

Mental Health & Wellness Resources

It can be difficult to navigate where to start and get help with mental health resources. If you would like guidance on navigating or seeking mental health support, contact any of the clergy at St. Michael's Colorado Springs at support@stmikeschurch.com ~ We are here to support you and your loved ones.

Experiencing a mental or medical emergency?

Call 911

Mental Health & Suicide Hotlines

LOCAL / COLORADO SPRINGS RESOURCES

- Crisis Stabilization Unit 24/7 : 844-493-TALK (8255)
- AspenPointe Mental Health Services 24/7 : 719-572-6100 or 1-855-277-3678
- Peak Vista Behavioral Health 24/7 : 888-235-9475
- Cedar Springs Behavioral Health Services 24/7: 719-633-4114
- Cottonwood Creek Wellness Center: 719-445-5744
- Pikes Peak Suicide Prevention: 719-573-7447

NATIONAL RESOURCES

- National Hopeline 24/7 : 800-784-2433 or 800-SUICIDE
- National Suicide Prevention Lifeline 24/7 : 800-273-8255 or 800-273-TALK
- The Trevor Project: 866-488-7386 or text START to 678-678
Provides crisis intervention and suicide prevention services to LGBTQ+ youth ages 13-24
- Crisis Text Line: Text CONNECT to 741741
- Teen Talk Line: 800-650-8336
- Veterans Crisis Line: 800-273-8255 (Press 1) or text to (838255)
- Ayuda en Espanol: 888-628-9454
- Suicide Prevention Lifeline for the Deaf, Hard of Hearing or Hearing Loss
 - o Video relay service - Dial 800-273-8255
 - o TTY - Dial 800-799-4889
 - o Voice/Caption Phone - Dial 800-273-8255

Walk-in Mental Health Services Colorado Springs

- o Colorado Crisis Services Stabilization Unit: 844-493-TALK (8255)
- o AspenPointe Walk-in Services 24/7 115 S. Parkside Dr. Colorado Springs CO
- o Peak Vista Behavioral Health 24/7 : 888-235-9475
- o Cedar Springs Behavioral Health Services 24/7: 719-633-4114
- o Cottonwood Creek Wellness Center: 719-445-5744
- o Any Hospital Emergency Room



Local Resources & Advocacy

- *Adult Protective Services : 719-444-5755
- *Adult Abuse or Neglect Intake Line: 719-444-5744
- *Child Abuse Hotline : 844-264-5437
- *Colorado Springs Police Dept. (CSPD) 719-444-7000
- *CSPD Homeless Outreach Team : 719-444-7666
- *El Paso County Sheriff's Department : 719-390-5555
- *Planned Parenthood : 719-475-7192

Domestic Violence and Sexual Assault (DVSA)

- National Sexual Assault Hotline 24/7 : 800-656-4673 or 800-656-HOPE
- *TESSA COS - Services for domestic violence and sexual assault 24/7 : 719-633-3819
- Substance Abuse & Mental Health Services Administration (SAMHSA): 1-800-662-4357

Local Addiction-Related Support Meetings

- Al-Anon & Alateen Meetings: (719)632-0063 www.al-anon.org
- Alcoholics Anonymous (AA) Meetings: (719)573-5020 www.coloradospringsaa.org
- Narcotic Anonymous Meetings: NA Colorado (719) 637-1580 www.nacolorado.org
- *Eating Disorder Care Colorado Springs 866-336-3251 www.eatingdisorder.care

How to Find a Therapist

If you have insurance, call your insurance company and request a list of behavioral health providers with contact information. The below are online search resources:

Behavior Health Treatment Locator: <https://findtreatment.samhsa.gov>

Therapy locator and local resources

Good Therapy www.goodtherapy.com

Therapy locator and local resources, insurance criteria, specialties, etc.

Psychology Today www.psychologytoday.com

Therapy locator and local resources, insurance criteria, specialties, etc.

Online Resources

National Alliance on Mental Illness (NAOMI): <https://www.namicoloradosprings.org>
Local support groups & peer groups, mental health awareness, training, & awareness.

American Foundation for Suicide Prevention: <https://www.afsp.org>
Provides up-to-date research on suicide and suicide prevention, information on seeking help, information on advocacy, and ways that you can help your community prevent suicides.

It's Okay 2 Ask: youth Suicide Prevention: <https://www.itsok2ask.com>
Information for adolescents and young adults how to speak with their peers about mental health concerns and suicide.

PFLAG Parents, Families, Friends of Lesbians and Gays (LGBTQ+) www.pflag.org
Provides education, resources, support, and advocacy for LGBTQ+ individuals, families, and allies.

NotOk NotOk is a digital panic button that takes the guesswork out of asking for help when you're feeling vulnerable and in distress. www.notokapp.com

Financial Resources

Socioeconomic status and finances should never prevent you or a loved one from receiving the help needed. Below are a handful of resources that can provide short term or long term financial assistance for mental health care.

- [Second Wind Fund](#) - Second Wind Fund believes that every child and youth at risk of suicide should have access to the mental health treatment they need. We match children and youth at risk for suicide with licensed therapists in their communities. If a financial barrier to treatment is present, we pay for up to 12 sessions of therapy from one of our specialized network providers.
- [Local Counseling Centers](#) - these are a few local counseling centers we are aware of, have met with, and would recommend reaching out to. If you have others you recommend, please send them my way.
- St. Michael's Clergy - are able to pay for up to three counseling sessions with a professional health care provider if/when financial assistance is needed.
- The Oakes Home Fund - through the Episcopal Diocese in Colorado, residents of Colorado may apply for medical reimbursement through St. Michael's Episcopal Church.

02012022