

DBSA-CS Telephone



Depression and Bipolar
Support Alliance

Colorado Springs
Chapter

DBSA Colorado Springs
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Colorado Springs, CO 80909

Contact us:

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On the Web: www.DBSAColoradoSprings.org

Resource Guide 2016

Depression and Bipolar Support Alliance (DBSA)
of Colorado Springs

TELEPHONE RESOURCE DIRECTORY

Any Emergency (Medical/Police/Fire).....911
Health & Human Services Referral & Info.....211

ADDITIONAL 24-hour EMERGENCY HOTLINES:

Alcoholics Anonymous	573-5020
ARMS (Cedar Springs)	633-4114
Domestic Violence (TESSA)	633-3819
TESSA Kids Help Line	243-7818
AspenPointe Lighthouse (Mental Health Inpatient)	572-6340
AspenPointe Mental Health Crisis Response	888-493-8255 OR 635-7000
Suicide Prevention Hotline (Colorado Springs)	596-5433
Suicide Prevention Lifeline (National)	800-273-TALK (8255)
Veterans Crisis Line	800-273-8255 PRESS 1

Colorado Mental Health Crisis & Support Hotline: 844-493-TALK (8255)

IN CRISIS? FOR IMMEDIATE HELP 24/7, GO TO:

LIGHTHOUSE CRISIS STABILIZATION UNIT: 115 S. Parkside Drive

ADDICTION AND RECOVERY

Alcoholics Anonymous	573-5020
Al-anon/Alateen	632-0063
Chemical Dependency Center	572-6340
Narcotics Anonymous (NA) Helpline	637-1580
National Clearinghouse for Alcohol Drug Information	800-729-6686
National Council on Alcohol & Drug Dependence HopeLine	800-475-HOPE
National Drug Information, Treatment & Referral Hotline	800-662-HELP
Springs Recovery Connection	367-3292
Star-Colorado Addiction Recovery	719-357-2535

FRIENDS & FAMILIES CONCERNS

Federation of Families for Children's Mental Health, Colorado	303-572-0302
Heartbeat Support Group (for those who've lost someone to suicide)	596-2575
Suicide Prevention Partnership	573-7447

Salvation Army Shelter	578-9190
VA Homeless Veterans Program	667-5588
Winter Warming shelter, New Hope Center	578-9190

TRANSPORTATION

Metro Mobility	392-2396
Metro Transit	385-5974
Yellow Cab	777-7777

WOMEN'S CONCERNS

Depression After Delivery (Information Request Line)	800-944-4773
Dream Centers of Colorado Springs	388-1594
Finding Our Voices (FOV) Women Survivors of Sexual Assault	636-5065
Peak Vista Women's Help Center	442-2027
Safe Harbor (Women with Addictions)	473-5557
TESSA. (formerly The Center for Prevention of Domestic Violence)	633-3819
Women's Clinic (Health Dept.)	575-8500
Women's Resource Agency	471-3170
Beyond Beautiful Counseling for Women	598-7800

MISCELLANEOUS

Accessible Coordinated Transportation/Pikes Peak Region	291-2643
Billy Spielman Center (emergency med's costs assistance)	385-8396
Ecumenical Social Ministries, Inc. (Emergency prescriptions, food, clothing, rent, utilities, job seeking services & <u>mental health assessments and counseling</u>)	636-1916
Low Cost/Free Meds Web Site	helpingpatients.org
LEAP (emergency heat assistance, etc.)	442-0007
Marion House Soup Kitchen	477-9365
Mercy's Gate (emergency heat assistance, etc.)	277-7470
Mission Medical (prescription assistance programs; low income, no insurance medical assistance—calls returned within 48 hours)	219-3402
Open Bible Medical Clinic (prescription assistance; low income, no insurance medical assistance)	475-0972
Partnership for Prescription Assistance	888-477-2669
TLC Pharmacy (free prescription meds—call for appointment)	596-4449
SHARE Colorado (food & community network)	528-1247
Silver Key Senior Services	884-2300
Urban Peak (Homeless Youth Services)	630-3223
Westside Cares (emergency meds, utilities, rent, food)	389-0759

National Stigma Clearinghouse, NY 212-255-4411
 Treatment Advocacy Center www.psychlaws.org/default.htm

REHABILITATION AND EMPLOYMENT

ADA (Americans with Disabilities Act) 444-0252
 Aspen Diversified Industries (ADI) 572-6180
 Brainstorm Career Services 492-9335
 Colorado Division of Vocational Rehabilitation 635-3585
 Career Development Center 444-5000
 Ecumenical Social Ministries (ESM) 636-1916
 Employment First Program (DHS) 444-5300
 Equal Employment Opportunity Commission (EEOC) 800-669-4000
 Independence Center (living/work skills) 471-8181
 Job Accommodation Network 800-526-7234
 National Rehab. Information Center: ABLEDATA
 Database of Assistive Technology 202-635-5826 OR 800-34-NARIC
 Pikes Peak Workforce 667-3700

RESEARCH AND EDUCATION

Brain & Behavior Research Foundation 800-829-8289 or 516-829-0091
 Dana Alliance for Brain Initiatives 212-223-4040
DBSA-CS Resource Center Library 477-1515
 National Institute of Mental Health (NIMH) 866-615-6464
 National Institute of Mental Health
 (Publication Ordering Line) 866-615-6464
 National Mental Health Association (NMHA) Resource Center 800-969-6642

RESIDENTIAL / HOUSING / SHELTERS

Alano (AA connected—Men) 520-1732
 Beth Haven (residential) 632-5920
 Bijou House 578-1629
 Brookside Assisted Living 632-6511
 CC Boarding Home 635-7159
 Crescent Home 634-2237
 Dale House (Youth 14-21 considered) 471-0642
 Greccio, Housing Unlimited 475-1422
 Harbor House (Homeless Addicts) 473-5557
 Homeward Pikes Peak 955-0731
 Housing Authority 387-6700
 Interfaith Hospitality Network 329-1244
 Liza's Place (Women) (634-2257) 291-3406
 New Beginnings Transitional Housing 227-8853
 Platte House (AA connected—Women) (Suzanne) 520-1732

GOVERNMENT SERVICES

Food Stamp Hotline 800-645-8333
 Food Stamps - Local (EPC Dept. of Human Services) 636-0000
 Social Security Administration 574-9279 OR 800-772-1213
 SSDI Online www.socialsecurity.gov

HEALTH INSURANCE

Access Behavioral Care (Medicaid) 800-984-9133
 Colorado Division of Insurance 303-894-7499
 Colorado Health Network 538-1430
 Colorado Indigent Care Program—go to website:
<http://www.chcpf.state.co.us/cicp/cicpindex.htm>
 El Paso County Health Dept. 578-3199
 Medex (Blue Cross/Blue Shield) 800-258-2226
 Medicaid—Customer Service 444-8067 OR 800-221-3943
 Medicare 800-Medicare

LEGAL ASSISTANCE & INFORMATION

ADA (Americans With Disabilities Act) Information
 (Meeting a Challenge Org.) 444-0252
 Job Accommodations Network 800-232-9675
 Legal Center Serving Persons with Disabilities 800-288-1376
 Legal Self-Help Center 452-5555
 Mental Health Law Project 202-467-5730
 Neighborhood Justice Center 520-6016
 Pikes Peak Legal Services 471-0380
 U.S. Department of Justice, Civil Rights Div., Washington, DC 202-514-0301

MEDICAL & PSYCHOLOGICAL SERVICES

Alpine Connection Counseling (Group Therapy for Teens) 233-8336
RX AspenPointe Mental Health (Medicaid & Medicare) 572-6100
 AspenPointe Mental Health (Homeless Outreach Team 572-6100
 And Uninsured) - call, leave message.
 AspenPointe Youth Directions (living skills for teens) 637-8912
 Oasis/AspenPointe) Life Skills for Teens & Young Adults 572-6100
RX Bridge to Awareness Counseling (substance abuse; sliding scale) 390-4652
 Catch (Coordinated Access to Community Health) 573-0131
 Catholic Charities (Life Connections Counseling—sliding scale) 866-6535
 Cedar Springs Hospital 633-4114
 Centro de la Familia Therapists Speak Spanish 227-9170
 Chins Up Youth & Family Services 551-0104
RX Colorado Counseling (takes Medicaid) 444-0250

	Compassionate Counseling (Mental Health uninsured/underinsured)	278-7565
	<u>CORE Counseling (free: individuals, family, couples)</u>	264-7027
	CU Aging Center (low-income Seniors)	255-8002
	Fusion Health Services (Medicaid, Medicare, Cash)	855-384-2656
RX	Open Bible Medical Clinic (Mental Health, no insurance, low income)	475-0972
	Peak View Behavioral Health	444-8484
	Peak Vista Community Center	632-5700
	Devereux Cleo Wallace Center	800-688-2536
RX	Franciscan Community Counseling (sliding scale)	955-7008
	Harbor House (Alcohol & Drug Abuse Counseling for the Homeless)	473-5557
RX	<u>Mission Medical (no insurance, low income)</u>	219-3402
RX	NeuroAssessment Center (Monument)	487-7943
	Open Bible Medical Clinic	475-0972
	Partnership for Prescription Assistance	888-477-2669
	Peak View Community Health Center	632-5700
	Pikes Peak Community Action Agency (medications)	385-7930
	Rockies Counseling Center (low cost, uninsured)	442-0606
	S.E.T. Family Medical Clinic (general health care—\$10 fee)	776-8850
	Springs Counseling (sliding scale)	331-3338
	Suicide Prevention Partnership (at risk: no insurance, etc.)	573-7447
	Tri-Lakes Cares Clinic (Monument) Ext. 103	481-4864
	University Counseling Center (UCCS)	255-3265
	UCCS Free Health Screening: http://www.uccs.edu/~counsel	
	Vet Center (all veterans)	471-9992
	<u>Veterans Affairs Clinic (underinsured or uninsured)</u>	327-5660 OR 800-278-3883

MENTAL HEALTH RELATED SUPPORT RESOURCES

	A Children's Counseling Center (Sliding Scale)	570-7188
	American Psychiatric Association	888-357-7924
	American Psychological Association	800-374-2721
	Anxiety Disorders Assoc. of America	240-485-1001
	AspenPointe (Mental Health) Admissions & Information	572-6330
	Attention Deficit Disorders (CHADD of Colo. Springs)	487-9811
	Autism & Aspergers Connections	344-5619
	Balanced Mind	www.thebalancedmind.org
	Center for Mental Health Services (CMHS)	800-789-2647
	Codependency Anonymous aka: CODA	310-8999; 322-3276; 426-0061
	DBSA National Office	800-826-3632
	DBSA Colorado Springs (Local Chapter)	477-1515
	Finding Our Voices (FOV)	636-5065
	Haven House Drop In Center	578-1181
	Heartbeat (suicide bereavement)	593-8680 or 596-2575
	"KEN" - Knowledge Exchange Network (US Dept. HHS)	800-789-2647

	Mental Health Referral Program	800-843-7274
	Mountain High Service Dogs, Inc.	440-8282
	NAMI Colorado Help Line	888-566-6264
	NAMI-Colorado Springs	473-8477
	National Alliance on Mental Illness (NAMI)	800-950-6264
	Nat'l Assoc. of Anorexia Nervosa & Associated Disorders	630-577-1330
	National Mental Health Clearinghouse	800-789-2647
	National Mental Health Self-Help Clearinghouse	800-553-4KEY(539)
	National Hopeline Network	800-442-4673
	National Hopeline Network (Suicide)	800-784-2433
	Obsessive Compulsive Disorder (OCD Foundation.org)	617-973-5801
	Overeaters Anonymous (OA)	260-9011
	Panic Disorder InfoLine (NIMH)	800-64-PANIC
	Peak Parent Center	531-9400
	Positive Change (Eating Disorders)	387-4919
	Postpartum Depression Support Group	694-5925
	Self Abuse Finally Ends (SAFE): Help For Self-Injury	800-366-8288
	Senior Reach of El Paso County (Support for Seniors 60 & older)	884-2345
	Suicide Anonymous Support Groups (Adults & Adolescents)	573-7447
	Traumatic Brain Injury/Head Injury (BIAA)	800-444-6443
	CS: Penrose Main TBI Group	574-0089 or 596-3710
	CS: Headway TBI Support Group	548-9790
	Independence Center Brain Injury Support Group	471-8181
	Support for Success	330-3624
	Vet-2-Vet Support Line	855-838-7481

ONE ON ONE HELP (PEER SPECIALIST ASSISTANCE)

	Haven House	578-1181
	AspenPointe "Pathways Access Center"	Leave Message: 572-6450

PROTECTION AND ADVOCACY

	ADS Center: Resource Center to Address Discrimination and Stigma (SAMSHA)	800-540-0320
	AspenPointe (Mental Health) Advocates	572-6200
	Bazelton Center for Mental Health Law	202-467-5730
	Coalition for Mental Health in Health Care Reform	877-246-9058
	Federation of Families for Children's Mental Health, Colorado	877-792-8886
	Haven House	578-1181
	Incest Survivors Anonymous	410-893-3322
	National Association of Protection and Advocacy Systems, Washington, DC	202-408-9514
	National Empowerment Center	800-769-3728