



Private Insurance - Therapy and Medication

## Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or [navigation@jcmh.org](mailto:navigation@jcmh.org)

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

### Online Search Tools

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

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

- Individuals can search for therapists and medication providers and narrow searches by location, insurance type, services offered, and provider specialties.

### Therapy and/or Medication Management

#### Behavioral Health Solutions

501 South Cherry Street #820 Denver, CO 80246

<https://bhs.health/>

- Individual therapy and psychiatry services.
- Insurance: Aetna, Cigna, Medicare, Medicaid, TriWest and more

#### Center for Valued Living

720-347-8559

Multiple locations throughout Colorado

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

- Individual therapy, couples therapy, and family therapy for all ages
- Offers spanish speaking therapists
- Insurance: Aetna, Anthem BCBS, Cigna, Evernorth, Kaiser, Medicaid, Medicare, United Healthcare, TriCare and more

#### Children's Hospital

720-777-6200

<https://www.childrenscolorado.org/doctors-and-departments/departments/psych/programs/outpatient-services-therapy/>

- Pediatric Mental Health Institute (PMHI) offers outpatient services to children and teenagers from birth to 17 years old.
- Individual therapy, family therapy, group therapy, medication evaluation and management
- Insurance: Accepts most insurances
  - <https://www.childrenscolorado.org/your-visit/pay-for-care/insurance-accepted/>

#### Connections Counseling

720-328-0569

3954 Youngfield St., Wheatridge, CO 80033

<https://www.connections counseling.net/>

- Provides trauma-sensitive individual, couples, family, and group therapy
- Insurance: Aetna, Anthem, BC/BS, Cigna, Crime Victim's Compensation (all counties), Jefferson County Division of Children, Youth and Families, Medicaid, Second Wind Fund, United Healthcare, Veterans Choice

[jcmh.org](http://jcmh.org) | 303-425-0300

Updated: December 2025

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**Family Care Center – Behavioral Health Services**

720-792-9490

Multiple locations throughout Colorado

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

- Offers therapy and medication management for all ages
- Individual counseling, couples and marriage counseling, family counseling,
- Trauma sensitive treatment: Eye Movement Desensitization and Reprocessing (EMDR), Neurofeedback System (LENS), Transcranial Magnetic Stimulation (TMS) therapy
- Insurance: Aetna, Anthem BC/BS, Cigna, GEHA, Humana, Kaiser, Tricare, TriWest, Medicare, United Healthcare, UMR, Select Health and more

**Foundations Family Counseling P.L.L.C.**

303-393-0085

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.
- Eye Movement Desensitization and Reprocessing (EMDR), and Ketamine Assisted Psychotherapy
- Insurance: Aetna, Anthem, BC/BS, Medicaid, and limited sliding scale availability

**Green Couch Counseling**

720-779-0351

1100 W. 38<sup>th</sup> Ave, Denver, 80211

2311 S Platte River Drive, Denver, 80223

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

- Individual, couples, and family services for adults
- EMDR services and DBT groups for adults.
- Insurance: Aetna, Anthem BCBS, Cigna, Kaiser, Medicaid, Medicare, United Healthcare, UMR and more

**Jewish Family Services**

720-722-4496

3201 S. Tamarac Dr., Denver, CO 80231

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

- 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 (CHP+) and sliding scale

**LifeStance Health**

Multiple locations throughout Colorado

<https://lifestance.com/>

- Individual therapy, couples therapy, and group therapy
- Medication management for all ages available
- Insurance: Aetna, Kaiser, Anthem BCBS, Cigna, Humana, United Healthcare, MotivHealth, TriWest and more

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**Mile High Psychiatry**

855-511-5528

<https://milehighpsychiatry.com/>

- Individual therapy, couples therapy, and medication management for all ages
- Appointments offered virtually and in person in Aurora and Northglenn
- Insurance: Aetna, Anthem BCBS, Cigna, Humana, Kaiser, United Healthcare and more

**Momentum Counseling and Consulting**

970-829-8780

Multiple locations throughout Colorado

<https://www.momentumcac.com>

- Individual therapy, couples therapy, and family therapy for all ages
- Insurance: Aetna, Anthem BCBS, Cigna, Medicaid, United Healthcare

**Mountain Valley Mental Health LLC**

720-727-2690

5400 Ward Road Building V, Suite 110, Arvada CO 80002

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

- Individual therapy and medication management services for all ages.
- Insurance: Aetna, Anthem BCBS, Cigna, Humana, Medicaid, Medicare, United Healthcare and more

**National Mental Health**

720-310-2773

4704 Harlan Street, Suite 103, Denver, 80212

<https://nationalmentalhealth.com/index.php>

- Individual therapy and medication management services.
- Insurance: Aetna, Anthem BCBS, Cigna, Humana, Medicaid, Medicare, Tricare, TriWest, United Behavioral Health and more

**Serenity Mental Health Centers**

844-692-4100

Locations in Lakewood, Cherry Creek, and Lone Tree

<https://serenitymentalhealthcenters.com/>

- Offers medication management services,
- Insurances: Aetna, Anthem BCBS, Cigna, Humana, Tricare, Triwest, United Healthcare and more

**Silver Linings Counseling**

720-471-6399

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

- Individual therapy
- Eye Movement Desensitization and Reprocessing (EMDR), Trauma Informed Care, DBT, CBT, IFS, etc.
- Insurances Accepted: Medicare, Medicaid, Tricare, Humana, United Healthcare

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**SOL Mental Health**

720-802-4426

Multiple locations throughout Colorado

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

- Individual therapy, couples therapy, psychological testing, medication management services
- Insurance: Aetna, Anthem BCBS, Cigna, Humana, Evernorth, United Healthcare, Tricare and more

**Sondermind**

Multiple locations throughout Colorado

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

- Individual therapy and medication management
- Insurance: Aetna, Anthem BC/BS, Cigna, Kaiser, GEHA, Humana, Medicare, Tricare, United Healthcare, UMR, and more

**Tepeyac Community Health Center**

303-458-5302

2101 E. 48ths Ave. Denver, CO 80216

<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 are available as well.
- Insurance: Cigna, UHC MCR Managed Care, United Health Care / Rocky Mountain, Aetna, Anthem Blue Cross Blue Shield, First Health, Kaiser Permanente, Select Health

**Westside Behavioral Care**

303-986-4197

Multiple locations throughout Colorado

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

- Individual therapy, couples therapy, and family therapy for all ages
- Insurance: Aetna, Anthem BCBS, Cigna, Cofinity, GEHA, Humana, Kaiser, Medicare, Tricare, United Healthcare and more