

TREATMENT RESOURCES FOR MENTAL HEALTH AND SUBSTANCE USE FOR BOULDER COUNTY

Focuses on:

substance use
anxiety
depression
bipolar disorder
schizophrenia
sexual assault
family counseling
child counseling
adult counseling
crisis help

Mental Health Partners

The emergency walk-in center is at 3180 Airport Rd. in Boulder; other service addresses include 1000 Alpine Ave. in Boulder, 1333 Iris Ave. in Boulder, 975 North St. in Boulder, 1455 Dixon Ave in Lafayette, 529 Coffman in Longmont, and 834 South Sherman St. in Longmont. The main number is 303 443 8500; Crisis Line: 1-844-493-TALK; Detox: 303-441-1281; Sexual Assault Hotline: 303-443-7300.

MHP provides immediate access to expert mental health and substance use care and provides personalized guidance and support, including counseling and addiction recovery services. MHP focuses include family/child/adult counseling, substance use, multi-disciplinary, compassionate care team, crisis services.

See www.mhpcolorado.org.

substance abuse
anxiety
panic
depression
ADD
outpatient
inpatient
acute care

Boulder Community Health (BCH) Behavioral Health Services

BCH offers a broad range of inpatient and outpatient services. Inpatient Behavioral Health is located at Boulder Community Hospital, 1155 Alpine Ave. in Boulder and may be reached at 303 440 2277. The Counseling Center and Outpatient Behavioral Health are on the second floor of the hospital and may be reached at 303 415 4299.

Outpatient treatment services are designed to address a wide range of mental health issues, including anxiety, panic, depression and attention deficit disorder. Therapy is offered for individuals, families and in a group setting. The short-term inpatient treatment program offers intervention and support for adults in acute emotional crisis.

See www.bch.org.

Crisis counseling
by phone or walk-in
or by text or online
chat
free
depression
anxiety
suicidal thoughts
other languages

Colorado Crisis Services

1-844 TALK (8255) or text "Talk" to 3855. 24/7 walk-in clinic for crisis care at 3180 Airport Rd. in Boulder.

Speak to (or text with or chat online with) a counselor about depression, anxiety, suicidal thoughts, bullying or any other mental health concern. Free. You will be connected to a trained crisis counselor, includes translation services for non-English speakers. Engages you in immediate problem solving, and always includes follow-up calls to ensure you receive continued care.

www.ColoradoCrisisServices.org www.metrocrisiservices.org for online chat.

spanish-speaking
suicide prevention

Spanish Suicide Hotline 800-784 2432

substance use
schizophrenia
psychosis

Centennial Peaks Hospital

Centennial Peaks is at 2255 S. 88th St. in Louisville; their main number is 303 673 9990.

See www.centennialpeaks.com.

substance use
criminal justice
clients
DUI
CBT, DBT
Medicaid

Behavioral Treatment Services-Center for Change (BTS)

BTS is located at 1790 30th St. STE 304 in Boulder (303 449 1566) and 1225 Ken Pratt Blvd. Ste 202 in Longmont (303 772 3382).

BTS Center for Change offers traditional outpatient group and individual therapy to people in the criminal justice system, alcohol and drug evaluations, DUI level II education and therapy, CBT and DBT groups, substance abuse treatment, and accepts Medicaid.

See www.btxs.org.

substance use
methadone
opioid treatment

Behavioral Health Group (BHG) Boulder Treatment Center

BHG is located at 1317 Spruce St. in Boulder and can be reached at 303 245 0123.

LGBTQ
youth
suicide prevention

Trevor Hotline

866 488 7386

The Trevor Project is an American non-profit organization founded in 1998 focused on suicide prevention efforts among lesbian, gay, bisexual, transgender, and questioning youth. See www.thetrevorproject.org.

rape crisis
counseling
support
prevention
individuals
families

Moving to End Sexual Assault

24 hour crisis line 303 443 7300

The only rape crisis center in Boulder and Broomfield counties, MESA supports sexual assault survivors and their families and also works to prevent future assaults. See www.movingtoendsexualassault.org

depression
anxiety
individuals
couples, families
children
EMDR
sliding scale

ACT (Affordable Counseling Team)

303 335 0435

Serves individuals, couples, groups, families, children. Provides play therapy, sandplay, somatic, equine assisted, brainspotting, EMDR, medication, sliding fee scale. See www.act-counseling.com.

suicide prevention
crisis counseling

National Suicide Hotlines

1-800-SUICIDE (800 784 2433)

1-800 273 Talk (8255)

depression
anxiety
adults, adolescents,
children, families
in-home therapy
sliding scale

Boulder Emotional Wellness

Located at 3434 47th St. in Boulder, 303 225 2708

Individual adult, couples, family therapy, adolescent therapy, play therapy for children, in-home family therapy, biofeedback, outdoor therapy including equine assisted therapy. Sliding fee scale \$15-\$90. See www.boulderemotionalwellness.org.

substance use
AA, NA, OA,
Al Anon
Ala Teen

New Beginnings

Located at 390 Lashley in Longmont, can be reached at 303 684 9173.

New Beginnings offers AA, NA, OA, Al Anon, and Ala Teen meetings, as well as community service opportunities. See www.newbeginningstherapy.com.

substance use
extended care
residential
for women
dual diagnosis
included

Rose House

No street address is listed publicly but the service location is in Lafayette. 303 204 4524

Extended care, residential treatment program for women who are suffering from addiction, explores and treats underlying issues that may have contributed to substance abuse, including, but not limited to, depression, anxiety, bipolar disorder, abuse, and trauma. Dual diagnosis clients are welcome. See www.rosehousecolorado.com.

support groups
ABA therapy
autism
dev. disabilities
Sliding scale
Medicaid

Hope Light Medical Clinic Behavioral Health

At Longmont Church of Christ, 1351 Collyer St. Longmont 303 776 7117

Offers support groups, parenting classes, ABA therapy for children with developmental disabilities, autism. Sliding scale, Medicaid accepted. See www.hopelightbh.org.

bipolar disorder
sliding scale
family support
adults, adolescents

Sutherland Bipolar Center

Located at CU Boulder Muenzinger Building, 2nd floor 303 492 5680

Sliding scale fees for individualized treatment to persons with bipolar disorder and their families who are unable to pay for services in the community. Serves older adolescents and adults, through individual, family, or group therapy, psycho-education, and nutrition/exercise coaching. See www.rdsfoundation.org.

substance use
dual diagnosis
DUI/DWI
adolescents
adults
LGBTQ

Men and Women Seeking Empowerment

Located at 100 East South Boulder Rd. in Lafayette, can be reached at 303 665 7037. Provides outpatient service to adolescents and adults (men, women, including LGBTQI) with co-occurring mental and substance abuse disorders. Also serves criminal justice clients and DUI/DWI offenders. See www.mwsempowerment.org.

substance use
Spanish
DUI/DWI
anger management
domestic violence

Rangeview Counseling Center

Located at 1790 30th St. in Boulder, can be reached at 303 447 2038. Rangeview offers outpatient treatment for substance abuse, DUI/DWI offenders, domestic violence, anger management, and relapse prevention. Spanish available.

home-based
recovery
residential
treatment

WindHorse Community Services Home-Based Recovery of Mental Health, Inc.

Located at 1501 Yarmouth Ave. in Boulder, 303 786 9314 x125. Offers individually tailored, therapeutic living environments for people with a variety of mental health challenges. See www.WindhorseCommunityServices.com

Schizophrenia
psychosis
inpatient
outpatient

Colorado Recovery

Located at 1143 Portland Place in Boulder, can be reached at 303 442 5140. Offers 24-hour care 7 days a week in its residential treatment facility and daily intensive outpatient services, helping clients with schizophrenia or other psychotic disorders. Provides psychiatric services, case management, medication management and monitoring, group therapy, socialization and recreation activities, psychosocial rehabilitation and supported employment, educational support. See www.coloradorecovery.com.

depression
anxiety
phobias
panic
relationships
job/school issues
eating disorders
sliding scale
student therapists

Raimy Psychology Training Clinic

Located on the Boulder CU Campus, Muenzinger Psychology Building, 303 492 5177. Staffed by PhD Clinical Psychology Students, addresses depression, anxiety, phobias, shyness, panic, eating/body image concerns, marital/relationship issues, job or school problems, family conflict. The Brain Behavior Clinic offers assessments for a range of cognitive disorders in adults that may arise from injury, disease, or disability. Sliding scale \$15-\$70 per session. See www.colorado.edu/clinicalpsychology/raimy-clinic.

youth counseling
suicide prevention
reduced cost

Second Wind Fund

720 962 0706
Colorado Agency that matches youth at-risk for suicide with licensed therapists within the community and pays for up to 12 sessions in order to remove financial or social barriers for service. See www.thesecondwindfund.org.

counseling
sliding scale
Medicaid

Naropa Community Counseling Center

303 546 3589
Provides cutting edge, transformative intervention across a broad range of therapeutic services, serves low to moderate income with sliding scale from \$30-\$90, accepts Medicaid. See www.naropa.edu.

bereavement
support

Tru Hospice Community Bereavement Support Groups

303 442 0961 See www.trucare.org/our-hospice-services/grief-support/

veterans

Veterans Crisis Line

1-800-273-8255 Press 1

veterans

Boulder Vet Center

Located at 49999 Pearl East Circle, Suite 106, Boulder, 303 440 7306

bipolar
depression

DBSA Depression and Bipolar Support Alliance

303 810 9629

Offers peer support and information. See www.dbsalliance.org.

Suicide prevention
Support for those
bereaved by suicide

Carson J. Spencer Foundation

Nonprofit that delivers prevention programming for working-aged individuals (Working Minds Program) as well as youth (the Fire Within program), and supporting those bereaved by suicide. See www.carsonjspencer.org.

support for those
bereaved by suicide

Heartbeat

Support groups and other resources for those who have lost a loved one to suicide. See www.heartbeatsurvivorsaftersuicide.org.

suicide prevention
BVSD

Colie's Closet

Non-profit peer education program, educating students in BVSD about depression and suicide. See www.coliescloset.org.

eating disorders
outpatient
partial
hospitalization
adults

La Luna Center

Located at 3002 Bluff St. #200, 720 470 0010

Offers outpatient therapy/nutrition services, Intensive Outpatient Programs (IOP) and Partial Hospitalization Program (PHP) levels of care for eating disorder treatment for men and women 18 years of age or older. See www.lalunacenter.com.

eating disorders
adults, adolescents

Eating Recovery Center

Located at 1830 Franklin St., Ste 405 in Denver, 303 825 8584

Adult, child, and adolescent outpatient and inpatient treatment for full spectrum of eating disorders. Accepts most major insurance. No Medicare/Medicaid.

eating disorders
children
adolescents
Medicaid

Children's Hospital Colorado Eating Disorder Program

720 777 6452

Located on the Anschutz Medical Campus in Aurora, the Eating Disorders Program provides services for more than 250 families a year, with a treatment plan tailored to meet each family's specific needs. The program is nationally recognized. Accepts Medicaid and most insurance. See www.childrenscolorado.org.

LGBTQIA youth
support groups
referrals
leadership
opportunities

OASOS

OASOS is for Lesbian, Gay, Bisexual, Transgender, Questioning, Intersex, and Asexual (LGBTQIA+) youth 13-18 (12 with parent/guardian permission). Includes peer youth groups, leadership opportunities, advocacy, support, referrals. See

www.bouldercounty.org/families/lgbtiq/oasos

Man-focused
Suicide prevention
Depression
anxiety
uses humor
straight talk

Mantherapy

Website geared towards engaging men in taking an active role in their health, particularly mental health. Utilizes humor and straight talk to reach men where they are and convey that masculinity also involves talking about problems, getting help, and helping yourself. See www.mantherapy.org.



Compiled by Boulder Rotary Club and Boulder Valley Rotary Club

Sources: Mental Health First Aid Trainings, Interfaith Network on Mental Illness, Office of Suicide Prevention, Supporting Action for Mental Health, Google, Community Foundation Serving Boulder County. Last updated 2/16/18.

Contact www.Rotarians4MentalHealth.org/contact for feedback or to update information.

Disclaimer:

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