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MENTAL HEALTH THERAPISTS

1. Please **check with your insurance company first**. Most therapists don't accept insurance. It is usually cash pay and then they give you a superbill to submit to insurance for reimbursement.
2. We suggest the following websites for to search for a therapist:
SONDERMIND.com website. Create an account and fill out the information. They work with most insurance providers.
secure.helloalma.com and fill out the form, including insurance.
3. Our providers can send a **referral** to the **Behavioral Health Program with PCN** (Pediatric Care Network) or **Family Care Center** for the therapy needed.
 - PCN Behavioral Health will help you locate a provider in the area that your insurance works with and - will answer your referral within a reasonable time.
 - Family Care Center has therapists and a psychiatrist that will contact you within a reasonable time. They work with most insurances.
4. Other suggestions-
 - IMatterColorado.org**-Provides up to 6 free therapy sessions to any Colorado youth struggling with anxiety/depression (18yrs and younger)
 - Atlas Psychology-Boulder 303-954-9432
 - Charlie Health-Aurora (takes insurance) 866-491-5196
 - LifeStance Health-Locations all over Colorado 970-310-3406
 - NeuroBloom Counseling-Broomfield 720-523-1067
 - VitaHealth -844-866-8336 or vitahealth.care
 - Westside Behavioral Care-Louisville 303-986-4197

Google "therapists in my area" and what therapy they need. (Depression/Suicide/Anxiety) This is very helpful many times as many therapists update their websites if they are or aren't accepting new clients at the time.

As always if you or someone you know is in crisis and in need of immediate mental health support, please contact the National Suicide Prevention Lifeline by calling or texting **988**. If you require immediate emergency support, call **911**.