



Eating Disorder Resources

Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.

Treatment Programs

ACUTE Center for Eating Disorders at Denver Health

877-228-8348

777 Bannock St. Denver, CO 80204

<https://www.denverhealth.org/services/acute-center-for-eating-disorders>

- Offers a specialized medical stabilization program for patients of all genders ages 15 and older who are too medically compromised to be accepted to traditional inpatient eating disorder treatment facilities. After initial stabilization at ACUTE, patients will continue treatment programs at traditional inpatient or residential programs.
 - In network with most private insurance plans; does not accept Medicaid or Medicare.

Children's Hospital of Denver, The Eating Disorders Treatment Program

720-777-6200

13123 E. 16th Ave. Aurora, CO 80045

<https://www.childrenscolorado.org/doctors-and-departments/departments/psych/programs/eating-disorders/>

- Offers comprehensive eating disorder specific inpatient, outpatient, and day treatment programs for children, adolescents, and young adults up to age 18.
 - Care focuses on the entire family and is designed to address the individual's and family's roles in recovery.

EDCare

844-292-0192

4100 E. Mississippi Ave. Suite 1300 Denver, CO 80246

<https://eatingdisorder.care/locations/denver/>

- Offers various services for patients 13 years and older, including partial hospitalization program (nearby apartment accommodations offered if needed), intensive outpatient, evening intensive outpatient, and outpatient services. Also provides specialty programs, including elite athlete program, substance use disorder program, binge eating disorder program, and trauma program.
 - Accepts private insurance, Medicaid, Colorado TriCare, and self-pay (sliding-fee scale based on income); Do not accept Medicare or Champus.
- Provides outpatient support groups; participants must provide proof they are seeing an outpatient therapist, be over age 18, and complete a prescreen prior to starting group.

Aspen Ridge Mental Health

855-626-4244

1777 S. Bellaire St. #390 Denver, CO 80222

8461 Turnpike Dr. Suite 102 Westminster, CO 80031

contact@aspenridgemh.com

<https://aspenridgemh.com/>

- Offers individual therapy, couples therapy, family therapy, and group therapy for eating disorders.
 - Accepts most private insurance and Medicaid.

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La Luna Center

3002 Bluff, St., Suite 200, Boulder, CO 80301
Boulder: 720-470-0010
2020 Caribou Dr., Suite 201, Fort Collins, CO 80525
Fort Collins: 970-282-8282

<https://www.lalunacenter.com/>

- Offers day treatment, evening and afternoon intensive outpatient, individual therapy, and nutrition therapy for individuals 18+ struggling with eating disorders. Also provides a monthly family and friends info night.
 - Accepts most private insurance and Medicaid.

Eating Recovery Center

866-686-0614
7351 E. Lowry Blvd. Ste. 200 Denver, CO 80230

<https://www.eatingrecoverycenter.com/>

- Offers inpatient, residential, partial hospitalization, intensive outpatient, and outpatient care for adults, adolescents, and children.
 - Accepts private insurance, Tricare, and may accept Medicaid on a case by case basis.

Outpatient Groups

The Eating Disorder Foundation

303-322-3373
1901 E. 20th Ave. Denver, CO 80205

<http://www.eatingdisorderfoundation.org/>

- Offers free support groups to individuals age 18 and older with eating disorders, their family, and friends. Also provides mentorship and drop-in support for individuals of all ages.
 - View group schedule at <https://www.eatingdisorderfoundation.org/get-help/support-groups/>
 - Drop-in hours: Tuesday, Wednesday, and Thursday 10 am to 4:00 pm; Select Saturdays

ANAD Eating Disorder Support Group (at EDCare)

303-771-0861
infoDEN@eatingdisorder.care
4100 E. Mississippi Ave. Suite 300 Denver, CO 80246

- Offers a free, open support peer-led group for individuals suffering with and recovering from eating disorders. Group takes place on Saturdays from 1:30 pm – 2:30 pm.

Eating Disorders Anonymous (General Groups)

Find meetings at <http://eatingdisordersanonymous.org/meetings/>

- Offers free, open, 12 step support groups for individuals recovering from eating disorders.

Nutrition Therapy

NourishED Colorado

720-664-8927
899 Logan St, Ste 406, Denver, CO, 80203

<https://nourishedcolorado.com/>

- Nutrition therapy with Registered Dietitians for those struggling with eating disorders
- Commercial insurance accepted; Medicaid and Medicare not accepted

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Side by Side Nutrition

708-717-7394

8120 Sheridan Blvd. Building C, Suite C-315 Arvada, 80003

<https://sidebysidenutrition.com/>

- Nutrition therapy with Registered Dietitians for those struggling with eating disorders
- Commercial Insurance accepted; Medicaid not accepted; In the process of contracting with Medicare; Sliding Scale offered

Sollus Nutrition Therapy

720-432-3612

750 East 9th Avenue, Suite 110, Denver, CO 80203

<https://www.sollusnutritiontherapy.com/>

- Nutrition therapy with registered dietitians who specialize in eating disorders.
- Accepts Aetna, Cigna, UMR, and United Healthcare insurance.

Courage to Nourish

Locations in: Denver, Colorado Springs, Boulder, and Fort Collins

301-202-4532

hello@couragetonourish.com

<https://couragetonourish.com/locations/>

- Nutrition therapy with registered dietitians who specialize in eating disorders.
- Does not accept insurance. Clients may use FSA or HSA and may potentially be eligible for insurance reimbursement.

Hotlines

National Association of Anorexia Nervosa and Associated Disorders (ANAD)

1-888-375-7767

<https://anad.org/get-help/eating-disorders-helpline/>

- Provides immediate counseling and recommendations for treatment and support.
- Monday-Friday, 8am-8pm MT

National Alliance for Eating Disorders

1-866-662-1235

<https://www.allianceforeatingdisorders.com/>

- Help with referrals to care, free support groups, educational opportunities, and more.
- Monday-Friday, 7am-5pm MT

Diabulimia Helpline

1-425-985-3635

<http://www.diabulimiahelpline.org/>

F.E.A.S.T

<https://www.feast-ed.org/>

- provides support and education resources to parents and caregivers of loved ones impacted by eating disorders.