



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.

Psychology Today

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>

- 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/>

- 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/>

- 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.

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- 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/>

- 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/>

- 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/>

- 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

- 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

<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 ages 2-17 years
- Services include: individual therapy, family therapy, group therapy, medication evaluation and management

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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