#### **FOOD PANTRIES**

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

Updated 2/8/2021

719-884-1034

719-844-2349

719-844-2349

# **DBSA-CS** Telephone



Depression and Bipolar Support Alliance

Colorado Springs Chapter

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

# Contact us:

Phone: 719-477-1515 Email: help@dbsacoloradosprings.org On the Web: www.DBSAColoradoSprings.org

facebook.com/SpringsDBSA



Resource Guide 202

# 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
DiversusHealth 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:

# $\rightarrow$ 115 S. Parkside, Colorado Springs, 80910 $\leftarrow$

## **BEHAVIORAL HEALTH**

DiversusHealth Mental Health Crisis Response 888-493-8255 OR	635-7000
DiversusHealth Lighthouse (**Free Depression Screenings)	572-6340
Colorado Mental Health Crisis & Support Hotline: 844-493-TA	LK (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-Homeward Bound)	
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	
Low Cost/Free Meds Web Site	holpingpotionto org
LEAP (emergency heat assistance, etc.)	helpingpatients.org 442-0007
Marion House Soup Kitchen	477-9365
Mercy's Gate (emergency heat assistance, etc.)	277-7470
Mission Medical (prescription assistance programs; low ir no insurance medical assistance–calls returned within	
Open Bible Medical Clinic (prescription assistance; low in	
no insurance medical assistance)	
SHARE Colorado (food & community network)	528-1247
Silver Key Senior Services	884-2300
TLC Pharmacy (free prescription meds—call for appointn	
Urban Peak (Homeless Youth Services)	630-3223
Westside Cares (emergency meds, utilities, rent, food)	389-0759

# PROTECTION AND ADVOCACY

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	stigmanet.net/
Treatment Advocacy Center www	v.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 202-63	5-5826 OR 800-34-NARIC
Pikes Peak Workforce	667-3700
RESEARCH AND EDUCATION	
	329-8289 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	
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
FRIEM	IDS & FAMILIES CONCERNS	
	Federation of Families for Children's Mental Health, Colorado	888-429-3369
	Heartbeat Support Group (for those who've lost someone to sui	icide) 596-2575
	Suicide Prevention Partnership	573-7447
GOVE	RNMENT SERVICES	
	Food Stamp Hotline	800-645-8333
	Food Stamps - Local (EPC Dept. of Human Services)	636-0000
	CS Social Security Administration	888-880-0688
		ocialsecurity.gov
HEAL	THINSURANCE	
	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/cic	578-3199
	El Paso County Health Dept. Medex (Blue Cross/Blue Shield)	800-258-2226
		<b>DR</b> 800-221-3943
	Medicare	800-Medicare
LEGA		
	ADA (Americans With Disabilities Act) Information	444-0252
	(Meeting a Challenge Org.) Disability Consultants (Gerald Riley)	444-0252 596-5898
	Job Accomodations 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
MEDI	CAL & PSYCHOLOGICAL SERVICES WITH FREE OR REDUC	ED RATES
	Alpine Connection Counseling (Group Therapy for Teens)	233-8336
RX	DiversusHealth Mental Health (Medicaid & Medicare)	572-6100
	DiversusHealth Mental Health (Homeless Outreach Team	572-6100
	and Uninsured) - call, leave message.	
	DiversusHealth Youth Directions (living skills for teens)	637-8912
	Oasis/DiversusHealth) Life Skills for Teens & Young Adults	572-6100
	2	
	3	

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	l) 278-7565
	CORE Counseling (free: individuals, family, couples)	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	e) 475-0972
	Peak Vista Community Center	632-5700
	Devereux Cleo Wallace Center 8	00-688-2536
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	Mission Medical (no insurance, low income)	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 8	88-477-2669
	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
	Veterans Affairs Clinic (underinsured or uninsured) 327-5660 OR 8	
	Westside Outreach Clinic 385-7	920 Ext. 100
MENT	AL HEALTH RELATED SUPPORT RESOURCES	
	A Children's Counseling Center (Sliding Scale)	639-4869
		88-357-7924
	American Psychological Association 8	00-374-2721

Center for Mental Health Services (CMHS) Codependency Anonymous aka: CODA 310-8999; 322-32	572-6330 344-5619 ancedmind,org 800-789-2647 276; 426-0061 800-826-3632 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 800-5	53-4KEY(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)	300-64-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
	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
,	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, Independ	ence Cntr	471-8181 x116
DiversusHealth "Pathways Access Center"	Leave Me	ssage: 572-6450
Chaundra Rush, Certified Peer Specialist		271-2785

240-485-1001

Anxiety Disorders Assoc. of America