

Community Resources:

Accessible, Low-Cost or Free Mental Health & Other Services



CO L O R A D O

State Employee Assistance
Program

CSEAP

Crisis & COVID Resources

Free COVID-19 Crisis Counseling & listing of various support resources by locality -

<https://www.coloradospiritccp.com/connect>

Disaster Distress Helpline for all Coloradans - **1-800-985-5990**

General Resources & Basic Needs

For STATE EMPLOYEES only - Financial Education Counseling for State Employees - 1-877-849-6034

For STATE EMPLOYEES only - Grief Counseling for State Employees - 1-877-849-6034

For University of Colorado Employees only - 1-833-533-2428

Referrals for food, transportation, child care, caregiving, housing - <https://www.211colorado.org/>

Free tools, tips, information & resources - <https://www.mentalhealthcolorado.org/free-resources/>

Links to various resources - <https://cseap.colorado.gov/resources>

Mental Health & Counseling Resources

24/7 Crisis Counseling Services - <https://coloradocrisisservices.org>

University-based Sliding Scale Community Counseling Clinics

<https://psychology.du.edu/clinics/professional-psychology-clinic>

<https://psychology.du.edu/clinics/trauma-disaster-recovery-clinic>

<https://www.ucdenver.edu/counseling-center/community-members>

<https://www.regis.edu/about/regis-in-the-community/center-for-counseling-family-therapy>

Culturally-responsive Counseling Services

<https://caahealth.org/programs-and-services/>

<https://www.apdc.org/services>

<https://www.dihfs.org/behavioral.html>

<https://mhcd.org/deaf-hard-of-hearing-services/>

<https://ccdhhdb.com/index.php/directory/>

<https://www.nationaldeaftherapy.com/ndtteam> - Check with your health insurer regarding coverage.

Sliding Scale Counseling Services

<https://denverfamilyinstitute.org/>

http://www.mhfaco.org/images/uploads/files/Low_Cost_Resources.pdf

Referral & Support Resources - Substance Use

<https://www.samhsa.gov/sites/default/files/bh-resources-for-veterans-11012019.pdf>

Colorado QuitLine - <https://coquitline.org/en-US/>

Gambling Assistance - <https://sbg.colorado.gov/problem-gambling-resources>