

Finding the Right Therapist for You

Finding a therapist who aligns with your treatment goals, financial needs, availability, and cultural background is essential. Here are some first steps:

1) If you have health insurance, check your health insurance directory:

Most insurance companies maintain searchable online directories listing in-network therapists, which helps keep care affordable. Search for terms like “behavioral health,” “mental health,” or “therapy” in your plan’s portal. This step helps you understand which clinicians your insurance will cover before you schedule.

2) Use an online therapist directory to narrow by specialty, insurance, cost, etc.

Psychology Today (psychologytoday.com/us)

One of the largest directories in the U.S., allows you to filter by insurance, gender, race/ethnicity, languages spoken, therapeutic approaches, LGBTQ+ affirming care, and more.

Therapy Den (<https://www.therapyden.com/>)

Inclusive directory for various types of therapists. Provides assessments to help narrow areas of concern.

InnoPsych (innopsych.com/)

Helps people of color find therapists of color quickly and easily.

Inclusive Therapists

(inclusivetherapists.com/)

Focused on culturally responsive, LGBTQ+-affirming, and social-justice-aligned clinicians.

Mental Health Colorado

(mentalhealthcolorado.org/help/)

An advocacy organization, it provides a list of providers based on specialty areas such as substance use disorders, eating disorders, etc.

3) If you don’t have health insurance and are seeking affordable, sliding-scale options, start here. Community mental health centers are also a great resource. You’ll find a list of those below.

Open Path Psychotherapy Collective

(openpathcollective.org/)

A nonprofit network offering \$40–\$70 sessions with vetted therapists for people with financial need.

Maria Droste Counseling Center

(mariadroste.org/)

303-867-4600

Offer therapy on a sliding scale and accept Medicaid. They have an “Options” program to community members regardless of their income level or insurance status.

Spark the Change (projecthelping.org/spark)

Connects individuals to free or low-cost mental health services through the generous support of mental health volunteer professionals. Anyone experiencing barriers to accessing mental health in CO is eligible for free counseling.

Regis University (regis.edu)

303-964-5786

Individual counseling, family therapy, couples counseling, child play therapy. Offer free/low-cost counseling.

MENTAL HEALTH RESOURCE DIRECTORY



of Metro Denver

University of Denver Professional Psychology Clinic (psychology.du.edu/ppc)
303-871-3626

They provide affordable, sliding scale therapy supervised by licensed psychologists including psychotherapy, psychological and cognitive assessment, and forensic services.

CU Denver Student & Community Counseling Center (ucdenver.edu/counseling-center)
303-315-7270

They offer up to 10 brief-focused counseling sessions a year to community members on a sliding scale basis. Therapy is short-term and refer out for long-term treatment.

COMMUNITY MENTAL HEALTH CENTERS

Most community mental health agencies take a variety of insurances, accept Medicaid, Medicare, or offer sliding fee scales.

WellPower (Denver County - wellpower.org/)
303-504-7900
Case management, outpatient therapy, child and family, suicide prevention programs, medication, housing services, residential treatment

Aurora Mental Health (Aurora County - auroramhr.org/)
303-617-2300
Individual, group and family therapy, medication, residential services, respite care, vocational services, refugee wellness center

All Health Network (Arapahoe and Douglas County - allhealthnetwork.org/)
303-730-8858
24/7 Crisis Intervention: 303-730-3303
Adult counseling, child and family therapy, medication, walk in crisis center, criminal justice rehabilitation, substance use, primary care

Clinica Family Health & Wellness (Boulder and Broomfield Counties - MHPColorado.org)
303-443-8500
Outpatient, family services, substance use, community integration and rehabilitation, trauma, crisis services

Community Reach Center (Adams County - CommunityReachCenter.org)
303-853-3500
Child, youth and family services, outpatient counseling, case management, substance use, crisis services, housing, vocational services

Denver Health (denverhealth.org)
303-602-4357
Substance use, outpatient and inpatient services, child and family, neuropsych, 24/7 mobile crisis

Jefferson Center for Mental Health (Jefferson, Clear Creek and Gilpin Counties - JCMH.org)
303-425-0300
Mental health counseling, substance use treatment services, 24 hour crisis line

Servicios de La Raza (serviciosdelaraza.org)
303-458-5851
Bilingual Spanish/English therapy; groups; Level I outpatient substance use treatment; culturally grounded healing (e.g., limpias, Reiki, acudetox). Sliding scale/Medicaid/Medicare.

CRISIS SERVICES

988 Colorado Mental Health Line

(<https://www.988colorado.com>)

Call or text 988

24/7 free hotline, text and online chat services for crisis help, information and referrals, free emergency walk-in locations around the Denver Metro area, as well as mobile crisis response

National Domestic Violence 24 Hour Hotline

(thehotline.org)

1-800-799-7233 or text "START" to 88788

Speak confidentially if experiencing domestic violence, seeking resources, or questioning unhealthy relationships

National Human Trafficking Resource Center

(humantraffickinghotline.org)

1-888-373-7888 or text 233733

Reach an Anti-Trafficking Hotline Advocate for 24/7 support in more than 200 languages

Rape Assistance and Awareness Program

(thebluebench.org)

24-hour hotline 303-322-7273

24/7 free hotline, case management, counseling and support through medical and legal logistics

The Center for Trauma and Resilience

(traumahealth.org)

303-894-8000 (English); 303-718-8289 (Español)

Youth and families program, trauma sensitive yoga, elderly and disabled program, legal assistance to immigrants, resources and directories

CULTURALLY RESPONSIVE SERVICES

Servicios de La Raza (serviciosdelaraza.org)

303-458-5851

Bilingual Spanish/English therapy; groups; Level I outpatient substance use treatment; culturally grounded healing (e.g., limpias, Reiki, acudetox). Sliding scale/Medicaid/Medicare.

Tepeyac Community Health Center

(tepeyachealth.org/)

303-458-5302

Integrated medical + dental + behavioral health; Spanish-English staff; accepts uninsured with sliding-fee discounts.

Struggle of Love Foundation

(struggleoflovefoundation.org/)

720-923-6122

Mental health therapy, mentorship, gun violence prevention, out of school time programs, healthy food access, accept Medicaid

Therapists of Color Collaborative – Directory

(therapistofcolor.com/services)

Colorado based therapist of color directory.

Colorado Black Health Collaborative (CBHC) – Directory

(coloradoblackhealth.org/)

Statewide directory to find culturally competent Black providers & resources

Denver Indian Health & Family Services (DIHFS)

(dihfs.org/behavioral)

303-953-6600

Urban Indian Health program with behavioral health & substance use counseling, culturally grounded & trauma-informed; Naloxone available

Jewish Family Service (JFS)

(jewishfamilyservice.org/)

720-722-4496

Individual/couple/family therapy; sliding scale and Medicaid/Medicare accepted; school-based services & psychiatric med management available.

EATING DISORDERS

Eating Recovery Center

(eatingrecoverycenter.com/)

Call 877-825-8584 for assessment
Inpatient, residential, PHP/IOP for adolescents & adults, multiple Denver sites.

Eating Disorder Foundation

(eatingdisorderfoundation.org/)

303-322-3373
Offer support groups, classes, workshops, and referrals.

ACUTE Center for Eating Disorders & Severe Malnutrition – Denver Health

(acute.org/)

Call 866-575-1950 for an assessment
National medical stabilization unit for severe/medically unstable eating disorders (private rooms; telemetry unit).

ED Care

(eatingdisorder.care/locations/denver/)

866-771-0861
Residential, PHP, IOP, virtual IOP programs for adolescents and adults. Accept multiple insurances.

FAMILY THERAPY & PARENT GROUPS

Denver Family Institute

(denverfamilyinstitute.org)

303-756-3340
Counseling and therapy for individuals, couples and families. Offer grief counseling as well. Accept Medicaid and offer sliding scale options.

Denver Children's Advocacy Center

(denvercac.org/)

303-825-3850
Provides support to children who have experienced abuse by coordinating with a multi-disciplinary team including forensic interviews, law enforcement, therapist, victim advocate, and medical team. Provide therapy to child victims and non-offending family members.

Families First Colorado

(familyfirstcounseling.co/)

970-587-3846
Family therapy, parent coaching & skills groups, reunification-reintegration therapy, co-parenting therapy support, couples counseling, individual therapy. Support people across the lifespan. Accept Medicaid, Kaiser, and Aetna, offer sliding fee scales.

Foundations Family Counseling Associates

(foundationsfamilycounseling.com/)

303-393-0085

Couples counseling, child-centered play therapy, parent coaching & support, individual therapy. Accept various insurances including Medicaid.

Family Life Counseling

(talkchair.com/)

720-274-5270
Counseling for families, individuals, couples, children, and teens. Parent skill groups, psychological evaluations. Accept most major insurances.

Shiloh House

(shilohhouse.org/parenting-support)

303-932-9599
Parent education classes, parent support groups, family time, parents as teachers program prenatal-K. Offer residential services, community programs, and education resources.

Circle of Parents

(circleofparentSCO.org/)
Free supportive groups led by parents and caregivers. Groups include Spanish speaking groups, groups for parents of special needs, new parents, parents in recovery, and male caregivers.

National Alliance on Mental Inness - Colorado

(namicolorado.org/family-support-groups/)

Free drop-in support groups for families caring for loved ones with mental illness.

GRIEF & LOSS

Judi's House (judishouse.org/)

Offer grieving support, groups, and educational workshops for free to children and families.

Angel Eyes (angeleyes.org/)

303-970-2277

Free counseling services for families navigating child loss, including pregnancy, infant, or young child. Individual counseling, group, and family.

UC Health – Grief & Bereavement Groups

(uchealth.org/services/palliative-care/)

Offers a list of other support groups in the community.

The Denver Hospice Grief center

(thedenverhospice.org/Grief-and-Loss-Counseling)

303-321-2828

Individual counseling, art therapy, support groups (newly bereaved, young adult, men), candlelight remembrance ceremonies, children's grief center.

Heartlight Center (heartlightcenter.org/)

720-748-9908

Weekly support groups, workshops & specialty programs, drop-in support groups. Specialized groups include loss of a parent, child, pregnancy & infant loss, sibling, spouse/partner, traumatic loss, men's group. Suggested donation of \$15 for drop-in groups.

LGBTQ+ SUPPORT

The Center on Colfax – Glass Lawler Mental Health (gltbcolorado.org)

303-733-7743

Up to 12 counseling sessions for LGBTQ+ adults (18+), monthly peer support groups and community social events, sliding scale fee available for counseling services

Queer Asterisk (<https://queerasterisk.com/>)

720-507-6161

Individual counseling, education and community programming for queer, trans, and gender expansive lives. Accept a variety of insurances including Medicaid and Medicare

iAmClinic (iamclinic.org)

720-551-8382

Offer individual, couples, and family counseling for LGBTQ+, trans, transitioning, and gender exploration folks. Accept Medicaid, or start at \$85/session.

Denver Health LGBTQ+ Health Services

(<https://www.denverhealth.org/services/lgbtq-services>)

303-602-5699

Gender affirming care, surgeries, counseling. Hormone replacement therapy, sexual health services, preventive health screenings. Accept most commercial insurances including Medicaid and Medicare.

The Trevor Project (TheTrevorProject.org)

24/7 support 1-866-488-7386

Text START to 678-678

Crisis line, text, or chat online, resources and education programs

Trans Lifeline (translifeline.org)

(877) 565-8860

Hotline staffed by transgender people for transgender people

SUICIDE PREVENTION

988 Suicide & Crisis Lifeline

(<https://www.988colorado.com>)

Call or text 988

24/7 free hotline, text and online chat services for crisis help, information and referrals, free emergency walk-in locations around the Denver Metro area, as well as mobile crisis response.

Second Wind Fund

(<https://thesecondwindfund.org/>)

720-962-0706

If youth has insurance, they will be connected to a provider who takes their insurance. If finances are a barrier, youth ≤ 19 at risk for suicide can receive 12 (up to 20) free therapy sessions. Referral required (parents/youth/school can refer).

I Matter (<https://imattercolorado.org/>)

Provides up to 6 free counseling sessions to youth 18 and younger (or 21 & younger for those receiving special education services) with a counselor.

Man Therapy (<https://mantherapy.org/>)

Began as a suicide prevention campaign and has now morphed into a directory with professionals who specialize in men's issues. Includes resources and tools as well.

Applied Suicide Intervention Skills Training (ASIST) (livingworks.net)

Training to become a Suicide First-Aid Helper for anyone in the community. Helpful for those who have people they care about who struggle with suicide.

American Foundation for Suicide Prevention

(afsp.org)

Resources, group and community engagement through education and prevention programs.

Office of Suicide Prevention – CDPHE

(cdphe.colorado.gov/suicide-prevention)

Statewide suicide prevention programs, training materials, and professional supports.

SUBSTANCE USE

Mile High Recovery Center

(milehighrecoverycenter.com/)

855-661-0485

Rehabilitation center offering sober living & recovery housing, residential treatment, inpatient, PHP, IOP, medication-assisted treatment, outpatient counseling, family therapy, equine therapy, etc. Accept most major insurances.

Denver Springs (denversprings.com/)

720-643-4300

Inpatient mental health treatment ages 12+, detox program, inpatient rehab for substance use, PHP, IOP

Sobriety House (sobrietyhouse.org)

720-381-4337

Halfway house, residential long-term treatment, independent living, outpatient services

Sandstone Care (sandstonecare.com/)

888-294-0218

Age-specific mental health and substance use treatment. Medical detox, inpatient, residential treatment, day treatment, IOP, virtual IOP, outpatient individual counseling, family, and group. In network with most major insurances.

Raleigh House (theraleighhouse.com/)

720-702-4216

Medical detox, residential addiction treatment, partial hospitalization, intensive outpatient program, outpatient treatment, dual diagnosis specialization. Accept various forms of insurance.

Colorado Medication Assisted Recovery

(colorado-recovery.com/)

844-596-0135

Specialize in medication-assisted treatment. Outpatient detox with integrated therapy services,

MENTAL HEALTH RESOURCE DIRECTORY



of Metro Denver

case management, peer-support services, partial hospitalization program, intensive outpatient program, on-site addiction medicine, psychiatry, and pharmaceutical services. Accept most major insurances.

Alcoholics Anonymous (AA) (aa.org/)

Local: 303-322-4440

Peer support group for those looking to recover from alcoholism

Al-Anon/Alateen (al-anon.org)

24-hour hotline: 303-321-8788

Support for family and friends of individuals with an alcohol use disorder

Narcotics Anonymous (NA) (denverna.com/)

303-832-DRUG (3784)

Peer support group for any drug use disorder

Nar-Anon (nar-anon.org)

Local: 303-534-8188

Support for family and friends of individuals with drug use disorders

The Phoenix (thephoenix.org/)

720-440-9175

Free fitness center and activities for those in recovery from addiction

Young People in Recovery

(youngpeopleinrecovery.org)

720-600-4977

Peer recovery support services for youth and young adults under 30, pro-social events, harm-reduction hub, advocacy.

ADDITIONAL RESOURCES

Mile High United Way 2-1-1 (211colorado.org/)

A confidential and multilingual service connecting people to vital resources across the state including mental health, childcare, immigration services, etc

Mental Health Colorado

(mentalhealthcolorado.org/help/)

An advocacy organization, it provides a list of providers based on specialty areas such as substance use disorders, eating disorders, etc.

Colorado Behavioral Health Administration Directory (ownpath.co/)

List of mental health resources in Colorado through their OwnPath Directory.

Substance Abuse and Mental Health Services Administration – SAMHSA (samhsa.gov/)

Research, resources, public health agency focused on substance use and mental health services. Includes a directory of providers.