

LGBTQ+ Resources

Mental Health Support

- **Mental Health Partners:** 303-443-8500- <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>
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
Individuals (ages 12+), couples, and group therapy. Accepts Medicaid and self-pay options.
- **Umbrella Collective:** 720-663-0163- 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

Help in Crisis

- **988:** 24/7 Nationwide suicide & crisis lifeline- <https://988lifeline.org>
Call or text 988, press 3 to be connected to an LGBTQ+ line.
- **Trans Lifeline:** 877-565-8860- <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/>
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/>
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 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/>
Support, advocacy, and referrals for LGBTQ+ young people 13-18. Meets in Longmont.
- ❑ **The Trevor Project** <https://www.thetrevorproject.org>
Support, advocacy, education, and research for LGBTQ+ youth and families.
- ❑ **Q Chat Space** <https://www.qchatspace.org>
Online community space for LGBTQ+ teens
- ❑ **PFLAG 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/>
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/>
Denver-based LGBTQ community center.
- ❑ **One Colorado**: 303-396-6170- 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/>
Information on how to update name and gender marker in the State of Colorado.