

FOOD PANTRIES

Salvation Army-Family Services 908 Yuma St. COS—Mon, Wed, Fri, 11-3	719-884-1034
Silver Key Senior Services 1655 S. Murray Blvd., COS—Mon-Fri, 9-4	719-844-2349
Silver Key Senior Services—Commodities Commodity Supplemental Food Program (CSFP) The Emergency Food Assistance Program (TEAP)	719-844-2349

Updated 2/8/2021

DBSA-CS Telephone



Depression and Bipolar
Support Alliance

Colorado Springs
Chapter

**DBSA Colorado Springs
P.O. Box 9518
Colorado Springs, CO 80932**

Contact us:

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On the Web: www.DBSColoradoSprings.org

facebook.com/SpringsDBSA 

Resource Guide 2021

PROTECTION AND ADVOCACY

DiversusHealth (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 (Gerald Riley)	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 <u>DiversusHealth Mental Health (Medicaid & Medicare)</u>	572-6100
DiversusHealth Mental Health (Homeless Outreach Team and Uninsured) - call, leave message.	572-6100
DiversusHealth Youth Directions (living skills for teens)	637-8912
Oasis/DiversusHealth) 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

DiversusHealth (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
DiversusHealth "Pathways Access Center"	Leave Message: 572-6450
Chaundra Rush, Certified Peer Specialist	271-2785