

Denver Art Society Mental Health Resource List

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**Please see the links for more information on each resource. This is meant to be a living document that is regularly updated. Please email emily.burns@du.edu if you have any additional resources you would like to add, if there is a specific resource you are wondering about that is missing, or if you have any feedback.

Crisis Services - If you or someone you know is feeling unsafe and/ or thinking of harming themselves or is in an unsafe situation

- National Suicide and Crisis Lifeline - 988
- Colorado Crisis Services - 1844-493-8255
- Blue Bench Sexual Assault Hotline - 303-322-7273
- National Domestic Violence Hotline - 800-799-7233

Find Mental Health Support in Denver

- [Psychology Today Therapist Finder](#) - can search by insurance, location, what you are seeking help for, and other preferences
- [Maria Droste](#)
- [Ardent Grove](#)
- [Aurora Mental Health and Recovery](#)
- [Jewish Family Services](#)
- [Wellpower](#)
- [Community Reach Center](#)
- [Jefferson Center for Mental Health](#)
- [Professional Psychology Clinic](#) - University of Denver
 - Sliding scale, low-cost student-run clinic that accepts most insurance

LGBTQ+ Specific

- [The Center on Colfax](#)
- [Denver Health](#)
- [Maria Droste](#)
- [Queer Asterisk](#)
- [Umbrella Collective](#)
- [The Trevor Project](#) - mental health resources, therapists, social connections, and other resources
 - Trevor Project Crisis services - Text 'start' to 678-678 or call 1866-488-7386

Substance Use

- [Denver Health - Addiction Services](#)
- [Mile High Recovery](#)

Neurodiversity

- [Kimel Psychological Services](#)
- [Firefly](#)
- [Guiding Bright Minds](#)

Sexual Assault and Domestic Violence

- [The Blue Bench](#) - Sexual Assault Resources
 - Sexual Assault Hotline - 303-322-7273
- [Safe House Denver](#)
 - Domestic Violence crisis and information line - 303-318-9989

Greif and Loss

- [Judie's House](#) - For grieving children and families

Housing Resources

- [Colorado Coalition for the Homeless](#)
- [Emergency Housing Assistance](#)

Food Resources

- [Weinberg Food Pantry](#)
- [Denver Food Rescue](#)
- [Hunger Free Colorado](#)