

DBSA-CS Telephone



Depression and Bipolar
Support Alliance

Colorado Springs
Chapter

**DBSA Colorado Springs
2132 E. Bijou St., Suite 112
Colorado Springs, CO 80909**

Contact us:

Phone: 719-477-1515

Email: help@dbsacoloradosprings.org

On the Web:



Resource Guide 2019

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 |
| AspenPointe Lighthouse | 572-6340 |
| Domestic Violence/Sexual Assault (TESSA) | 633-3819 |
| TESSA Kids Help Line | 243-7818 |
| Safe2Tell | 1-877-542-7233 |
| Self-Injury Hotline | 800-366-8288 |

Veterans Crisis Line 800-273-8255 **PRESS 1**

Colorado Crisis Hotline: 844-493-Talk (8255) text "TALK" to 38255

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

→ 115 S. Parkside, Colorado Springs, 80910 ←

BEHAVIORAL HEALTH

| | | |
|---|----------------------------|----------|
| AspenPointe Mental Health Crisis Response | 888-493-8255 OR | 635-7000 |
| AspenPointe Lighthouse (**Free Depression Screenings) | | 572-6340 |
| Colorado Mental Health Crisis & Support Hotline: | 844-493-TALK (8255) | |
| Cedar Springs Hospital: ask to speak with A&R (admissions) | | 633-4114 |
| Memorial Hospital (Central & North) Behavioral Health | | 365-6546 |
| Peak View Behavioral Health (ask for intake) | | 444-8484 |
| Penrose Hospital Psychiatric Emergency Triage Team (PETT) | | 776-5781 |
| Francis Medical Center Psychiatric Emergency Triage Team (PETT) | | 571-8520 |

ADDICTION AND RECOVERY

| | |
|--|--------------|
| Alcoholics Anonymous | 573-5020 |
| Al-anon/Alateen | 632-0063 |
| Ayuda-MH,SBTX Spanish Speaking | 459-6710 |
| 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 |

| | |
|--|----------|
| Rosewood | 634-2237 |
| Family Promise of Colorado Springs | 329-1244 |
| Greccio, Housing Unlimited | 475-1422 |
| Harbor House (Homeless Addicts) | 473-5557 |
| Housing Authority | 387-6700 |
| Gospel Home for Women | 291-3406 |
| Salvation Army Shelter | 578-9190 |
| Springs Rescue Mission | 632-1822 |
| Veterans House | 667-5588 |
| Urban Peak for Youth | 630-3223 |
| Winter Warming Shelter, Salvation Army | 578-9190 |

TRANSPORTATION

| | |
|-----------------------|---------------------|
| Metro Mobility | 392-2396 |
| Metro Transit | 385-5974 |
| Lyft | 719-766-2457 |

WOMEN'S CONCERNS

| | |
|--|--------------|
| Depression After Delivery (Information Request Line) | 800-944-4773 |
| Dream Centers of Colorado Springs | 388-1594 |
| Peak Vista Community Help Center | 442-2027 |
| Safe Harbor (Women with Addictions-Homebound) | 473-5557 |
| TESSA (Domestic Violence) <u>Crisis Hotline</u> : 633-3819 | 633-1462 |
| Women's Clinic (Health Dept.) | 575-8500 |
| Women's Resource Agency | 471-3170 |
| Beyond Beautiful Counseling for Women | 598-7800 |

MISCELLANEOUS

| | |
|--|---------------------|
| 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 |
| SHARE Colorado (food & community network) | 528-1247 |
| Silver Key Senior Services | 884-2300 |
| TLC Pharmacy (free prescription meds—call for appointment) | 596-4449 |
| Urban Peak (Homeless Youth Services) | 630-3223 |
| Westside Cares (emergency meds, utilities, rent, food) | 389-0759 |

PROTECTION AND ADVOCACY

| | |
|--|-------------------------------|
| AspenPointe (Mental Health) Advocates) | 572-6200 |
| Bazelon 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 | 888-429-3369 |
| Incest Survivors Anonymous | 410-893-3322 |
| National Association of Protection and Advocacy Systems, Washington, DC | 202-408-9514 |
| National Empowerment Center | 800-769-3728 |
| National Stigma Clearinghouse, NY | stigmatenet.net/ |
| Treatment Advocacy Center | www.psychlaws.org/default.htm |

REHABILITATION AND EMPLOYMENT

| | |
|--|------------------------------|
| ADA (Americans with Disabilities Act) | 444-0252 |
| Aspen Diversified Industries (ADI) | 572-6180 |
| Colorado Division of Vocational Rehabilitation | 635-3585 |
| Career Development Center | 635-4483 |
| 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) | 888-991-1168 |
| Beth Haven (residential) | 632-5920 |
| Bijou House | 578-1629 |
| Brookside Assisted Living | 632-6511 |
| CC Boarding Home | 888-385-2527 |
| Crawford House | 477-1639 |

| | |
|---|--------------|
| National Drug Information, Treatment & Referral Hotline | 800-662-HELP |
| Springs Recovery Connection | 465-6295 |

FRIENDS & FAMILIES CONCERNS

| | |
|--|--------------|
| Federation of Families for Children's Mental Health, Colorado | 888-429-3369 |
| Heartbeat Support Group (for those who've lost someone to suicide) | 596-2575 |
| Suicide Prevention Partnership | 573-7447 |

GOVERNMENT SERVICES

| | |
|---|------------------------|
| Food Stamp Hotline | 800-645-8333 |
| Food Stamps - Local (EPC Dept. of Human Services) | 636-0000 |
| CS Social Security Administration | 888-880-0688 |
| 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 |
| Disability Consultants | 596-5898 |
| 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 | 520-6000 |
| Pikes Peak Legal Services | 471-0380 |
| U.S. Department of Justice, Civil Rights Div., Washington, DC | 202-514-0301 |

MEDICAL & PSYCHOLOGICAL SERVICES WITH FREE OR REDUCED RATES

| | |
|--|----------|
| Alpine Connection Counseling (Group Therapy for Teens) | 233-8336 |
| RX AspenPointe Mental Health (Medicaid & Medicare) | 572-6100 |
| AspenPointe Mental Health (Homeless Outreach Team And Uninsured) - call, leave message. | 572-6100 |
| 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) | 347-1642 |
| | Catch (Coordinated Access to Community Health) | 632-5094 |
| | Catholic Charities (Life Connections Counseling—sliding scale) | 866-6535 |
| | Centro de la Familia Therapists Speak Spanish | 227-9170 |
| | Chins Up Youth & Family Services | 636-2122 |
| 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 |
| | Dream Center of Colorado Springs | 388-1594 |
| | Impact Psychiatric Care LLC (Medicaid & Medicare) | 301-7731 |
| RX | Open Bible Medical Clinic (Mental Health, no insurance, low income) | 475-0972 |
| | Peak Vista Community Center | 632-5700 |
| | Devereux Cleo Wallace Center | 800-688-2536 |
| RX | Franciscan Community Counseling (sliding scale) | 955-7008 |
| | Homeless Medical Clinic | 471-2789 |
| | 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 |
| | PACE (all-inclusive care for the elderly) | 314-2327 |
| | Partnership for Prescription Assistance | 888-477-2669 |
| | Peak View Community Health Center | 632-5700 |
| | Pikes Peak Community Action Agency (medications) | 633-8994 |
| | Rockies Counseling Center (low cost, uninsured) | 442-0606 |
| | Rocky Mountain Neuropsychiatric Associates | 473-2346 |
| | 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 |
| | Westside Outreach Clinic | 385-7920 Ext. 100 |

MENTAL HEALTH RELATED SUPPORT RESOURCES

| | |
|--|--------------|
| A Children's Counseling Center (Sliding Scale) | 639-4869 |
| 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 |
| 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 |
| Eating Disorder Centers: Colo Spgs, Denver | 866-771-0861 |
| Pikes Peak Suicide Prevention Support Groups | 573-7447 |
| FOV :Finding Our Voices - Survivors of Sexual Abuse | 728-9677 |
| Heartbeat (suicide bereavement) | 593-8680 or 596-2575 |
| 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 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) | 641-9213 |
| Panic Disorder InfoLine (NIMH) | 800-64-PANIC |
| Pikes Peak Suicide Prevention Support Groups | 573-7447 |
| Peak Parent Center | 531-9400 |
| Positive Change (Eating Disorders) | 440-4148 |
| 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 |
| Springs Recovery Connection (Drug Addiction Support Groups) | 367-3292 |
| 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)

| | |
|---|-------------------------|
| Carrie Baatz, Peer Support Specialist, Independence Cntr | 471-8181 x116 |
| AspenPointe "Pathways Access Center" | Leave Message: 572-6450 |
| Chaundra Rush, Certified Peer Specialist | 271-2785 |