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

Psychology Today  
[www.psychologytoday.com](http://www.psychologytoday.com)  
- Individuals are able to search for therapists and medication providers and narrow searches by location, insurance type, services offered, and provider specialties.

**Therapy and/or Medication Management for All Ages**

**Colorado Psychiatry Center**  
303-920-5161 (Northglenn and Lakewood) 303-799-1600 (Englewood);  
Locations in Northglenn, Englewood, and Lakewood  
[http://copsych.com](http://copsych.com)  
- Offer services to clients ages 5-50 years (preference given to ages 5-25 years)  
- Provides medication management services  
- Insurances accepted include: Aetna, Anthem BCBS, Cigna, Rocky Mountain Health Plans, United Behavioral Health and more.

**LifeStance Health**  
970-310-3406  
Multiple locations through the Metro area  
[https://heartcenteredcounselors.com/](https://heartcenteredcounselors.com/)  
- Provides services to individuals of all ages, available in-person or telehealth.  
- Services include: telehealth, group therapy, medication management, couples therapy, individual therapy, EMDR and more.  
- Accepts most insurances including but not limited to: Aetna, Blue Cross Blue Shield, Cigna, Medicaid, Medicare, Tricare, United Healthcare

**Mile High Psychiatry**  
720-507-4779  
8089 S Lincoln St Suite 207, Littleton, CO 80122 (also has a location in Aurora)  
[https://milehighpsychiatry.com/](https://milehighpsychiatry.com/)  
- Offers medication services to children and adults via telehealth or in-person.  
- Insurances accepted include Aetna, Anthem Blue Cross Blue Shield, Cigna, Medicaid, Medicare, and more

**Porter Hospital: Centre for Behavioral Health**  
303-778-5774  
2465 S Downing Street, Denver CO 80210  
- Offers a spectrum of outpatient mental health services including individual and family counseling for adults, teens, and children. Telehealth options available.  
- Psychiatry services available for all ages.
• Insurances accepted include most major private insurances including Medicare.

**Mountain Valley Mental Health**
720-727-2690
5400 Ward Rd, Building V, Suite 110, Arvada, CO 80002
[https://www.mountainvalleymentalhealth.com/](https://www.mountainvalleymentalhealth.com/)
• Offers psychiatry services for children and adults
• Insurances accepted include: Medicaid (Health First, Colorado Access, and Rocky Mountain Health Plan), Medicare, Humana, Colorado Community Health Alliance, Optum, United Healthcare, Beacon, Kaiser, Anthem Blue Cross Blue Shield, and private pay

**Serenity Mental Health Center**
844-692-4100
Locations in Lakewood, Cherry Creek, and Lone Tree
[https://serenitymentalhealthcenters.com/](https://serenitymentalhealthcenters.com/)
• Offers medication management services.
• Insurances accepted include: Aetna, American Behavioral, Anthem BCBS, Cigna, Compsych, First Health Behavioral, Humana, Magellan, Optum, Tricare, Zelis

**Westside Behavioral Care**
303-986-4197
Locations through the Metro area
[https://www.westsidebehavioralcare.com/](https://www.westsidebehavioralcare.com/)
• Individual therapy, couples therapy, and family therapy for all ages. Telehealth available.
• Insurances accepted include: Aetna, Anthem BCBS, Cigna, Humana, Kaiser, Medicare, Tricare, United Healthcare, and more

**Green Couch Counseling**
720-779-0351
240 S Broadway St, Denver, 80209 & 2311 S Platte River Drive, Denver, 80223
[www.greencouchcounseling.com](http://www.greencouchcounseling.com)
• Sees individuals ages 16 and older for individual therapy. Offer EMDR services and DBT groups for adults.
• Insurances accepted include: Aetna, United Healthcare, Friday Health Plans, Cigna, BCBS/Anthem

**Therapy and/or Medication Management for Children Only**

**Children’s Hospital**
720-777-6200
• Pediatric Mental Health Institute (PMHI) offers outpatient services to children and teenagers ages 2-17 years
• Services include: individual therapy, family therapy, group therapy, medication evaluation and management
Therapy and Medication Management for Adults Only

Silver Linings Counseling Services
720-722-1731
https://www.silverliningscounselingservices.com/
- Telehealth therapy for adults
- Insurance: Medicare, Medicaid, Tricare, Anthem, Humana, Private Pay

New West Physicians
303-716-8027
1536 Cole Blvd, Bldg 4, Suite 250, Lakewood, CO 80401
https://www.nwphysicians.com/services/behavioral-health-team/
- Offers individual therapy and medication management for individuals 18+.
- Insurances accepted include: Aetna, Anthem Blue Cross Blue Shield, Cigna, Humana, Medicare, United Healthcare and more.

The Collective – Integrate Behavioral Health
720-262-2644
Locations in Denver and Greenwood Village
https://www.collectivebh.com/
- Services offered include: individual therapy, group therapy, psychological testing, medication management services and health coaching
- Insurances accepted include United Healthcare, Cigna, Humana, Kaiser, and more

National Mental Health
720-310-2773
https://nationalmentalhealth.com/index.php
- Offers individual therapy and medication management services for adults
- Insurances accepted include: Aetna, Anthem Blue Cross Blue Shield, Cigna, Humana, Medicaid and more