

Mental Health Resources

El Paso County

Emergency Services

9-1-1: Call for services for someone with an immediate life-threatening emergency.

Emergency Services: If you need immediate mental health care and are not comfortable calling an ambulance, visit your nearest emergency care center.

Crisis Services

9-8-8 Call or text to speak with a trained mental health specialist.

Colorado Crisis Services

1-844-493-8255, or text "TALK" to 38255

This hotline will connect you to a crisis counselor or trained professional. The staffer will assess risk and determine if a mobile response is necessary.

- If a mobile response is necessary, the **Mobile Response Team** or **Community Response Team** will strive to make contact within one hour in Colorado Springs or two hours outside Colorado Springs.

Cedar Springs Hospital

719-633-4114 | cedarspringsbhs.com | 2135 Southgate Rd., Colorado Springs, CO 80906

Cedar Springs offers 24/7 referrals and assessments by phone or online for individuals of all ages who suffer from psychiatric disorders, substance abuse or co-occurring conditions.

Diversus Health

719-572-6100 | diversushealth.org | 115 S. Parkside Drive, Colorado Springs, CO 80910

Diversus offers a 24/7 walk-in crisis center for all ages, regardless of ability to pay, for crisis services and counseling, as well as around the clock care for mental wellbeing.

Peak View Behavioral Health

Assessment team: 719-355-1028 | Main line: 719-444-8484 | peakviewbh.com | 7353 Sisters Grove, Colorado Springs, CO 80923

Peak View offers complimentary assessments 24/7 for individuals of all ages seeking help and support for mental health and/or substance abuse.

Non-Crisis Options

If an individual is not in immediate danger and does not require crisis services, there are many ways to connect them to mental health services.

- If an individual is already connected to mental health services, encourage them to reach out to their care team if symptoms are worsening.
- If an individual is not already in care, they may contact their insurance company to get a list of providers in their area. To search for providers in your area, visit: ownpath.co.
- Individuals may also contact their primary care provider to discuss concerns and determine follow up.



Visit our webpage
for more details



Over >

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Support Services

Children's Colorado Therapy Care

childrenscolorado.org/locations/therapy-care-telstar

In-person and telehealth care with specialty trained pediatric therapists who help achieve the best possible outcomes for your child.

HEARTBEAT

heartbeatsurvivorsaftersuicide.org

Peer support groups offering empathy, encouragement and direction following the suicide of a loved one.

I Matter Colorado

imattercolorado.org

Provides up to six confidential counseling sessions for youth in Colorado.

Inside Out Youth Services

insideoutys.org

Trusted, high quality and engaging youth development and recreation programs, for LGBTQIA+ youth.

National Alliance on Mental Illness (NAMI)

719-473-8477 | namicoloradosprings.org

Peer-taught education programs and support groups for families, parents of school-aged children and individuals living with mental illness.

Pikes Peak Rising 360

pikespeakrising360.crediblemind.com

A free online platform bringing together expert-rated and vetted mental health assessments, videos, podcasts, apps, online programs, books, and articles all in one easy-to-use-place.

Second Wind Fund

thesecondwindfund.org

Connecting youth at risk for suicide with life-saving mental health treatment.

Suicide Prevention Partnership

719-573-7447 |

pikespeaksuicideprevention.org

Adult- and youth-specific peer support groups designed for individuals whose lives have been impacted by suicide. Plus, free individual therapy for youth at risk for suicide.

Services for Hispanic Families

Centro de Familia

719-227-9170 | coscentro.org

Culturally competent counseling, advocacy, victim support and parenting education services to Hispanic/Latino populations.

Services for Military Families

Mt. Carmel Veterans Service Center

719-772-7000 | veteranscenter.org

Individual and group wellness programs and behavioral health services for veterans and their families.

Next Chapter

1-888-719-8387 | nextchapterco.org

A community wellness collaborative serving veterans and their families.

Trainings

There are a variety of skill building and learning opportunities to equip and empower people to know how to respond to and support someone navigating mental health concerns. For local trainings, visit spcollab.org/events.

General Safety Resource

Safe2Tell Colorado

1-877-542-7233 | safe2tell.org

Safe2Tell provides an anonymous way for students, parents, school staff and community members to report concerns regarding their safety or the safety of others.



Visit our webpage
for more details



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