

RESPONDING TO BEHAVIORAL HEALTH CONCERNS

Life Threatening Emergencies

9-1-1 Emergency Services

For someone with an immediate life threatening emergency, contact 911 for services.

Crisis Services

These crisis services provide confidential and immediate support 24/7/365.

Colorado Crisis Services

1-844-493-8255, or text "TALK" to 38255

This hotline will connect you to a crisis counselor or trained professional. The staffer will assess risk and determine if a mobile response is necessary.

- If a **Mobile Crisis Response Team** is necessary, they will strive to arrive within one hour in Colorado Springs and within two hours outside of Colorado Springs.
- If the **Mobile Crisis Response Team** is not necessary, callers within the city limits of Colorado Springs may request the **Community Response Team**. The Community Response Team is staffed with members of the fire department, police department and AspenPointe. Response hours are limited.

AspenPointe Crisis Stabilization Units

719-572-6100 | www.aspenpointe.org

There are two walk-in crisis stabilization units in Colorado Springs where individuals may seek immediate help. Check the website for hours of operation.

- 115 S. Parkside Drive, Colorado Springs, CO 80909
- 6071 E. Woodmen Road, Suite 135, Colorado Springs, CO 80923

Peak View Behavioral Health

Assessment team: 719-355-1028 | Main line: 719-444-8484

Peak View offers complimentary assessments 24/7 for individuals of all ages seeking help and support for mental health and/or substance abuse.

- 7353 Sisters Grove, Colorado Springs, CO 80923

Cedar Springs Hospital

719-633-4114 | www.cedarspringsbhs.com

Cedar Springs offers 24/7 referrals and assessments by phone or online for individuals of all ages who suffer from psychiatric disorders, substance abuse or co-occurring conditions.

- 2135 Southgate Rd., Colorado Springs, CO 80906

Non-Crisis Options

If an individual is not in immediate danger and does not require crisis services, there are many ways to connect them to behavioral health services.

- If an individual is already connected to behavioral health services, encourage them to reach out to their care team if symptoms are worsening.
- If an individual is not already in care, they may contact their insurance company to get a list of providers in their area.
- **Medicaid provider directory:** <https://www.cchacares.com/for-members/find-a-provider/>
- Individuals may also contact their primary care provider to discuss concerns and determine follow up.

Helping Hands Colorado Springs Community Resources

Call 211 from your home phone or call 955-0742
from your cell phone for resource referrals/within
El Paso

Colorado Child Care Assistance Program (apply)...444-8178
Pikes Peak Region Family Child Care Assn.....475-8828

Clothing and Infant Supplies

American Charities (80909).....646-3922
Catholic Charities
Marian House Life Support Ser.(Kids).....578-1222
Hanifen Center @ Marian House (Adult).....477-9365
Crossfire Ministries.....447-1806
Disabled American Veteran's Store.....636-2537
Eastern El Paso Comm. Center
(Eastern El Paso City).....347-2976
Ecumenical Social Ministries(80903, 05, 06, 07, 09, 10,16,
.....636-1916
Goodwill Stores, 2304 W. Colorado Ave.....633-8794
S. Circle, East of I-25.....635-1215
6725 Camden Blvd. Fountain.....392-5744
2655 Waynoka Place.....570-9223
1070 Kelly Johnson Blvd.....531-9173
Mercy's Gate.....277-7470
REACH Pikes Peak (fountain office).....382-8515
Salvation Army (no vouchers).....636-3891
Seventh Day Adventist Comm. Center.....634-1682
Springs Rescue Mission 632-1822

Crisis Centers

Aspen Pointe (Crisis danger to self).....844-493-8255
Domestic Violence (TESSA) (24-hrs.).....633-3819
Detox Center.....390-2046 or 2047
Emergency.....911
LightHouse Crisis Center.....844-493-8255
Sexual Assault (TESSA).....633-3819

Emergency Services

Adult Protective Services.....444-5755
Aspen Pointe (mental health crisis).....888-493-8255
Catholic Charities (Marian Center @ Marian House)
.....477-9365
Child Abuse Program (24 hour).....444-5700
C.S.P.D. (Victim Advocacy).....444-7777
C.S.P.D. (Homeless Outreach Team).....444-7666
Colorado State Patrol.....635-0385

Dept. of Human Services.....636-0000
KPC Respite Center.....634-5439
Planned Parenthood.....475-7162
Sheriff's Department.....390-5555
Silver Key Senior Services.....884-2350

Employment and Training

Colo. Div. of Vocational Rehabilitation.....635-3585
Career Development Program.....444-5000
Catholic Charities English as a Second Lang.....866-6516
Catholic Charities
Hanifen Center @ Marian House.....477-9365
Ecumenical Social Ministries.....636-1916
Pikes Peak Workforce Center.....667-3700
Senior Community Serv. Employment Program
(AARP).....635-3579

Urban League.....634-1525
Vocational Rehabilitation (disabled).....635-3585
Women's Resource Agency.....471-3170

Financial Assistance

Catholic Charities Hanifen Center @ Marian House
.....477-9365
Ecumenical Social Ministries (80903, 05, 06, 07, 09, 10,
16, 26).....636-1916
Mercy's Gate.....277-7470
REACH Pikes Peak (Fountain office).....382-8515
Weber office358-8396
Calhan office.....347-2976
Silver Key Senior Services.....884-2300
Tri-Lakes Cares (Tri-Lakes area & District 38).....481-4864
Westside Cares.....389-0759

Food

American Charities (80909).....646-3922
Black Forest Lutheran Church (80908).....495-2221
REACH Pikes Peak (Fountain office).....382-8515
Weber office358-8396
Catholic Charities Hanifen Center @ Marian House
(Food boxes).....477-9365
Catholic Charities Marian House Soup Kitchen
(Hot daily meals).....477-9365
Corpus Christi Catholic Church
(80903, 05, 07, 09).....633-1457

Crossfire Ministries.....447-1806
Deerfield Hills Community Center.....385-5996
Divine Redeemer Catholic Church (80907, 09, 10, 15, 16,
17)633-5559
Eastborough Food Pantry (80903, 07, 09, 10, 15, 17, 18)
.....596-1929
Ecumenical Social Ministries (80903, 05, 06, 07, 09, 10,
16, 26).....636-1916
Ellicott Helping Hands (Rush, Peyton, Yoder,
Ramda).....683-3240
Fountain Valley.....382-1182
Golden Circle.....387-6757 or 6734
Good News Foundation.....638-8985
Good Shepherd United Meth. Church.....392-5782
Helping Hands (Falcon).....749-2090
High Plains Helping Hands (Falcon, Peyton).....749-2146

Holy Cross Lutheran Church (80909, 15, 16).....596-0661
Life Support Program578-1222
Manna Ministries.....635-1057
Marian Soup Kitchen475-7314
Meadows Park Community Center.....385-7940
Mercy's Gate277-7470
Mountain View Presbyterian Church.....632-9664
REACH Pikes Peak (Fountain Office).....382-8515
Rural Area Meals Program (RAMP)520-6471
Salvation Army636-3891
Salvation Army Fountain Valley.....382-1182
Seventh Day Adventist Comm. Center.....634-1682
Silver Key Senior Services.....884-2300
Springs Rescue Mission392-1822
St. Dominic Catholic Church632-7653
St. John's Food Pantry.....633-7017
St. Patrick's Catholic Church.....598-3595
The Food Pantry593-2433
Tri-Lakes Cares (Tri-Lakes area and District 38).....481-4864
Trinity United Methodist Church575-9287
True Spirit Baptist Church.....575-9287
Westside Cares.....389-0759
W.I.C. Program, El Paso County Health578-3225

Legal Information and Advice

Catholic Charities Hanifen Center @ Marian House...477-
9365
Catholic Charities (Legal Immigration Counseling).....866-
6515
Child Support Services (Young Williams)457-6331
Colorado Child Protection Ombudsman.....303-864-5111
Colorado Legal Services.....471-0380
Consumer Credit Counseling Services576-0909
El Paso City, Bar Assoc. Lawyer Referral Service. 636-1532
Mercy's Gate277-7470
Neighborhood Justice Center520-6016
Ombudsman (Long Term Care Facilities)471-7080
State Protective & Advocacy (disabled)1-800-288-1376
TESSA (Domestic Violence)633-1462
The Arc (Dev. Disabled)471-9800

Medical

AIDS/Info. - Southern Colo. AIDS Project 578-9092
Catholic Charities Hanifen Center @ Marian House.475-
7314
Center on Hearing, Speech & Language 597-3390
DNA Testing.....457-6331
Dream
Center.....247-2007
El Paso County Public Health..... 578-3199
Ecumenical Social
Ministries.....636-1916
Health Colorado1-888-367-6557
Homeless Clinic471-2789
Lifeline.....1-800-684-3302
Peak Vista Community Health Centers.....632-5700
Memorial Hospital Health Link444-2273
Medicaid Information1-800-221-3943

Medicine Shoppe 2431 N. Union.....630-3154
 3159 W. Colorado Ave.....475-9030
 2306 N. Wasatch.....471-3600
 1625 Medical Center Pt.....577-9800
 Memorial Hospital.....365-5000
 Mission Medical.....219-3402
 Open Bible.....475-0972
 PPA&G Dental.....471-7080
 Peak Vista Dental Health Center.....475-0783
 Penrose - St. Francis Hospital.....776-5000
 Pikes Peak Partnership.....633-4601
 Planned Parenthood 3480 Centennial Blvd.....475-7162
 Rocky Mountain Health Care.....457-0660
 SET Family Medical Clinics.....776-8850
 Social Security.....1-800-772-1213
 Westside Cares.....389-0759
 Your Child's Eyes Vision Center.....329-1221

Misc. Counseling

Alano House.....520-1732
 Aspen Pointe.....572-6100
 Catholic Charities Life Connections Pathways to Healing.....866-6535
 Center on Fathering.....634-7797
 Consumer Credit Counseling Services.....576-0909
 Domestic Violence (TESSA).....633-1462
 El Paso County Public Health.....578-3199
 Genetic Counseling (Memorial Hospital).....365-5960
 Harbor House Clinic.....473-5557
 Independence Center (Disabled).....471-8181
 Lutheran Family Services (Pregnancy, Parenting & Adoption Services).....227-7571
 Neighborhood Justice Center.....520-6016
 Norvell Simpson Community Center.....385-7910
 PPA&G.....471-7080
 Restoration Church.....382-8331
 Silver Key Senior Services.....884-2350
 Vocational Rehabilitation (Disabled).....635-3585

Senior Services

PPACG- Area Agency on Aging.....471-7080
 Senior Information and Assistants.....471-2096
 Ombudsman
 (Long Term Care Facilities Advocate).....471-2096
 Care Giving Support Center.....471-2096
 Salvation Army Senior Center (Meals & activities).....636-3891
 Senior Victim Assistance Team
 (SVAT) (CSPD).....444-7438
 Senior Community Serv. Employment Program
 (AARP).....635-3579
 Silvercrest (Low income senior housing).....389-0329
 Silver Key Senior Services.....884-2300
 211 PPUW - information resource.....211
 or from you cell phone.....955-0742

Shelter

Bijou House (Transitional housing).....578-1629 or 635-5078
 Colo. Coalition for the Homeless.....(303) 293-2217

Dream Centers, Mary's Home
 (Transitional Families).....301-5411
 Family Promise (Short term transitional housing for families).....329-1244
 Gospel Homes for Women
 (Christian Home for Women).....291-3406
 Gracie Housing.....475-1422
 Harbor House Residential (Sober living).....473-5557
 Housing Authority.....387-6700
 Housing Authority (Galhan).....347-2616
 Housing Authority (Fountain).....382-5639
 Housing First.....375-8794
 Partners in Housing.....473-8890
 Salvation Army RJ Montgomery Center (Shelter).....578-9190
 Salvation Army (Transitional housing).....635-1287
 Salvation Army Winter Warming Shelter(Nov-Apr)
578-9190
 The Resource Exchange (Dev. Disabled).....380-1100
 Urban Peak (Youth ages 15-20)
 Daytime number.....630-3223
 After hours number.....205-7129

Transportation

Amblicab Para Transit (Disabled).....633-4677
 Calhan Senior Services (Seniors).....347-2376
 Fountain Valley Senior Center (Seniors).....520-6471
 Medical Transport.....520-6905
 Silver Key Para Transit (Seniors).....884-2380
 Springs Mobility Para Transit (Disabled).....392-2396

Veterans Services

Rocky Mountain Human Services.....855-VETS-HAV
 Veterans Administration.....327-5660
 Weatherization and Utilities
 Black Forest Cares.....495-2221
 Catholic Charities
 (Hanifen Center @ Marian House).....578-1222
 Colorado Telephone Assistance Program.....1-800-782-0721
 Eastern El Paso Comm. Center
 (Eastern El Paso City).....347-2976
 Ecumenical Social Ministries (80903, 05, 06, 07, 09, 10, 16, 26).....636-1916
 Energy Resource Center.....591-0772
 Fountain Valley.....382-1182
 Holy Cross Lutheran Church (80909, 15, 16).....596-0661
 LEAP.....442-0007
 Mercy's Gate.....277-7470

Weatherization and Utilities

REACH Pikes Peak (Fountain office).....382-8515
 Red Cross.....632-3563
 Salvation Army.....635-2213
 Salvation Army.....382-1182
 Silver Key Senior Services.....884-2300
 Telephone Assistance Program.....1-800-782-0721
 Tri-Lakes Cares (Tri-Lakes area and District 38).....481-4864
 Westside Cares.....389-0759

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