LGBTQ+ Resources

Mental Health Support

**Mental Health Partners**: 303-443-8500- [https://www.mhpcolorado.org](https://www.mhpcolorado.org)
Locations in Boulder, Broomfield, Longmont, Lafayette, Nederland, telehealth; accept Medicaid, Medicare, most insurances, affordable self-pay. LGBTQ+ resources & all ages.

**Queer Asterix**: 720-507-6161- [https://queerasterisk.com](https://queerasterisk.com)
Located in Denver specializing in queer affirming care for individuals, families, and groups. Accept all major insurances including Medicaid/Medicare and have self-pay options.

**Naropa Community Counseling**: 303-546-3589- [www.naropacommunitycounseling.com](http://www.naropacommunitycounseling.com)
Individuals (ages 12+), couples, and group therapy. Accepts Medicaid and self-pay options.

**Umbrella Collective**: 720-663-0163- [www.umbrellacollective.org](http://www.umbrellacollective.org)
Talk therapy honoring intersecting identities. Individual, group, EMDR. Self-pay and some insurances. Located at 2929 Valmont Rd, Boulder and virtual visits.

*More providers who specialize in LGBTQ+ care can be found at [www.outboulder.org](http://www.outboulder.org)*

Help in Crisis

**988**: 24/7 Nationwide suicide & crisis lifeline- [https://988lifeline.org](https://988lifeline.org)
Call or text 988, press 3 to be connected to an LGBTQ+ line.

**Trans Lifeline**: 877-565-8860- [https://translifeline.org/](https://translifeline.org/)
Peer support service run by trans people, for trans and questioning callers.

**Trevor Lifeline**: 866-488-7386- 24/7 help [https://www.thetrevorproject.org/](https://www.thetrevorproject.org/)
Crisis intervention and suicide prevention service for LGBTQ young people under 25.

**Colorado Crisis Services**: (844) 493-TALK (8255)- 24h/7 help: [https://coloradocrisisservices.org/](https://coloradocrisisservices.org/)
This website also provides all the walk-in crisis centers in the state.

**Mental Health Partners Crisis Center**: Withdrawal, 24/7 support: (303) 441-1281
Walk-in Crisis Services: 3180 Airport Road, Boulder

Additional resources at [www.outboulder.org](http://www.outboulder.org) including on Health& Wellness (laser treatment, voice training, gender affirming apparel), Education, Trainings, Housing, Jobs, Faith and more.
For Young People and Family Support

**OASOS** Boulder County Public Health: 303-870-7039 - [https://bouldercounty.gov/families/lgbtqia/oasos/](https://bouldercounty.gov/families/lgbtqia/oasos/)

**The Trevor Project** [https://www.thetrevorproject.org](https://www.thetrevorproject.org)
Support, advocacy, education, and research for LGBTQ+ youth and families.

**Q Chat Space** [https://www.qchatspace.org](https://www.qchatspace.org)
Online community space for LGBTQ+ teens

**PFLAG Boulder** [https://pflag.org/chapter/boulder/](https://pflag.org/chapter/boulder/)
Local chapter of the nation’s largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people and those who love them.

**Rainbow Alley:** 303-733-7743 - [https://lgbtqcolorado.org/programs/rainbow-alley/](https://lgbtqcolorado.org/programs/rainbow-alley/)
Part of the Center of Colfax in Denver, a space where LGBTQ+ youth (ages 10-17) and their allies find support and acceptance.

Other Resources

**The Center on Colfax** 303-733-7743 - [https://lgbtqcolorado.org/](https://lgbtqcolorado.org/)
Denver-based LGBTQ community center.

**One Colorado:** 303-396-6170 - [www.one-colorado.org](http://www.one-colorado.org)
Colorado’s leading advocacy organization on for LGBTQ+ justice. Many resources on health, legal

The Library at [FOLX health](https://www.folxhealth.com/library)
An extensive library of articles related to gender-affirming health care and more

**Colorado Name Change Project** [https://www.namechangeproject.org/](https://www.namechangeproject.org/)
Information on how to update name and gender marker in the State of Colorado.