



Eating Disorder Resources Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

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

Treatment Programs

ACUTE Center for Eating Disorders & Severe Malnutrition at Denver Health

877-228-8348

777 Bannock St, Denver, CO 80204

<https://www.denverhealth.org/services/acute-center-for-eating-disorders>

- Specialized medical stabilization for patients of all genders (typically ages 15+) who are too medically compromised for traditional inpatient/residential eating disorder treatment. After stabilization, patients transition to residential/inpatient programs.

Children's Hospital Colorado – Eating Disorders Program

720-777-6200

13123 E 16th Ave, Aurora, CO 80045

<https://www.childrenscolorado.org/doctors-and-departments/departments/psych/programs/eating-disorders/>

- Comprehensive eating disorder–specific inpatient, partial hospitalization (day treatment), intensive outpatient, and outpatient services for children, adolescents, and young adults through age 18. Family-centered, evidence-based care.

EDCare – Denver

303-771-0861

4100 E Mississippi Ave, Suite 1300, Denver, CO 80246

<https://eatingdisorder.care/locations/denver/>

- Levels of care include Adult Residential (RTC), PHP, IOP, and Virtual IOP; Adolescent PHP/IOP. Specialty tracks include Athlete, Substance Use, Binge Eating, and Trauma.
- As of 2025, EDCare operates an adult Residential program in Denver and is in-network with Colorado Medicaid (Health First Colorado). Call to confirm current insurance panels and availability.

La Luna Center – Boulder & Fort Collins

Boulder: 720-470-0010 | Fort Collins: 970-282-8282

Boulder: 3002 Bluff St, Suite 200, Boulder, CO 80301

Fort Collins: 2020 Caribou Dr, Suite 201, Fort Collins, CO 80525

<https://www.lalunacenter.com/>

- Offers Partial Hospitalization (Day Treatment), Intensive Outpatient (IOP), individual therapy, and nutrition therapy for adults. Monthly family & friends info night.

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Eating Recovery Center (ERC) – Multiple Denver Locations

- ERC provides a full continuum of care. Call for intake to be matched to the appropriate campus and level of care.

ERC Denver – Willow (Adults: Inpatient & Residential)

303-731-8199

8199 E 1st Ave, Denver, CO 80230

<https://www.eatingrecoverycenter.com/recovery-centers/denver>

- 24/7 inpatient and residential treatment for adults.

ERC Denver – 1st Ave (Adults: PHP & IOP)

303-731-8900

8190 E 1st Ave, Suite 105, Denver, CO 80230

<https://www.eatingrecoverycenter.com/recovery-centers/denver/8190-e-1st-ave>

- Adult partial hospitalization (7 days/week) and intensive outpatient programs.

ERC Denver – Franklin St (Children & Adolescents: Inpatient, Residential, PHP & IOP)

303-825-8584

1830 Franklin St, Suite 500, Denver, CO 80218

<https://www.eatingrecoverycenter.com/recovery-centers/denver/franklin-st>

- Comprehensive levels of care for children and adolescents.

Aspen Ridge Mental Health – Denver & Westminster (Outpatient Therapy)

Denver: 855-626-4244 | Westminster: 855-626-4244

Denver: 1777 S Bellaire St, Suite 390, Denver, CO 80222

Westminster: 8461 Turnpike Dr, Suite 102, Westminster, CO 80031

<https://aspenridgemh.com/>

- Outpatient individual, couples, family, and group therapy including therapy for eating disorders. Suitable for outpatient-level needs.
- Accepts many commercial plans; offers a dedicated Medicaid Clinic. Not a residential/PHP/IOP facility.

Outpatient Groups

The Eating Disorder Foundation (EDF) – Denver

303-322-3373

1901 E 20th Ave, Denver, CO 80205

<https://www.eatingdisorderfoundation.org/>

- Free support groups (virtual and in-person) for adults with eating disorders, plus groups for family and friends, mentorship, drop-in support, workshops, and more. See current schedule online.

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- Phone hours: Tue–Thu 9am–6pm; Fri 9am–4pm; Sat 9am–1pm MT. In-person drop-in hours: Tue–Thu 9am–5pm; first Saturday 9am–1pm. Check website for updates.

ANAD (National Association of Anorexia Nervosa & Associated Disorders) – Free Virtual Support Groups

Helpline: 1-888-375-7767

<https://anad.org/get-help/about-our-support-groups/>

- Peer support groups offered virtually; multiple specialized groups available (e.g., LGBTQ+, BIPOC, Teens, People in Larger Bodies). Registration required.

Eating Disorders Anonymous (EDA) – 12-Step Groups

<https://eatingdisordersanonymous.org/meeting/>

- Free, open 12-step meetings (virtual and in-person). See website for meeting finder.

Nutrition Therapy (Registered Dietitians)

NourishedED Colorado

720-664-8927

899 Logan St, Suite 406, Denver, CO 80203

<https://nourishedcolorado.com/>

- Eating-disorder–informed nutrition therapy; Family-Based Treatment (FBT) support available. In-network with many commercial plans. Does not accept Medicaid/Medicare.

Side by Side Nutrition

708-717-7394

Arvada office (by appt.) and Fort Collins; telehealth throughout Colorado

<https://sidebysidenutrition.com/>

- Eating-disorder–specialized dietitians. In-network with many plans (e.g., Cigna, UnitedHealthcare/Optum, Blue Cross Blue Shield, Aetna). Sliding scale may be available.

Sollus Nutrition Therapy

720-432-3612

750 E 9th Ave, Suite 110, Denver, CO 80203

<https://www.sollusnutritiontherapy.com/>

- Eating-disorder-specialized RDs; in-network with many Aetna, Cigna, UnitedHealthcare and UMR plans. Telehealth also available.

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Courage to Nourish

301-202-4532

hello@couragetonourish.com

Virtual services in CO

<https://couragetonourish.com/financial/>

- Eating-disorder dietitians (HAES-aligned). Out-of-network; provides superbills; HSA/FSA accepted.

Hotlines & Resource Support

988 Suicide & Crisis Lifeline

Call or text 988 (24/7)

<https://988lifeline.org/>

- 24/7 free and confidential support for people in distress; prevention and crisis resources.

National Alliance for Eating Disorders – Helpline

1-866-662-1235

<https://www.allianceforeatingdisorders.com/>

- Provides referrals to care, free support groups, education, and more. Staffed by therapists. See website for current hours.

ANAD Helpline

1-888-375-7767

<https://anad.org/eating-disorder-helpline/>

- Free, peer-led helpline for support and resources (not a crisis line).

NEDA (National Eating Disorders Association) – Screening & Resources

<https://www.nationaleatingdisorders.org/get-help/>

Online screening tool, treatment finder, and free/low-cost support options. (Note: no live phone helpline.)