



# ADVANCED PEDIATRIC ASSOCIATES

Hand in Hand for Healthy Kids

## Mental Health Resource List

### **Emergency/Walk-in Sites**

#### **Colorado Child Abuse and Neglect Hotline**

24/7 confidential hotline

Phone: 1-800-CO4-KIDS

Website: <https://co4kids.org/>

#### **Colorado Crisis Services** – Walk-in crisis services.

24/7 call or text

Anschutz Medical Campus

2206 Victor St

Aurora, CO 80045

Phone: 1-844-493-8255 or text TALK to 38255

Website: <https://coloradocrisisservices.org/>

#### **Denver Springs** – Outpatient and inpatient programs for 12 to 18-year-olds.

24/7 call or walk-in:

8835 American Way

Englewood, CO 80112

Phone: 720-744-3813

Website: <https://denversprings.com/>

#### **Family Resource Pavilion** – Walk-in counseling for urgent mental health and legal concerns.

24/7 call or walk-in:

7900 Easter Lane

Centennial, CO 80112

Phone: 720-213-1400

Website: <https://www.familyresourcepavilion.org/>

#### **Highlands Behavioral Health** – Inpatient and outpatient programs, counseling services.

24/7 call or walk-in:

8565 S. Poplar Way

Littleton, CO 80130

Phone: 720-348- 2800

Website: <https://highlandsbhs.com/>

#### **National Suicide Prevention Hotline**

24/7 hotline

Phone: 1-800-273-TALK

Website: <https://suicidepreventionlifeline.org/>

**Ok2Talk.org**

Website for teens to contact a counselor directly or to report concerns about friends anonymously

Website: <https://ok2talk.org/>

**Safe2tell.org**

24/7 website/hotline to anonymously report anything that concerns or threatens you, your friends, family or community

Phone: 1-877-542-7233

Website: <https://safe2tell.org/>

**Outpatient Counseling/Psychiatry Services**

**AllHealth Network** – Provides a wide variety of mental health and substance abuse services, including individual, family, marital and group counseling, therapy, psychiatry, and emergency programs. A private, nonprofit mental health provider for more than 55 years serving children, teens, adults, seniors, and families.

Phone: 303-730-8858

Website: <https://www.allhealthnetwork.org/>

**Aurora Mental Health** – Counseling and psychiatry services/resources addressing broad range of concerns including COVID related stress, trauma, isolation, loneliness, substance abuse, anxiety, relationship challenges, family pressures, stress, suicidal thoughts, depression, family crisis, bullying, gender and identity

Phone: 303-617-2300

Website: <https://www.aumhc.org/>

**Children’s Hospital Colorado** – Provides inpatient and outpatient counseling and psychiatric services, virtual and in-person

13123 East 16<sup>th</sup> Ave

Aurora, CO 80045

Phone: 720-777-6200

Website: <https://www.childrenscolorado.org/>

**Family Resource Pavilion** – Help for families experiencing: family conflict, substance abuse issues, school issues, behavioral issues, juvenile court involvement and more. Facility open 24 hours a day to youth and families. The Family Resource Pavilion is a one-stop shop for families to receive services from prevention to intervention.

Phone: 720-213-1400

Website: <http://www.familyresourcepavilion.org/>

**Lifestance Health** – 30+ physical sites in Colorado for child/teen/adolescent counseling and outpatient psychiatric care

Phone: 970-310-3406

Website: <https://lifestance.com/>

Website and online scheduling at <https://heartcenteredcounselors.com/>

Email: [help@heartcenteredcounselors.com](mailto:help@heartcenteredcounselors.com)

**Medical Center of Aurora HealthOne** – Provides inpatient and outpatient counseling and psychiatric services for ages 11 years and older

700 Potomac St.

Aurora CO 80011

Website: [www.healthonecares.com](http://www.healthonecares.com)

Phone for psychiatry dept: 720-282-8015

Phone for adolescent mental health: 303-360-3736

Website: <https://healthonecares.com/locations/aurora/>

**PEACS program at UHealth Department of Psychiatry** – Early intervention for 12 years and older with signs of psychosis/starting to experience new changes in their thinking or mental health, which may include difficulties thinking clearly, uneasiness with others, sensitivity to sights and sounds, withdrawing from friends/family, and troubles with school/work.

Phone: 303-724-4987

Website: <https://medschool.cuanschutz.edu/psychiatry/programs/PEACS/peacs-research>

Email: [peacs@ucdenver.edu](mailto:peacs@ucdenver.edu)

**Southeast Counseling and Coaching** – Psychologists and therapist who work with kids and families, have evening and weekend hours, takes insurance

20250 E Smoky Hill Road #6

Centennial, CO, 80015

Phone: 303-617-8600

Website: <http://www.southeastcounseling.com/>

**Valley Hope** – Family addiction support for women and children

Phone: 800-544-5101

Website: <https://valleyhope.org/locations/colorado/new-directions/>

**Vanessa Richards- Zorrilla** – Spanish speaking provider that sees ages 4 years and older, works with families and child for anxiety, behavior, family issues, etc. Takes Medicaid, CHP+, and most major insurance companies.

Phone: 720-399-4582

**WINGS** – WINGS' mission is to break the cycle and heal the wounds of childhood sexual abuse (CSA) by providing education, advocacy and support to adult survivors, loved ones, providers and communities. We do this by offering referrals to qualified therapists, training and education, and therapist-facilitated support groups in a number of confidential locations to adult survivors of childhood sexual abuse and their loved ones.

Phone: 303-238-8660

Website: <https://www.wingsfound.org/>

**Wolff Child Psychology** – Specific mental health support for kids with autism and developmental delay, learning problems and behavioral disorders.

Phone: 303-500-3407

Website: <https://www.wolffchildpsychology.com/>

**Websites to Help Find Counselors in Your Community that Take Your Insurance**

**CoPPCAP (Colorado Pediatric Psychiatry Access & Consultation Program)** – CHCO’s community resource to support providers and find mental health resources

Phone: 1-888-910-0153

Website: <https://www.coppcap.org/>

**Mental Health and Crisis Resources – Arapahoe County**

Website: <https://www.parents-step-up.org/mental-health/>

**PsychologyToday.com** – Website with search engine to find a therapist in your area

Website: <https://www.psychologytoday.com/us>

**Sondermind.com** – Free online services to find a counselor either online or in-person that takes your insurance

Phone: 1-844-888-9355

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

**Online Support Groups**

**The Recovery Trust** – An online forum for the support and education of people with mental illness and their families, moderated by mental health professionals and trained individuals with mental illness as well as family members with experience in educating other family members. Participants can interact with one another and receive guidance and advice. Moderators will direct them to a very large database of relevant information that is available online.

Website: [www.recoverytrust.org](http://www.recoverytrust.org)

**YANAM2M (You Are Not Alone-Mom 2 Mom)** – A non-profit organization that supports moms in our community. This is not just for the struggling mom but for ALL moms who have “been there” and who can reach out a helping hand and let another mom know that they are NOT alone.

OK2Talk.org – online community that provides a voice for teens and young adults struggling with mental health problems. The goal of OK2TALK is to create a community for teens and young adults struggling with mental health problems and encourage them to talk about what they’re experiencing by sharing their personal stories of recovery, tragedy, struggle or hope. Available in Spanish.

Phone: 303-229-3678

Website: [www.yanam2m.org](http://www.yanam2m.org)