

Mental health

The following section may help you find current information about mental health resources in Colorado. Many people experience anxiety and depression after being released from prison. Don't hesitate to ask for help if you need it.

Community mental health centers

There are 17 community mental health centers in Colorado that offer a variety of mental health services. Some of the services are therapy (individual, family, and group), medication management, and case management. Some centers also manage local clinics. Call the center or look on its website for more information. When you call, the intake receptionist will need to know about your financial and personal situation (homeless, indigent, on parole, discharged).

Arapahoe Douglas Mental Health Network
303.730.8858
www.admhnweb.org
Arapahoe and Douglas counties

Aurora Mental Health Center
303.617.2300
www.aumhc.org
Adams, Arapahoe, and Douglas counties

Centennial Mental Health Center
970.522.4549
www.centennialmhc.org
Logan, Morgan, Phillips, Sedgwick, Washington,
Yuma, Elbert, Lincoln, Cheyenne, and Kit Carson counties

Colorado West Regional Mental Health Center
970.945.2241
www.cwrnhc.org
Eagle, Garfield, Grand, Jackson, Mesa, Moffat, Pitkin,
Rio Blanco, Routt, and Summit counties

Community Reach Center
303.853.3500
www.adamsmentalhealth.org
Adams County

Jefferson Center for Mental Health
303.425.0300
www.jcmh.org
Jefferson, Gilpin, and Clear Creek counties

Larimer Center for Mental Health
970.221.5551 or 970.494.4300
www.larimercenter.org
Larimer County

Mental Health Center of Boulder and Broomfield Counties
303.443.8500
www.mhcbc.org
Boulder and Broomfield counties

Mental Health Center of Denver
303.504.6500
www.mhcd.org
Denver County

Midwestern Colorado Mental Health Center
970.252.3200
www.midwestmhc.org
Gunnison, Delta, Montrose, San Miguel,
Ouray, and Hinsdale counties

North Range Behavioral Health
970.347.2120
www.northrange.org
Weld County

Pikes Peak Mental Health Center
719.572.6100
www.ppmhc.org
El Paso, Teller, and Park counties

San Luis Valley Comprehensive Community Mental Health Center
719.589.3671
www.slvvmhc.org
Alamosa, Costilla, Conejos, Saguache,
Rio Grande, and Mineral counties

Southeast Mental Health Services
719.384.5446 or 719.336.7501
www.semhs.org
Crowley, Kiowa, Otero, Prowers,
Bent, and Baca counties

Southwest Colorado Mental Health Center
970.565.7946
www.swcmhc.org
Delores, San Juan, Montezuma,
La Plata, and Archuleta counties

Spanish Peaks Mental Health Center
719.545.2746
www.spmhc.org
Pueblo, Huerfano, and Los Animas counties

West Central Mental Health Center
719.275.2351
www.wcmhc.org
Fremont, Custer, Chaffee, and Lake counties

Mental health crisis hotlines

If you have an emergency, dial 9-1-1.

The National Suicide Prevention hotline is 1.800.273.8255. This is a toll free number that you can call 24 hours a day, seven days a week. Phone calls are also answered in Spanish.

All of the community mental health centers have made arrangements to handle crisis telephone calls. If you're a client of a community mental health center, you can call that center after hours for help with a crisis. You will find each health center's telephone number in the previous section.

Where to find current information and get help

The following organizations provide current information about mental health issues, advocacy, and/or offer direct services:

2-1-1

www.milehighunitedway.org

You can dial 2-1-1 or search the database at their website for current mental health resources in your area.

CHARG Resource Center

709 E. 12th Avenue (main office)

Denver, CO 80203

303.830.8805

920 Emerson Street (drop-in clinic)

Denver, CO 80218

303.830.2130

www.charg.org

CHARG Resource Center works with people with severe and persistent mental illness. They run a drop-in center, psychiatric clinic, homeless outreach, and public education programs. Their drop-in center offers dental and eye care, basic needs resources, vocational opportunities, and other services. Their outpatient services include medication management, counseling, and screening.

Mental Health Association of Colorado (MHAC)

1385 S. Colorado Boulevard, Suite 610

Denver, CO 80222

720.208.2220 or 1.800.456.3249

www.mhacolorado.org

The Mental Health Association of Colorado keeps a list of mental health resources available in Colorado. These resources include counseling, support groups, substance abuse treatment, suicide prevention, housing, educational services for children with mental health issues, and national professional organizations. Their website has information about mental health community agencies in Colorado. Click on *Get Help* under *Mental Health Information*.

National Alliance on Mental Illness (NAMI) Colorado

1100 Fillmore Street

Denver, CO 80206

303.321.3104 or 1.888.566.6264

www.namicolorado.org, www.nami.org

The National Alliance on Mental Illness provides information and support for people (and their families) living with mental illness. The NAMI Colorado office has mental health information specific to Colorado, including a resource guide that you can request. The NAMI Colorado website has information about mental illness and resources.

OSMI Project

303.595.4194

OSMI Project case managers help people newly released from prison find mental health resources. You should be referred to the OSMI office by your parole officer if you're on parole. If you contact OSMI on your own, a case manager will talk to your parole officer before signing you up for treatment. To qualify for OSMI Project, you must have a diagnosed mental illness and substance abuse history, and you must be willing to take medication as prescribed. Call for information and/or to make an appointment. These services are free. OSMI Project is part of Peer Assistance, Inc. and TASC and funded by the DOC.

- If you're not on parole, the OSMI Project can't offer any services to you. They can, however, help you with referrals to other services and answer any questions you might have.
- The OSMI Project can help clients with an application for benefits or an appeal if denied.

Stout Street Clinic (Colorado Coalition for the Homeless)

2100 Broadway

Denver, CO 80205

303.293.2220

www.coloradocoalition.org

The Stout Street Clinic offers a variety of psychiatric and mental health services, including case management, assessment, and medication management, at no cost to patients. New and established patients are seen on Monday, Tuesday, Thursday, and Friday at 8:30 am. Established patients may also visit the clinic on Wednesday at 12 noon.

- You *must* be homeless in order to qualify for this clinic's services. If you're eligible, please be aware there is a high demand on the clinic. To be as fair as possible, the clinic sees patients in a random order. Sometimes people are turned away.
- If you're eligible for services at the Veterans Administration, you are *not* eligible for care at Stout Street Clinic.
- If you're sentenced to a community corrections facility, you are *not* eligible for care at the Stout Street Clinic.

WE CAN! of Colorado

1385 S. Colorado Boulevard, Suite 610

Denver, CO 80222

720.208.2220 or 1.800.456.3249

www.wecancolorado.org

WE CAN! stands for Wellness and Education Coalition and Advocacy Network. WE CAN! of Colorado trains people with a psychiatric disorder about their rights. They also teach people how to be assertive when they face discrimination because of a mental illness. If you experience discrimination due to your mental illness, you can call WE CAN! for help or advice.

This information is excerpted from CCJRC's publication, *Getting On After Getting Out: A ReEntry Guide for Colorado*. To order this guide, go to www.ccjrc.org.