

Mental Health Resources

Crisis & Safety

- ❑ **988:** 24/7 nationwide suicide & crisis lifeline <https://988lifeline.org>
Call or text 988, press 3 to be connected to an LGBTQ+ line.
- ❑ **SPAN** (Safehouse alliance): 303-444-2424 (24/7 hotline): www.safehousealliance.org
Hotline for interpersonal violence- resources, information, shelter
- ❑ **Colorado Crisis Services:** (844) 493-TALK (8255)- 24h/7 help: www.ColoradoCrisisServices.org
This website also provides all the walk-in crisis centers in the state.
- ❑ **Mental Health Partners Crisis Center**, Withdrawal Management, 24/7 support: (303) 441-1281
Walk-in Crisis Services: 3180 Airport Road, Boulder
- ❑ **Trans Lifeline:** 877-565-8860 <https://translifeline.org/>
Peer support service run by trans people, for trans and questioning callers.

Mental Health Support

- ❑ **Mental Health Partners:** 303-443-8500- www.mhpcolorado.org
Locations in Boulder, Broomfield, Longmont, Lafayette, Nederland and telehealth care; accept Medicaid, Medicare, most insurances and affordable self-pay options.
- ❑ **Naropa Community Counseling:** 303-546-3589- www.naropacommunitycounseling.com
Individual, couples, and group therapy. Accepts Medicaid and affordable self-pay options.
- ❑ **CU Counseling & Psychiatric Services:** 303-492-2277- <https://www.colorado.edu/counseling/>
Mental health care for CU Boulder students.
- ❑ **Rise Against Suicide:** 720-263-0085 - <https://www.riseagainstsuitude.org/>
Mental health resources for people under age 17 who do not have financial/insurance resources to cover treatment.
- ❑ **NAMI Boulder County** 303-443-4591 <https://namibouldercounty.org>
Provides advocacy, education, support, and extensive resources to individuals and families impacted by mental health conditions. All programs are free.
- ❑ **Boulder Psychological Services:** <http://www.boulderpsychologicalservices.com/find-a-therapist/>
Offers consultations to help someone find a therapist that fits their needs.
- ❑ **All-Options Talkline:** 888-493-0092 <https://www.all-options.org/>
Judgement-free support related to pregnancy, miscarriage, abortion, adoption.