



Mental Health Treatment-
Low Cost and Sliding Scale
Navigation Services



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

This list of resources contains organizations that are sometimes able to offer low-cost services or services that are priced based on your income (sliding scale fee). Please note that low cost and sliding scale services are subject to availability and that an organization's inclusion on this list is not a guarantee that they will be able to offer you low cost or affordable services. Please call each organization that sounds like a good fit for you to ask about services.

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

Clinics and Programs

Rocky Mountain Crisis Partners

1-844-493-8255 (TALK)

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

- Online self-assessments available.
- 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.
 - **Program Services Directory:** Free informational directory including 3,000 providers, assistance programs, and support resources throughout the community.

WellPower – TherapyDirect

303-504-6579

<https://www.wellpower.org/therapydirect/>

- Available 9:00 a.m. - 5:30 p.m., Monday – Friday
- Connect online with a professional counselor in minutes.
- No insurance needed and no fees. Must be 18+, not in active crisis, and can meet with a peer specialist or a therapist.
- Clients can receive 3 free sessions per year.

Mazey's Dream - Low Fee Counseling Program – Animal Assisted Therapy Programs of Colorado

720-266-4444

7275 Kipling St. Arvada, CO 80005

<http://animalassistedtherapyprograms.org/>

- Counseling for children, adults, couples, and families with the assistance of therapy animals.
- Low-cost and sliding scale fees are based on income- no insurance accepted.
- Low-cost services are provided by supervised master's level counseling interns and are recorded for educational purposes.
- Services available for individuals with autism spectrum disorders.

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Connections Counseling

720-328-0569

3954 Youngfield St., Wheatridge, CO 80033

<https://www.connectionsounseling.net/>

- Provides trauma-sensitive individual, couples, family, and group counseling
- Sliding scale fees available, please contact for further information.

The Centre for Behavioral Health at Porter Adventist Hospital

303-715-2300

2465 S. Downing St., 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
- Medicaid is not accepted for outpatient therapy or med management but can be accepted for other services. Most insurance accepted.
- 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 – Heartland Clinic – 303-830-8805

<https://www.charq.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 (\$1.50).
 - 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
- 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 services.

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The Denver Family Institute

303-756-3340

3600 Yosemite St., Ste. 1050, Denver, CO 80237

<https://denverfamilyinstitute.org/>

- Serves the Denver Metro Area by providing therapy for individuals, couples, and families regardless of income
- Please call to calculate your sliding scale fee. If you are unable to pay what is asked, please ask for alternative options.

Family Care Center – Behavioral Health Services

888-374-5066

Multiple locations throughout Colorado

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

- Offers therapy and medication management for all ages
- Individual counseling, couples and marriage counseling, family counseling, Eye Movement Desensitization and Reprocessing (EMDR), Play Therapy, Dialectical Behavioral Therapy (DBT), Low Energy Neurofeedback System (LENS), Transcranial Magnetic Stimulation (TMS) therapy
- Offers financial assistance program for individuals without private insurance, and who meet federal poverty income guidelines

Foundations Family Counseling P.L.L.C.

720-314-7378

Littleton: 8089 S Lincoln St, Suite 206, Littleton, CO 80122

Denver: 789 Sherman St, Suite 440, Denver, CO 80203

<https://foundationsfamilycounseling.com/>

- Services include individual, couples therapy, family therapy, and play therapy for topics such as trauma, abuse, grief, addiction, depression, and anxiety.
- Offers EMDR
- Insurance: Aetna, Anthem, BC/BS, Medicaid, and limited sliding scale availability

Grounded Resilience, LLC

720-523-3182

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

- Offers individual, couples, and family therapy online
- Specialty in Trauma Systems Therapy and Positive Discipline to address topics such as anxiety, depression, trauma, grief, stress, etc.
- Insurance: Aetna, United, and limited sliding scale availability

Jewish Family Services

720-722-4496

3201 S. Tamarac Dr., Denver, CO 80231

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

- Offers individual therapy for anxiety, depression, grief, family crisis, relationship/parenting issues, and trauma
- Insurance: Aetna, Anthem, BC/BS, Cigna, Optum, Rocky Mountain Health Plans, Medicare, Medicaid, Children's Health Insurance (CHIP) and sliding scale

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Khesed Wellness

720-575-9889

2255 Sheridan Blvd, C224 Edgewater, CO 80214

<https://www.khesedwellness.com/contact/>

- Individual Counseling for adults, adolescents, and children.
- Rate: \$60/session, 10% of services are free for those who cannot afford anything through the General Pro Bono Program
- Partners and Family Counseling for LGBTQ, premarital/pre-commitment counseling programs, addictions in a marriage, and IMAGO relationship counseling.
- Additional Specialties: trauma sensitive group yoga, individual and groups settings.

LifeStance Health

970-310-3406

Multiple locations throughout Colorado

<https://heartcenteredcounselors.com/location/littleton/>

- Accepts Medicaid, Medicare, and commercial insurance.
- Sliding scale for those without insurance.
- Offers counseling for adults, children, and family/marriage as well as psychiatric medication management.

Maria Droste Counseling Center

303-867-4600

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

<https://mariadroste.org/>

- 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 Medicaid, limited private insurance and sliding scale. Full fee rate is \$125/session

People House

303-480-5130

3035 W. 25th Ave., Denver, CO 80211

<https://peoplehouse.org/>

- Serves adults, children, couples, and families.
- Sliding scale is \$20-\$50/session and intended for those who make less than \$50,000 per year.

Spark the Change Colorado

1-844-380-6355

https://www.sparkthechangecolorado.org/mental_health

- This program works to match those in need of counseling with a Pro Bono Mental Health Counselor.
- Eligibility varies, contact directly to inquire about eligibility and discuss service needs.
- Please note this is not a crisis line and medication management services are not provided.
- Locations vary throughout the metro area.

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Tepeyac Community Health Center

303-458-5302

5075 Lincoln St., Denver, CO

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

- Offers culturally competent Spanish/English 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.
- Medical services available as well.
- Behavioral Health Screenings are \$50.

University of Colorado – Counseling Center

303-315-7270

900 Auraria Parkway, Tivoli 454, Denver, CO 80217

<https://www.ucdenver.edu/counseling-center/community-members>

- Provides individual, couples, family, and child/adolescent counseling
- Community Client payments are based on income or affiliation. Our sliding scale and ranges from \$10 - \$50 a session.

University of Denver – Counseling & Educational Services Clinic

303-871-2528

1999 East Evans Ave., Denver, CO 80208

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

- Offers counseling services to adults, adolescents, children, couples, families, and groups with personal, family, career, educational, and other life concerns. Staffed by doctoral students and psychologists.
- Fee is \$30 per session; however, they can work on a sliding scale fee basis. Average fee is \$15 per session, \$5 per session minimum fee.

Regis University Center for Counseling and Family Therapy

303-964-5786

500 E. 84th Ave, Thornton, CO 80229

Appointments: M-Th, 12pm-7pm | Sat 9am - 2pm

<https://www.regis.edu/about/regis-in-the-community/center-for-counseling-family-therapy/index>

- In-person and virtual low-cost counseling services to anyone in Colorado
 - Sliding scale: \$0-30; free for individuals with Medicaid and Medicare
 - No client is refused services due to inability to pay
 - Offers individual, couples, family, and child therapy
- Counseling sessions are led by master's level therapists-in-training who meet with you once/week for an average of 14 weeks
- All therapists in training are supervised by licensed counselors and licensed marriage and family therapists

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Children's Counseling

University of Denver – Clinic for Child and Family Psychology

303-871-3306

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

<https://liberalarts.du.edu/psychology/resources/clinic-services>

Provides therapy to children and adolescents

For Parents - Behavioral parenting skills

For Adults - couples or marital therapy

Sliding scale only, sessions range from \$5-\$75 depending on annual taxable income

Judi's House

720-941-0331

1741 Gaylord St., Denver CO 80206

<https://judishouse.org/>

- Provides support groups, education groups, individual and family counseling, and activities for children ages 3-18 and young adults 18-25 experiencing grief. 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

<https://thesecondwindfund.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.

Resilience1220

720-282-1164

2045 Castle Court, STE 100, Evergreen, CO 80439

<https://www.resilience1220.org/>

- Provides up to 10 free individual counseling sessions and group sessions for young people ages 12 - 20.
- The main office is in Bergen Park in Evergreen, though therapists see clients in their own offices across the front range mountain communities.

Mount Saint Vincent Home – Outpatient Counseling Services

303-318-1758

4159 Lowell Blvd., Denver, CO 80211

<https://www.sclhealth.org/locations/mount-saint-vincent/>

- Treatment center for children with severe behavioral and emotional challenges due to diagnosis of mental illness, trauma, or neglect.
- 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.

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Faith Based Counseling

70 West Counseling

720-898-3208

9901 West 50th Avenue, Wheat Ridge, CO 80033

<http://70westcounseling.com/home/>

- Full range of faith based counseling services, including groups, individual, couples, and family counseling covering a wide range of topics including grief, depression, shame, trauma, crisis and more.
- Please contact for payment options.

Centus Counseling

303-639-5240

Multiple locations throughout Colorado

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

- Counseling and psychotherapy for individuals, couples, and families.
- Clinicians with specialties and accepted insurances listed on website.
- 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.

Denver Counseling Center – Denver Seminary

303-762-6987

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

<https://denverseminary.edu/resources/denver-counseling-center/>

- Individual, couples, family, premarital, older adult issues, grief and loss, child, and adolescent counseling provided by graduate students enrolled in Denver Seminary and supervised by highly trained licensed therapists.
- No religious affiliation required to receive services. Faith and spirituality will not be incorporated without client consent.
- Cost is \$10 to \$45 per session depending on income. Medicaid is not accepted.

Grace Counseling Services

720-489-8555

8301 E. Prentice Ave. #300, Greenwood Village, CO 80111.

<https://gracecounseling.net>

- Counseling for individuals, couples, children, and adolescents.
- No religious affiliation required to receive services. Faith and spirituality will not be incorporated without client consent.
- Low-cost counseling is available through the intern training program.

St. Raphael Counseling

720-377-1359

750 W. Hampden Ave, Suite 415, Englewood, CO 80110

<https://straphaelcounseling.com/>

- Evidence based therapeutic techniques informed by the teachings of the Catholic Church.
- Individual, marital, family, and child counseling.
- The standard fee is \$150 per 50-minute counseling session. However, in certain circumstances, clinicians may work on a sliding scale depending on your family's financial circumstances.

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Southwest Counseling

303-730-1717

141 W. Davies Ave., Littleton, CO 80120

<https://southwestcounseling.org/>

- Traditional or Christian counseling for individuals, families & couples. No religious affiliation required.
- Self-pay, insurance, church assistance, scholarships, and payment plans may be available.

Stout Street Clinic

303-293-2220 (please select options for mental health triage line)

2130 Stout St., Denver, CO 80205

<https://www.coloradocoalition.org/healthcare>

- Mental health care for individuals struggling with homelessness or at risk of homelessness