



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.

Comprehensive Treatment Programs (Inpatient, PHP, IOP)

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), 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.
- EDCare is in-network with most major insurance plans, including Colorado Medicaid (Health First Colorado) and TRICARE. 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 18+; IOP is also offered virtually statewide. Monthly family & friends info night. Accepts most commercial insurance and Health First Colorado (Medicaid).

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Eating Recovery Center (ERC) – Multiple Denver Locations

- ERC provides a full continuum of care. Call central intake at 877-825-8584 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.

Equip – Virtual Eating Disorder Treatment

Telehealth throughout Colorado

<https://equip.health/>

- Fully virtual, evidence-based treatment (including Family-Based Treatment and CBT-E) for patients ages 5+ with any eating disorder diagnosis. Each patient is matched with a dedicated care team: therapist, dietitian, medical provider, and peer and family mentors.
- In-network with many major commercial plans; verify current coverage on the website.

Outpatient Therapy & Groups

Aspen Ridge Mental Health – Denver & 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, family, couples, and group therapy for eating disorders. In-person in Denver and Westminster; telehealth available throughout Colorado.
- In-network for therapy with Health First Colorado (Medicaid), United, Aetna, and Cigna.

The Ardent Grove Foundation – Denver

303-704-4062 (call or text)

300 S Jackson St, Suite 520, Denver, CO 80209

<https://ardentgrove.org/>

- Nonprofit, donor-funded mental health clinic offering low-cost and Medicaid-covered outpatient therapy, including the Accessible Care for EveryBody (ACE) program for eating disorders, disordered eating, and body image concerns.
- Note: The Eating Disorder Foundation (EDF) concluded its programs in 2026. Ardent Grove is expected to continue EDF's in-person Denver support groups; check the website for current group offerings.

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Inner Atlas Therapy

720-295-0450

6535 S Dayton St, Suite 2850, Greenwood Village, CO 80111

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

- Psychotherapy practice offering treatment for disordered eating, trauma, and body image concerns, incorporating somatic modalities such as EMDR, IFS, and Body Trust.
- Insurance not listed. Clients should inquire regarding sliding-scale options. HSA/FSA eligible.

Every Body Therapy

Telehealth

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

- Size-inclusive, anti-diet, body-trust-aligned therapy practice supporting individuals healing their relationship with food and their bodies.
- Clients should inquire directly about insurance participation. Sliding scale availability varies by therapist. HSA/FSA eligible.

Carmen Cool, MA, LPC

Telehealth

<https://carmencool.com/>

- Therapist and body-justice practitioner offering counseling rooted in size inclusivity, somatics, and body-trust frameworks.
- Insurance not listed. Sliding scale may be offered on a limited basis. HSA/FSA eligible.

Guided Revolution Counseling & Art Therapy

720-258-6209

Littleton, CO & Telehealth

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

- Counseling and art therapy specializing in disordered eating, neurodivergence, and LGBTQIA2S+ communities.
- Offers in-person and virtual sessions. Limited sliding-scale spots may be available. HSA/FSA eligible.

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.

F.E.A.S.T. – Support for Parents & Caregivers

<https://www.feast-ed.org/>

- Free education, peer support forums, and programs for parents and caregivers of loved ones with eating disorders; partners with ANAD on virtual caregiver and sibling support groups.

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Nutrition Therapy

Gaudiani Clinic

720-515-2140

4700 Hale Parkway, Suite 380, Denver, CO 80220

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

- Outpatient medical practice specializing in comprehensive medical care for adolescents and adults with eating disorders. Provides medical monitoring and coordinates closely with each patient's outpatient therapy and nutrition providers; the clinic itself does not provide therapy or dietary care.
- Does not accept insurance, Medicaid, or Medicare. Provides superbills for reimbursement. HSA/FSA eligible.

RD Kylee Nutrition

Telehealth

<https://rdkylee.com/>

- Eating-disorder-informed, weight-inclusive nutrition counseling with a focus on intuitive eating, behavior change, and sustainable nourishment.
- Accepts many insurance plans; inquire directly. HSA/FSA eligible.

NourishED 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. HSA/FSA eligible.

Sollus Nutrition Therapy

720-432-3612

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

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

- Eating-disorder-specialized RDs; in-network with many Aetna, Cigna, UnitedHealthcare and UMR plans. HSA/FSA eligible.

Courage to Nourish

301-202-4532

hello@couragetonourish.com

Telehealth

<https://couragetonourish.com/>

- Eating-disorder dietitians (HAES-aligned). Does not accept insurance; provides superbills for reimbursement. HSA/FSA eligible.

Side by Side Nutrition

708-717-7394

Fort Collins & Colorado Springs for in-person; telehealth available 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. HSA/FSA eligible.

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The Crooked Carrot

Telehealth

<https://thecrookedcarrot.com/>

- Weight-inclusive, eating-disorder-informed nutrition therapy and intuitive-eating coaching providing support for rebuilding trust in the body, healing food patterns, and developing flexible eating approaches.
- Inquire directly about insurance participation or possible sliding scale options. HSA/FSA eligibility unknown.

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.

Colorado Crisis Services

1-844-493-8255 or text “TALK” to 38255 (24/7)

<https://coloradocrisiservices.org/>

- Statewide support for mental health, substance use, or emotional crises; calls and texts connect to the 988 Colorado Mental Health Line. Walk-in crisis centers available across the state.

National Alliance for Eating Disorders – Helpline

1-866-662-1235

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

- Provides referrals to care, free therapist-led virtual support groups, education, and more. Staffed by licensed therapists; see website for current hours. Also maintains a national treatment directory at finedhelp.com.

ANAD Helpline

1-888-375-7767

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

- Free, peer-led helpline for support, encouragement, and treatment referrals (not a crisis line). Hours: Mon–Fri, 9am–9pm CT.

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.)

Project HEAL – Treatment Access Support

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

- National nonprofit helping people facing financial, insurance, and systemic barriers to eating disorder care; programs include free clinical assessment, insurance navigation, treatment placement, and cash assistance.