Support with Trauma
Navigation Services

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

Search Tools

Psychology Today
www.psychologytoday.com
• Search for providers within network, in the area you live, and to accommodate treatment preferences.

Trauma Resources

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
• Insurance: Aetna, Anthem, Optum, GEHA, Humana, Tricare, TriWest, United Healthcare, UMR, Friday Health Plans
• Offers financial assistance program for individuals without private insurance, and who meet federal poverty income guidelines

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

Counseling Connections
720-328-0569
3954 Youngfield St., Wheatridge, CO 80033
http://www.connectionscounseling.net/default.html
• Holistic treatment center for trauma with therapists having experience in PTSD and use evidence-based treatments such as EMDR and somatic trauma work.
• Please check website for accepted insurances. Not every clinician can accept every insurance.
• Sliding scale fees available, please contact for further information.
Westside Behavioral Care
303-986-4197
Locations through the Metro area
https://www.westsidebehavioralcare.com/
- Click on link and select “EMDR” under “select a specialty” to see which Westside clinicians specialize in EMDR.
- Insurances accepted include Aetna, Anthem BCBS, Cigna, Humana, Kaiser, Medicare, Tricare, United Healthcare, and more.

Foundation Family Counseling P.L.L.C.
303-393-0085
789 Sherman St, Suite 440, Denver, CO 80203
www.foundationsfamilycounseling.com
- Services include individual, couple and family therapy, play therapy, life coaching, EMDR for topics such as trauma and abuse, addiction, depression, and anxiety and GLBTQQ issues.
- Sliding scale availability and Medicare availability varies. Most Medicaid accepted.

Grounded Resilience LLC
720-523-3182
8471 Turnpike Dr., Ste 100, Westminster, CO 80031
https://www.groundedresiliencellc.com/
- Low cost and sliding scale availability for individuals, couples, and families. Services include therapy services and parenting classes.
- Parenting classes are $30 per hour class or $100 for a complete 6-week program.
- Therapy available in person and through telehealth services, please contact for sliding scale cost and availability.
- Clinician specializes in Trauma Systems Therapy and Positive Discipline.
- Please contact clinician Lauren Simpson, Psy. D at number listed for a free 15-minute consultation

The Centre for Behavioral Health at Porter Adventist Hospital
303-778-5774
2465 S. Downing St., Ste 110, 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 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.