

RESPONDING TO BEHAVIORAL HEALTH CONCERNS IN EL PASO COUNTY

Life Threatening Emergencies

9-1-1: For someone with an immediate life threatening emergency, contact 911 for services.

Additional Emergency Services

- 80817** -- **UCHealth Emergency Room, Fountain** – 7890 Fountain Mesa Rd. – 719-390-2680
- 80907** -- **Penrose Hospital** - 2222 N Nevada Ave. – 719-776-5000
- 80909** -- **UCHealth Emergency Care, Memorial Hospital Central** – 1400 E Boulder St. – 719-365-6820
- 80918** -- **UCHealth Emergency Care, Grandview Hospital** – 5623 Pulpit Peak Vw. – 719-272-3600
- 80920** -- **Children’s Hospital Colorado** - 4090 Briargate Pkwy. – 719-305-1234
 - UCHealth Emergency Room, Woodmen** - 3790 E Woodmen Rd. – 719-264-5080
 - UCHealth Emergency Care, Memorial Hospital North** – 4050 Briargate Pkwy. – 719-364-5000
- 80921** -- **UCHealth Emergency Room, Powers** - 2770 N Powers Blvd. – 719-683-3000
 - UCHealth Emergency Room, Meadowgrass** – 13510 Meadowgrass Dr. – 719-487-2060
- 80923** -- **St. Francis Medical Center** - 6001 E Woodmen Rd. – 719-571-1000

Crisis Services

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 response is necessary, the **Mobile Response Team** or **Community Response Team** will strive to make contact within one hour in Colorado Springs or two hours outside Colorado Springs.

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

Diversus Health

719-635-7000 | www.diversushealth.org.

Diversus offers a 24/7 walk-in crisis center for all ages, regardless of ability to pay, for crisis services and counseling, as well as around the clock care for mental wellbeing.

- 115 S. Parkside Drive, Colorado Springs, CO 80910

Peak View Behavioral Health

Assessment team: 719-355-1028 | Main line: 719-444-8484 | www.peakviewbh.com

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

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, provided by Colorado Community Health Alliance:** <https://www.cchacares.com/for-members/find-a-provider/>
- Individuals may also contact their primary care provider to discuss concerns and determine follow up.

Behavioral Health Resources

Support Services

Depression and Bipolar Support Alliance (DBSA)

719-477-1515 | www.dbsacoloradosprings.org
1582 S 21st Street #13e, Colorado Springs, CO 80904
Free self-help support groups for people with mood disorders, and their family and friends.

HEARTBEAT

719-229-9657 | www.heartbeatsurvivorsaftersuicide.org
Peer support groups offering empathy, encouragement and direction following the suicide of a loved one.

I Matter Colorado

<https://imattercolorado.org/>
Provides up to six confidential counseling sessions for youth in Colorado.

Inside Out Youth Services

719-328-1056 | www.insideoutys.org
223 N. Wahsatch Ave., Colorado Springs, CO 80903
Trusted, high quality and engaging youth development and recreation programs, as well as referrals for LGBTQIA2+ youth in Colorado Springs.

National Alliance on Mental Illness (NAMI)

719-473-8477 | www.namicoloradosprings.org
1615 S. Murray Blvd., Colorado Springs, CO 80916
Peer-taught education programs and support groups for families, parents of school-aged children and individuals living with mental illness.

Pikes Peak Suicide Prevention

719-573-7447 | www.pikespeaksuicideprevention.org
704 N. Tejon St., Colorado Springs, CO 80903
Adult peer support group designed to support individuals whose lives have been impacted by suicide. Peer support groups for school aged individuals who have lost a loved one to suicide, and free individual therapy for youth at risk for suicide.

Second Wind Fund

<https://thesecondwindfund.org/>
Connecting youth at risk for suicide with life-saving mental health treatment.

Services for Hispanic Families

Centro de Familia

719-227-9170 | www.centro.ws
1287 Lake Plaza Dr., Ste. 109, Colorado Springs, CO 80906
Culturally competent counseling, advocacy, victim support and parenting education services to Hispanic/Latino populations.

Services for Military Families

Mt. Carmel Veterans Service Center

719-772-7000 | www.veteranscenter.org
530 Communication Circle, Colorado Springs, CO 80905
Individual and group wellness programs and behavioral health services for veterans and their families.

Peak Military Care Network

719-577-7417 | www.pmcn.org
1257 Lake Plaza Dr., Ste. #220, Colorado Springs, CO 80906
A source for information, navigation and integrated services for military service members, veterans, and their families.

Trainings

Applied Suicide Intervention Skills Training (ASIST)

www.livingworks.net/programs/asist
Interactive training on suicide first aid for anyone 16 and older, regardless of prior experience. Visit website for training schedule.

Mental Health First Aid – Adult and Youth

www.mhfac.org
A skills-based training course that teaches participants about mental health and substance-use issues. You will learn about risk factors and warning signs, a 5 step action plan, and where to turn for help.

Question, Persuade, Refer (QPR)

A free 90 minute training with instruction on asking someone about suicidal thoughts, persuading them to get help and referring them to community resources. Classes are scheduled upon request.

For local training, visit spcollab.org/events.

General Safety Resource

Safe2Tell Colorado

1-877-542-7233 | www.safe2tell.org
Safe2Tell provides an anonymous way for students, parents, school staff and community members to report concerns regarding their safety or the safety of others.