



Resources for mental health help can be tough to find. We have put together this list of local, online, and national resources that are available whenever you need help. Click on any of the green words to be directed to the organization's website.

Topics to discuss with your doctor or research to see if they're right for you:

- Referral to a specialized counselor or therapist
- Counseling using a specific therapy such as CBT (Cognitive Behavioral Therapy)
- Other types of therapeutic means like equine therapy or art therapy
- Medications (antidepressants)
- TMS (Transcranial Magnetic Stimulation) therapy
- Ketamine treatment
- ECT (Electroconvulsive Therapy)

Nationwide Help

National Suicide Prevention Lifeline | 800-273-TALK (8255)

NAMI helpline | 800-950-NAMI (6264) | Available Mon-Fri, 10a-10pET

NAMI crisis Text line | text NAMI to 741741 to receive free support from a trained crisis counselor 24/7

National crisis text line | Text HOME to 741741

Veteran Crisis Line | Call: 800-273-8255 press 1

The Trevor Project | Specific to LGBTQ community mental health, online chat available

Online therapy and support groups

- **7 Cups** | Free emotional support through trained peer listeners and chat groups
- **Doctor on Demand** | Online telehealth service
- **Better Help** | Offers individual, family, and child virtual therapy at a lower cost than in-person therapy
- **LemonAid Health** | Offers online doctor's office and medicine delivery for a minimum consult fee of \$25
- **Anxiety and Depression Association of America (ADAA)** | Offers anonymous peer-to-peer online and in person anxiety and depression support groups
- **Depression and Bipolar Support Alliance (DBSA)** | Online and in person, peer-led support groups for people living with depression and BPD
- **Open to Hope (Grief Support)** | Offers an online support forum where individuals share their stories and connect to others coping with grief and loss
- **Mental Health America** | A free online mental health group and discussion community
- **Support Group Central** | Offers dozens of groups typically run by mental health professionals from non-profit agencies
- **Tribe Wellness Community** | Free online peer support groups offering members a safe place to connect about facing mental health challenges



COLORADO

[Coloradocrisiservices.org](https://coloradocrisiservices.org) | Call: 844-493-8255 | Text TALK to 38255

Denver Area Crisis Centers

Wheat Ridge

Jefferson Center for Mental Health: The Crisis and Recovery Center | 4643 Wadsworth Blvd. | 303-425-0300

Aurora

Aurora Mental Health Center | 2206 Victor St. | 7a-11p | 303-923-6500

Littleton

Santa Fe House | 6509 S Santa Fe Dr. | 303-730-8858

Fort Collins Crisis Center

Summit Stone | 1217 Riverside Ave. | 970-494-4200

Montrose Crisis Center

Center for Mental Health | 300 N Cascade Ave. | 970-252-6220

Grand Junction Crisis Center

West Springs Hospital | 515 28 ³/₄ Rd. | 970-201-4299

IDAHO

[Idahocrisis.org](https://idahocrisis.org) | Call: 800-273-4357 | Text: 208-398-4357 | [Online chat](#)

Boise Crisis Center

Pathways Community Crisis Center of Southwest Idaho | 7192 Potomac Dr. | Call: 833-527-4747

UTAH

[Safeut.org](https://safeut.org) | Chat in the app or on the website | Call: 833-372-3388

Utah Warm Line | Connects Utah residents with others who have walked similar paths | Toll Free: 833-SPEAKUT

Local: 801-587-1055

UNI Crisis Line | Call: 801-587-3000

Live on Utah | Behavioral health services specifically geared towards the Latinx community | Call: 801-935-4447 or call the emotional support line: 385-495-2188

Ogden Crisis Center

YCC Family Crisis Center | Yccogden.org | 2261 Adams Ave. | Call: 801-392-7273



Provo Crisis Center

Wasatch Behavioral Health: Recovery Outreach Center | 1175 E 300 N | Call: 801-373-2215

Salt Lake City Crisis Center

Mobile Crisis Outreach Team | 501 Chipeta Way | Call: 800-273-8255

WASHINGTON

WA Warm line | Call: 877-500-9276

Crisis line | Call: 866-427-4747

Teen link | Call: 866-833-6546

WA recovery help line | Call: 866-789-1511

Spokane Regional Service Area Behavioral Health Crisis hotline | Call: 877-266-1818

Spokane Crisis Center

Frontier Behavioral Health | 107 S Division St. | Call: 509-838-4651