


Community Resources for Families in Metro Denver






When crisis strikes, having access to reliable support and resources is more critical than ever. These moments can be overwhelming and difficult to navigate. Whether you are dealing with emotional distress or any other pressing issue, this flyer aims to connect you with the assistance and guidance you need.



Below is a list of resources designed specifically for families facing crisis situations.


Mental Health Resources



 **Mental Health Center of Denver**
Case management, outpatient therapy, child and family, suicide prevention programs, medication, housing services, residential treatment


 mhcd.org
 303-504-7900



 **All Health Network**
(Arapahoe and Douglas Counties)
Adult counseling, child and family therapy, medication, walk-in crisis center, criminal justice rehabilitation, substance use, primary care


 AllHealthNetwork.org
 303-730-8858
24/7 Crisis Intervention 303-730-3303



 **Aurora Mental Health**
Individual, group, and family therapy, medication, residential services, respite care, vocational services, refugee wellness center


 aumhc.org
 303-617-2300



 **Community Reach Center**
(Adams County)
Child, youth, and family services, outpatient counseling, case management, substance use, crisis services, housing, vocational services

 CommunityReachCenter.org
 303-853-3500

 **Denver Health**
Substance use, outpatient and inpatient services, pediatric and family care, neuropsych, 24/7 mobile crisis

 denverhealth.org
 303-602-4357

 **Jefferson Center for Mental Health**
(Jefferson, Clear Creek, and Gilpin Counties)
Mental health counseling, substance use treatment services, 24 hour crisis line

 JCMH.org
 303-425-0300


Emergency & Crisis Resources



Colorado Crisis Services

Free hotline, text, and online chat services for crisis help, information and referrals, free emergency walk-in locations

 coloradocrisisservices.org

 303-504-7900

1-844-493-8255 or


Text "TALK" to 38255



Suicide Prevention Lifeline

If concerns about suicide arise for yourself or someone you care about, call or chat online

 suicidepreventionlifeline.org

 1-800-273-TALK (8255);

Spanish hotline 1-888-628-9454

School Safety & Crisis



[Colorado School Safety Resource Center](#)

Resources, toolkits, and support for creating safe, positive, and successful school environments for Colorado students.



[Talking to Children About Violence: Tips for Parents and Teachers](#)

Tips from The National Association of School Psychologists for helping students deal with violence and tragic events. Includes infographic in English and Spanish.



[How to Talk to Kids About School Shootings](#)

An age-based approach to discussing news of school shootings with kids.



[After a School Tragedy / Readiness, Response, Recovery & Resources](#)

Developed by the Mental Health Technology Transfer Center Network, this publication is designed to help schools better support students and families in the aftermath of violence and trauma.



[15 Tips for Talking with Children About Violence](#)

Tips from Colorín Colorado, a bilingual site, on how to talk about school violence or violence in a community and help children feel safe in their environment.



[Explaining the News to Our Kids](#)

Disturbing news events can leave parents speechless. These age-based tips on how to talk with kids about the news -- and listen, too -- can help.