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.

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.

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.

Spanish Suicide Hotline 800-784 2432

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

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.bttxs.org.
Behavioral Health Group (BHG) Boulder Treatment Center
BHG is located at 1317 Spruce St. in Boulder and can be reached at 303 245 0123.

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.

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

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.

National Suicide Hotlines
1-800-SUICIDE (800 784 2433)
1-800 273 Talk (8255)

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.

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.

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.

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.

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.
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.

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.

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

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.

Rainy Psychology Training Clinic
Located on the Boulder CU Campus, Muenzinger Psychology Building, 303 492 5177 Stafed 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/rainy-clinic.

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.

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.

Tru Hospice Community Bereavement Support Groups
303 442 0961 See www.trucare.org/our-hospice-services/grief-support/

Veterans Crisis Line
1-800-273-8255  Press 1

Boulder Vet Center
Located at 49999 Pearl East Circle, Suite 106, Boulder, 303 440 7306
DBSA Depression and Bipolar Support Alliance
303 810 9629
Offers peer support and information. See www.dbsalliance.org.

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.

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

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

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 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.

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.

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/lgbtq/oasos

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.

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