



Mental Health Treatment -  
Low Cost and Sliding Scale  
**Navigation Services**



Need more information? Contact our Navigation Services Team at 303-432-5130 or [navigation@jcmh.org](mailto:navigation@jcmh.org)

This list of resources contains organizations that are sometimes able to offer low-cost services or services that are priced based on your income (sliding scale fee).

Please note that low cost and sliding scale services are subject to availability and that an organization's inclusion on this list is not a guarantee that they will be able to offer you low cost or affordable services.

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

[OpenCounseling.com](http://OpenCounseling.com) provides an online directory of non-profit and pro-bono counseling resources in Denver and throughout the metro area.

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**Rocky Mountain Crisis Partners**

1-844-493-8255 (TALK)

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

- Online self-assessments available.
- Immediate one-on-one counseling calls with professionals.
- Services Provided:
  - **Metro Crisis Line:** Colorado's free, confidential, 24/7 telephone hotline for mental health or substance abuse crisis help, information, and referrals.
  - **Program Services Directory:** Free informational directory including 3,000 providers, assistance programs, and support resources throughout the community.

**Clinics and Programs**

**Behavioral Medicine at Porter Adventist Hospital**

303-7781955

2465 S. Downing St., Denver

<https://www.adventhealth.com/hospital/adventhealth-porter/our-services/behavioral-medicine>

- Individual and family counseling for adults, teens, and children is provided by licensed, masters-educated counselors specializing in family counseling, cognitive behavioral therapy, play therapy and trauma therapy.
- Psychiatric medication management services for all ages.
- Payment: They accept most managed healthcare insurance plans. Financial assistance is available for those clients who qualify and do not have health insurance coverage
- Hours of Operation: Monday – Friday, 8:00AM – 5:00PM. Treatment hours may differ.

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## **Centus Counseling**

303-639-5240

Multiple locations throughout Colorado

<https://www.centus.org/>

- Counseling and psychotherapy for individuals, couples, and families.
- Clinicians with specialties and accepted insurances listed on website.
- A subsidy may be provided based on income or personal circumstances.
- To request an appt, please call or email a clinician through the link above.

## **Connections Counseling**

720-328-0569

3954 Youngfield St., Wheatridge, CO 80033

<https://www.connectionsounseling.net/>

- Provides trauma-sensitive individual, couples, family, and group counseling
- Sliding scale fees available, please contact for further information.

## **The Denver Family Institute**

303-756-3340

3600 Yosemite St., Ste. 1050, Denver, CO 80237

<https://denverfamilyinstitute.org/>

- Provides therapy for individuals, couples, and families
- \$25-\$75 per therapy session for households with income of \$75,000 or less

## **Family Care Center – Behavioral Health Services**

720-790-3366

Multiple locations throughout Colorado

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

- Offers therapy and medication management for all ages
- Individual counseling, couples and marriage counseling, family counseling, Eye Movement Desensitization and Reprocessing (EMDR), Play Therapy, Dialectical Behavioral Therapy (DBT), Low Energy Neurofeedback System (LENS), Transcranial Magnetic Stimulation (TMS) therapy
- Offers financial assistance program for individuals without private insurance, and who meet federal poverty income guidelines

## **Foundations Family Counseling P.L.L.C.**

303-393-0085

789 Sherman St, Suite 440, Denver, CO 80203

<https://foundationsfamilycounseling.com/>

- Services include individual, couples therapy, family therapy, and play therapy for topics such as trauma, abuse, grief, addiction, depression, and anxiety. Offers EMDR
- Insurance: Aetna, Anthem, BC/BS, Medicaid, and limited sliding scale availability

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## **Jewish Family Services**

720-722-4496

3201 S. Tamarac Dr., Denver, CO 80231

<https://www.jewishfamilyservice.org/>

- Offers individual therapy for anxiety, depression, grief, family crisis, relationship/parenting issues, and trauma
- Insurance: Aetna, Anthem, BC/BS, Cigna, Optum, Rocky Mountain Health Plans, Medicare, Medicaid, Children's Health Insurance (CHP+) and sliding scale

## **Khesed Wellness**

720-575-9889

2255 Sheridan Blvd, C224 Edgewater, CO 80214

<https://www.khesedwellness.com/contact/>

- Individual Counseling for adults, adolescents, and children.
- Partners and Family Counseling for LGBTQ, premarital/pre-commitment counseling programs, addictions in a marriage, and IMAGO relationship counseling.
- Additional Specialties: trauma sensitive group yoga, individual and groups settings.
- Rate: \$70/session, 10% of services are free for those who cannot afford anything through the General Pro Bono Program

## **LifeStance Health**

970-578-4767

Multiple locations throughout Colorado

<https://heartcenteredcounselors.com/location/littleton/>

- Accepts Medicaid, Medicare, and commercial insurance.
- Sliding scale for those without insurance.
- Offers counseling for adults, children, and family/marriage as well as psychiatric medication management.

## **Maria Droste Counseling Center**

303-756-9052

1355 South Colorado Blvd. Suite C-100, Denver, CO 80222

<https://mariadroste.org/>

- Serves children, adults, groups, and families and provides treatment for issues such as: depression, substance abuse, grief and loss, trauma, relationship issues and parenting and family problems.
- Accepts Medicaid, limited private insurance and sliding scale. Full fee rate is \$125/session

## **Mazey's Dream - Low Fee Counseling Program – Animal Assisted Therapy Programs of Colorado**

720-266-4444

7275 Kipling St. Arvada, CO 80005

<http://animalassistedtherapyprograms.org/>

- Counseling for children, adults, couples, and families with the assistance of therapy animals.
- Low-cost and sliding scale fees are based on income- no insurance accepted.
- Low-cost services are provided by supervised master's level counseling interns and are recorded for educational purposes.
- Services available for individuals with autism spectrum disorders.

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## People House

303-480-5130

3035 W. 25th Ave., Denver, CO 80211

13693 E. Iliff Ave. Suite 112, Aurora, CO 80014

<https://peoplehouse.org/>

- Serves adults, children, couples, and families.
- Sliding scale is \$25-\$65/session and intended for those who make less than \$65,000 per year.

## Regis University – Center for Counseling, Family, and Play Therapy

303-964-5786

500 E. 84<sup>th</sup> Ave, Thornton, CO 80229

Appointments: M-Th, 12pm-7pm | Sat 9am - 2pm

<https://www.regis.edu/about/regis-in-the-community/center-for-counseling-family-therapy/index>

- In-person and virtual low-cost counseling services to anyone in Colorado
  - Sliding scale: \$0-30; free for individuals with Medicaid and Medicare
  - No client is refused services due to inability to pay
  - Offers individual, couples, family, and child therapy
- Counseling sessions are led by master's level therapists-in-training who meet with you once/week for an average of 14 weeks
- All therapists in training are supervised by licensed counselors and licensed marriage and family therapists

## Spark the Change Colorado

720-420-3218

<https://www.sparkthechangecolorado.org/mentalhealth.html>

- This program works to match those in need of counseling with a Pro Bono Mental Health Counselor. The program offers up to 10 free sessions of counseling
- Eligibility varies, contact directly to inquire about eligibility and discuss service needs.
- Please note this is not a crisis line and medication management services are not provided.
- Locations vary throughout the metro area.

## Tepeyac Community Health Center

303-458-5302

2101 E. 48th Ave. Denver, CO 80216

<https://www.tepeyachealth.org/>

- Offers culturally competent Spanish/English bilingual services for the underserved and underinsured in the community. They provide various services, including individual, couples, family and group counseling for children, adolescents, and adults.
- Medical services are available as well.
- Sliding fee scale available for those without insurance

## University of Colorado – Counseling Center

303-315-7270

900 Auraria Parkway, Tivoli 454, Denver, CO 80217

<https://www.ucdenver.edu/counseling-center/community-members>

- Provides individual, couples, family, and child/adolescent counseling up to 10 sessions
- Community Client payments are based on income or affiliation. Our sliding scale ranges from \$10 - \$50 a session.

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## **University of Denver – Professional Psychology Clinic**

303-871-3626

1999 East Evans Ave., Denver, CO 80208

<http://www.du.edu/gsp/spp/services/ppc.html>

- Offers counseling services to address depression, anxiety, life stress, grieving, and relationship problems. Staffed by doctoral students and psychologists.
- Fees for our services are determined on a sliding scale and are based on patient income and financial circumstances.

## **WellPower – TherapyDirect**

303-504-6579

<https://www.wellpower.org/therapydirect/>

- Available 9:00 a.m. - 5:30 p.m., Monday – Friday
- Connect online with a professional counselor in minutes.
- No insurance needed and no fees. Must be 18+, not in active crisis, and can meet with a peer specialist or a therapist.
- Clients can receive 3 free sessions per year.

## **Children and Youth Counseling**

### **Judi's House**

720-941-0331

10125 E. 25th Avenue Aurora, CO 80010

<https://judishouse.org/>

- Provides support groups, education groups, individual and family counseling, and activities for children ages 3-18 and young adults 18-25 experiencing grief. Also provides support and education for caregivers of grieving children and youth.
- Services are available in Spanish.
- Services are provided free of charge to children and families grieving a death loss of any kind. Donations accepted.

### **Mount Saint Vincent Home – Outpatient Counseling Services**

303-458-7220

4159 Lowell Blvd., Denver, CO 80211

<https://intermountainhealthcare.org/locations/intermountain-health-mount-saint-vincent>

- Treatment center for children ages 2-18 with severe behavioral and emotional challenges due to diagnosis of mental illness, trauma, or neglect.
- Provides individual, family, group therapy, and residential, in-home, day treatment services.
- Financial assistance is based on family size and gross annual household income and is available to those whose income falls within 500% of the current Federal Poverty Guidelines.

### **Resilience1220**

720-282-1164

32003 Ellingwood Trail, Evergreen, CO 80439

<https://www.resilience1220.org/>

- Provides up to 10 free individual counseling sessions and group sessions for youth ages 12 - 20.
- The main office is in Bergen Park in Evergreen, though therapists see clients in their own offices across the front range mountain communities.

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## **Second Wind Fund**

<https://thesecondwindfund.org/>

- Free counseling for kids aged 19 and under who are underinsured or uninsured
- Matches kids at risk for suicide with a community therapist and pays for up to 20 sessions
- Referrals made through mental health professionals due to financial or social barriers to treatment.

## **University of Denver – Center for Child and Family Psychology**

303-871-3306

2155 S. Race Street, Denver, CO 80208 (DU Campus)

<https://liberalarts.du.edu/psychology/resources/clinic-services>

- Provides therapy to children and adolescents
- For Parents - Behavioral parenting skills
- For Adults - couples or marital therapy
- Sliding scale only, sessions range from \$5-\$85 depending on annual taxable income

## **Faith Based Counseling**

### **70 West Counseling**

720-898-3208

5310 Ward Road, Suite 110 Arvada, CO 80002

<http://70westcounseling.com/home/>

- Full range of faith based counseling services, including groups, individual, couples, and family counseling covering a wide range of topics including grief, depression, shame, trauma, crisis and more.
- Has sliding scale fee for individuals without insurance, and who meet income requirements

### **Denver Counseling Center – Denver Seminary**

303-761-2482

6399 S. Santa Fe Dr., Littleton, CO 80210

<https://denverseminary.edu/resources/denver-counseling-center/>

- Individual, couples, family, premarital, older adult issues, grief and loss, child, and adolescent counseling provided by graduate students enrolled in Denver Seminary and supervised by highly trained licensed therapists.
- No religious affiliation required to receive services. Faith and spirituality will not be incorporated without client consent.
- Cost is \$20 to \$60 per session depending on income. Medicaid is not accepted.

### **Grace Counseling Services**

720-489-8555

8301 E. Prentice Ave. #300, Greenwood Village, CO 80111.

<https://gracecounseling.net>

- Counseling for individuals, couples, children, and adolescents.
- No religious affiliation required to receive services. Faith and spirituality will not be incorporated without client consent.
- \$60 – \$100 with licensure candidates or \$20 – \$50 with counseling interns.

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## **St. Raphael Counseling**

720-377-1359

5990 Greenwood Plaza Blvd, Bldg. 2 Greenwood Village, CO 80111

<https://straphaelcounseling.com/>

- Evidence based therapeutic techniques informed by the teachings of the Catholic Church.
- Individual, marital, family, and child counseling.
- The standard fee is \$150 per 50-minute counseling session. However, in certain circumstances, clinicians may work on a sliding scale depending on your family's financial circumstances.

## **Southwest Counseling**

303-730-1717

141 W. Davies Ave., Littleton, CO 80120

<https://southwestcounseling.org/>

- Traditional or Christian counseling for individuals, families & couples. No religious affiliation required.
- Self-pay, insurance, church assistance, scholarships, and payment plans may be available.

## **Stout Street Clinic**

303-293-2220 (please select options for mental health triage line)

2130 Stout St., Denver, CO 80205

<https://www.coloradocoalition.org/healthcare>

- Mental health care for individuals struggling with homelessness or at risk of homelessness