

## **Transgender & Non-Binary Services**

### **Denver Health LGBT Health Services\***

**303-602-5699; [DenverHealth.org/LGBT](https://denverhealth.org/LGBT)**

A transgender-specific integrated care behavioral health provider is available for short or long-term therapy, as well as interviews for gender-affirming surgery letters of support. Available to any of Denver Health's trans/gender nonconforming patients. Accepts Medicaid, Medicare and most commercial insurance plans.

### **Empowerment Program\***

**303-320-1989; [empowermentprogram.org](https://empowermentprogram.org)**

A mental health and drug treatment program providing free trauma-informed services for cis and trans women.

### **Trans Lifeline\***

**877-565-8860; [translifeline.org](https://translifeline.org)**

A free peer support phone service run by trans people for trans and questioning peers. Call if you need someone trans to talk to, even if you're not in crisis or if you're not sure you're trans. Full anonymity & confidentiality. No non-consensual active rescue (calling 911, emergency services, or law enforcement). Oprime 2 para hablar con unx operadrx en español.

### **Transgender Center of the Rockies**

**303-761-0200; [transgendercenteroftherockies.org](https://transgendercenteroftherockies.org)**

Offers gender-affirming individual and group counseling for trans individuals over 18. Sliding fee scale for individual and group therapy sessions based on client's household income. Peer-led support groups are free.

### **The Center- Transgender Support Groups**

**303-733-7743;**

**[lgbtqcolorado.org/programs/transgender](https://lgbtqcolorado.org/programs/transgender)**

Offers free weekly social and support programs, a speakers bureau, and educational/networking sessions for transgender communities.

### **UHealth Integrated Transgender Program**

**720.848.2650; [uhealth.org/services/diabetes-](https://uhealth.org/services/diabetes-endocrinology-care/uhealth-integrated-transgender-program/)**

**[endocrinology-care/uhealth-integrated-transgender-program/](https://uhealth.org/services/diabetes-endocrinology-care/uhealth-integrated-transgender-program/)**

Their team of professionals helps transgender and gender-diverse adults in their journey to achieve their personal health goals, including mental health care.

Accepts most insurance plans.

## **Tools for Finding a Therapist**

**AASECT (American Association of Sex Educators, Counselors, and Therapists)**

**[aasect.org/find-professional/2/CO/T%2BC](https://aasect.org/find-professional/2/CO/T%2BC)**

Directory to find certified sex therapists.

### **Inclusive Therapists**

**[inclusivetherapists.com](https://inclusivetherapists.com)**

Directory with the aim to make it simpler and safer for people in marginalized communities to find a therapist.

Find a culturally responsive, 2SLGBTQ+ affirming therapist that celebrates your full identity.

### **InnoPsych**

**[innopsych.com](https://innopsych.com)**

Find your ideal therapist of color & boost your wellness journey with content written by and for people of color.

### **OpenCounseling**

**[opencounseling.com](https://opencounseling.com)**

A resource to help people find the information they need to find affordable mental health treatment.

### **Open Path Psychotherapy Collective**

**[openpathcollective.org](https://openpathcollective.org)**

A nationwide network of mental health professionals dedicated to providing in-office & online mental health care, at a steeply reduced rate, to clients in need.

### **Providers of Color List**

**[bit.ly/ProvidersofColor](https://bit.ly/ProvidersofColor)**

List of POC mental health providers in Colorado.

### **Psychology Today**

**[PsychologyToday.com/us](https://PsychologyToday.com/us)**

### **Spark**

**[sparkthechangecolorado.org](https://sparkthechangecolorado.org)**

Connects mental health professionals who volunteer their time and expertise to Coloradans in need of free counseling and mental health services.

### **Therapy for Queer People of Color**

**[therapyforqpc.com](https://therapyforqpc.com) or [nqttcn.com](https://nqttcn.com)**

A directory of psychologists, professional counselors, social workers, and administrative specialists who provide quality mental healthcare exclusively to queer and trans people of color.

### **World Association of Sex Coaches**

**[worldassociationofsexcoaches.org/find/](https://worldassociationofsexcoaches.org/find/)**

Directory to find sex coaches that meet competency standards in both sexology & coaching skills.

# Mental Health Resources



**HeyDenver.org**

**303-962-2880**

**It takes time to find the right provider for you. We encourage you to explore several options to see what feels most comfortable for you. These resources are known and trusted by our community members. We can't vouch for all providers listed in these community programs, or that they are currently taking new clients.**

Programs that have Spanish speaking staff available are marked with \*

Programas que tienen personal hispanohablantes estan marcados con \*

## **Youth-Focused Services**

### **The Center on Colfax-Rainbow Alley [lgbtqcolorado.org/programs/rainbow-alley](http://lgbtqcolorado.org/programs/rainbow-alley)**

A safe space where LGBTQ youth (ages 11-21) & allies find support & acceptance. Provides events & activities, counseling & support groups, health services & life skills—all in a warm & welcoming environment for free/at a low-cost sliding scale.

#### **YouthSeen**

**720.788.0062 (call or text); [youthseen.org](http://youthseen.org)**

Support for LGBTQ+ teens and their families. Offers mental health counseling, groups, peer support, social activities, and more.

### **The Adolescent and Child Outpatient program at Denver Health\*** **303-602-4851**

Helps children ages 2-17 years with a wide variety of behavioral and emotional disorders, ranging from adjustment issues to major mental illnesses. Accepts Medicaid, Medicare and most insurance.

## **LGBTQ+ Services**

### **Denver Element**

**720-382-5900; [denverelement.org](http://denverelement.org)**

Counseling group sessions, 1-on-1 counseling, peer-to-peer support groups, and holistic approaches are offered for the LGBTQ+ community. Accepts Medicaid and uses a sliding scale for those without Medicaid.

### **Envision:You**

**303-214-2119; [envision-you.org](http://envision-you.org)**

Seeks to close gaps in behavioral health outcomes for LGBTQ+ individuals through free co-created community programming, advocacy engagement, public awareness campaigns, and evidence-based training.

### **Glass Lawler Mental Health (a program of The Center)**

**[lgbtqcolorado.org/programs/glass-lawler-mental-health/](http://lgbtqcolorado.org/programs/glass-lawler-mental-health/)**

Provides free therapeutic services to LGBTQ+ adults (18+). Clients receive culturally responsive and affirming services, including 12 individual counseling sessions, with no referral or insurance required.

### **IAMClinic Counseling Services (720) 551-8382; [iamclinic.org](http://iamclinic.org)**

Offers counseling for LGBTQIA+ individuals and couples, as well as their religious loved ones.

### **Queer Asterisk**

**720-507-6161; [queerasterisk.com](http://queerasterisk.com)**

Provides counseling services and therapeutic programs centering queer and trans experiences. Their counselors all identify as queer and transgender. Accepts Medicaid, Medicare, and most private insurance providers and offers a sliding scale and scholarships.

## **Community Services**

### **Behavioral & Mental Health Services at Denver Health\*.** **303-602-4851;**

**[denverhealth.org/services/behavioral-health](http://denverhealth.org/services/behavioral-health)**

Provides therapy to patients of all ages who are struggling with mental health issues in both an inpatient and outpatient setting. Accepts Medicaid, Medicare and most commercial insurance plans.

### **Connections Counseling**

**720-328-0569; [connectionsounseling.net](http://connectionsounseling.net)**

An innovative trauma wellness center that provides accessible counseling services to individuals, couples, and families regardless of their income.

### **Denver Affordable Counseling**

**720-485-3756;**

**[denveraffordablecounseling.com](http://denveraffordablecounseling.com)**

Affordable counseling services for individuals, couples, families, children and adolescents

### **Maria Droste Counseling Center\***

**303-756-9052; [mariadroste.org](http://mariadroste.org)**

Offers in-person or online counseling services and psychotherapy for adults, children, teens, couples, and families – regardless of their ability to pay.

They have counselors that specialize in the LGBTQ+ community.

### **People's House\***

**303-480-5130; [peoplehouse.org](http://peoplehouse.org)**

Their Affordable Counseling Program offers therapy on a sliding fee scale. They also have non-denominational ministers who can help you find a spiritual practice just right for you. They also have a variety of experienced mental health and holistic healing professionals who offer individual sessions, workshops and group opportunities.

### **WellPower\***

**(303) 504-6500; [wellpower.org](http://wellpower.org)**

Provides mental health treatment, prevention, outreach and crisis services to children, families and adults. Accepts Medicaid, Medicare, and most private insurance. Their TherapyDirect program provides free, grant funded therapy.

## **Crisis Support**

### **Colorado Crisis Services\***

**1-844-493-8255; Text "TALK" to 38255;**  
**[www.coloradocrisisservices.org](http://www.coloradocrisisservices.org)**

Crisis response system offering residents mental health, substance use or emotional crisis help, information and referrals. Crisis clinicians & peer specialists are available 24/7/365 for free via phone, text, or in-person at walk-in centers regardless of one's ability to pay. Translation services available in more than 200 languages.

### **Suicide and Crisis Lifeline\***

United States-based suicide prevention network of over 160 crisis centers that provides 24/7 service via a toll-free hotline with the number **9-8-8**. It is available to anyone in suicidal crisis or emotional distress.

### **The Trevor Project**

**1-866-488-7386; <https://www.thetrevorproject.org>**

The world's largest suicide prevention and crisis intervention organization for LGBTQ young people. Connect to a crisis counselor 24/7, 365 days a year, from anywhere in the U.S. It is 100% confidential and free.

## **Services for Latinx Folks**

### **El Centro de las Familias\***

**(303) 504-1900; [wellpower.org/el-centro-de-las-familias](http://wellpower.org/el-centro-de-las-familias)**

Una clinica multicultural brindando servicios de salud mental en español para la comunidad Latine/Hispana de Denver. Brindan servicios bilingües con una perspectiva basada en fortalezas y atención informada de trauma. Se acepta Medicaid, Medicare, and la mayoría de seguros médicos. Sin seguro médico es \$90 por sesión.

### **Línea de Prevención del Suicidio y Crisis\***

**1-888-628-9454**

Una red de prevención del suicidio basado en los E.E.U.U. con más de 160 centros de crisis que proveen servicios 24/7 de forma gratuita al número 9-8-8. Esta disponible para cualquiera en crisis suicida o angustia emocional.

### **Servicios De La Raza\***

**(303) 458-5851; [serviciosdelaraza.org](http://serviciosdelaraza.org)**

El Departamento de Salud Conductual de Servicios es una clínica especializada en brindar servicios de salud mental y abuso de sustancias en inglés y español cultural y lingüísticamente sensibles a poblaciones desatendidas y sin seguro médico. Brinda servicios a individuos sin seguro médico y aceptan Medicaid, Medicare, CHP+, recipientes de Compensación de Víctima, y pago propio.