RESPONDING TO BEHAVIORAL HEALTH CONCERNS
IN EL PASO COUNTY

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 Hotline
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
Crisis line: 719-635-7000 | Non-Crisis line: 719-572-6100
There are two walk-in crisis stabilization units in Colorado Springs where individuals may seek immediate help 24/7.

• 115 S. Parkside Drive, Colorado Springs, CO 80909
• 6071 E. Woodmen Road, Suite 135, 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: www.coloradohealthpartnerships.com/members/mbr-directory.html
• Individuals may also contact their primary care provider to discuss concerns and determine appropriate follow up.
Behavioral Health Resources

Providers

**AspenPointe**
115 S. Parkside Dr., Colorado Springs, CO 80910
844-493-8255 (Main office) | www.aspenpointe.org

**Cedar Springs Hospital**
2135 Southgate Rd., Colorado Springs, CO 80906
719-633-4114 | www.cedarspringshospital.com

**Peak View Behavioral Health**
7353 Sisters Grove, Colorado Springs, CO 80923
719-444-8484 | www.peakviewbh.com

Support Services

**Depression and Bipolar Support Alliance (DBSA)**
2132 E. Bijou St., Colorado Springs, CO 80909
719-477-1515 | www.dbsacoloradosprings.org
Free self-help support groups for people with mood disorders, and their family and friends.

**HEARTBEAT**
2015 Devon St., Colorado Springs, CO 80909
719-596-2575 | www.heartbeatsurvivorsaftersuicide.org
Peer support groups offering empathy, encouragement and direction following the suicide of a loved one.

**Inside/Out Youth Services**
223 N. Wahsatch Ave., Colorado Springs, CO 80903
719-328-1056 | www.insideoutys.org
Trusted, high quality and engaging youth development and recreation programs, as well as referrals for LGBTIQ youth in Colorado Springs.

**National Alliance on Mental Illness (NAMI)**
510 E. Willamette Ave., Colorado Springs, CO 80903
719-473-8477 | www.namicoloradosprings.org
Peer-taught education programs and support groups for families, parents of school-aged children and individuals living with mental illness.

**Pikes Peak Suicide Prevention**
704 N. Tejon St., Colorado Springs, CO 80903
719-573-7447 | www.pikespeaksuicideprevention.org
Support groups for suicide attempters, families of suicide attempters, and children left behind by suicide.

**Services for Hispanic Families**

**Centro de Familia**
122 E. Las Animas St., Colorado Springs, CO 80903
719-227-9170 | www.centro.ws
Culturally competent counseling, advocacy, victim support and parenting education services to Hispanic/Latino populations.

Services for Military Families

**A Family Harbor**
1330 Quail Lake Loop, Ste. 200, Colorado Springs, CO 80906
719-465-5000 | www.afamilyharbor.org
An online resource portal for veterans and their families to find counseling and mental health services.

**Mt. Carmel Center of Excellence**
530 Communication Circle, Colorado Springs, CO 80905
719-309-4714 | www.mtcarmelveterans.org
Individual and group wellness programs and behavioral health services for veterans and their families.

**Peak Military Care Network**
1257 Lake Plaza Dr., Ste. #220, Colorado Springs, CO 80906
719-955-0742 | www.peakmilitarycarenet.org
A source for information, navigation and integrated services for military service members, veterans, and their families.

Trainings

**Applied Suicide Intervention Skills Training (ASIST)**
Offered by Pikes Peak Suicide Prevention
704 N. Tejon St., Colorado Springs, CO 80903
719-573-7447 | www.livingworks.net/programs/asist/
Training for people age 16 or older-regardless of prior experience-to provide suicide first aid.

**Mental Health First Aid – Adult and Youth**
1675 W. Garden of the Gods Rd., Colorado Springs, CO 80907
303-832-7594 | www.mhfaco.org
Training program that teaches individuals to identify, understand and respond to those in mental health and substance abuse crises. Classes are open to the public and offered once a month at the Citizens Service Center.

**General Safety Resource**

**Safe2Tell Colorado**
1300 Broadway, Denver, CO 80202
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.

These resources came from the El Paso County Community Assets for Youth Development guide. To find the complete guide go to: www.elpasocountyhealth.org Services > Community > Youth Advocacy