrals.</td>
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<td>o The second service provided is the free Program Services Directory,</td>
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<td>including over 3,000 different providers, assistance programs, and support</td>
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<td>resources throughout the community.</td>
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<td>o Want to speak to a Crisis Clinician online?</td>
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<td>4:00 p.m. - 12:00 a.m. 7 days a week - See more at:</td>
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<td><a href="http://www.metrocrisisservices.org/6-about-rmcp/what-we-do/chat">http://www.metrocrisisservices.org/6-about-rmcp/what-we-do/chat</a></td>
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### The Action Center

303-237-7704
8755 W. 14th 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

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.

The list is organized as follows:
- Clinics and Programs – pages 1-5
- Child Counseling – page 6
- Counseling for the homeless – page 6
- Religious Counseling – pages 6-8
- Specific Populations – page 8

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
- 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. 12th Ave., Denver, CO 80203 – Clinic and Offices – 303-830-8805
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.connectionscounseling.net/default.html](http://www.connectionscounseling.net/default.html)

- 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
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
- 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
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. 25th Ave., Denver, CO 80211
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

Updated January, 2016
• 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:
  o Interpersonal Process Group, Thursdays, 7:00pm-8:30pm
  o Gay Men's Group, location and time upon request
• Hours of Operation:
  o Monday – Thursday: 8:30 AM - 8:30 PM
  o 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
  o 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/
2155 S. Race Street, Denver, CO 80208 (DU Campus)
• Services provided:
  o 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 50th 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

- 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

- 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

- 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

- 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/](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. 26th Ave., Suite A-300, Denver, CO 80211
[http://www.ncaids.org/denver-colorado-aids-project](http://www.ncaids.org/denver-colorado-aids-project)

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