

Mental Health Resources - last updated 3/26/2021

Agency or Name	Email	Website	Facebook Profile / Additional URL	Phone	Services Offered
Colorado Crisis Services		https://coloradocrisiservices.org/		1-844-493-TALK (8255)	Confidential crisis support, information and referrals are available 24/7.
Colorado Suicide Prevention		https://coloradocrisiservices.org/		Call 1-844-493-TALK (8255), text TALK to 38255	Help and hope are available 24/7. Need help now? Call 1-844-493-TALK (8255), text TALK to 38255
Colorado Suicide Prevention / En Espanol		https://coloradocrisiservices.org/		llame al 1-844-493-8255 o envíe un mensaje de texto con la palabra TALK al 38255 o use el servicio de chat en www.coloradocrisiservices.org.	Línea de prevención de suicidios de Colorado está disponible las 24 horas los 7 días de la semana. Si necesita ayuda inmediata,
Community Health Workers		https://www.mhpcolorado.org/community-health-workers/ or https://www.facebook.com/groups/643660469718037			Community Health Workers is a virtual team of Mental Health Partner's providers who are available on Facebook to connect to the community. Community Health Workers are available to share resources, connect people to resources, and share helpful tips. The team's expertise includes housing, veteran affairs, and Latinx communities.
Community Health Workers / En Espanol		Conéctese con Community Health Workers en https://www.mhpcolorado.org/community-health-workers/ or https://www.facebook.com/groups/643660469718037			es un equipo virtual de proveedores de Mental Health Partners esta disponible en Facebook para conectar a la comunidad. Community Health Workers está disponible para compartir recursos, conectar a las personas con recursos y compartir consejos útiles. La experiencia del equipo incluye vivienda, asuntos de veteranos ayuda a las comunidades latinas.
El Centro AMISTAD / En Espanol		https://www.elcentroamistad.org/			cuenta con diferentes programas y actividades enfocadas en la salud, salud mental, educación y arte. Haga clic al siguiente enlace para conocer más acerca de sus programas y cómo participar.
Línea de ayuda nacional		https://hiddenheroes.org/resource/samhsas-national-helpline/		llamando al 1-800-662-HELP.	Derivaciones médicas para tratamiento e información disponibles las 24 horas, los 7 días de la semana
Mental Health Partners		https://www.mhpcolorado.org/		303-443-8500	Clinicians are operating remotely at this time and offering mental health services to community members. Walk-In Clinic Services offered at 3180 Airport Road, Boulder
Mental Health Partners / En Espanol		https://www.mhpcolorado.org/		303-443-8500	Los servicios de salud mental y recuperación de adicciones están disponibles para los clientes de Mental Health Partners (MHP) y cualquier miembro de la comunidad. En este momento, los médicos trabajan a distancia. Los médicos individuales se comunicarán con los pacientes para las citas. Para detalles, consulte el folleto de MHP en inglés y en español . Para hacer una cita en persona en 3180 Airport Road Boulder. Para detalles, consulte el folleto de MHP en inglés y en español .
National Help Line		https://hiddenheroes.org/resource/samhsas-national-helpline/		1-800-662-HELP.	Treatment referrals and information is available 24/7
National Suicide Prevention Lifeline		https://suicidepreventionlifeline.org/		1-800-273-8255	The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals
National Suicide Prevention Lifeline / En Espanol		https://suicidepreventionlifeline.org/		1-800-273-8255	Estalínea ofrece apoyo confidencial y gratuito a personas experimentando altos niveles ansiedad; así como también, consejos de prevención y recursos para usted y sus seres queridos, y otros profesionales.
Prevención de suicidio		https://suicidepreventionlifeline.org/		1-800-273-8355	La Línea de Prevención de Suicidios cuenta con personas disponibles para brindar apoyo gratuito y confidencial las 24 horas. Consulte el sitio web para conocer apoyos adicionales.
Suicide Prevention Hotline		https://suicidepreventionlifeline.org/		1-800-273-8355	The Suicide Prevention Hotline has people available to provide free and confidential support 24 hours a day
The Disaster Distress Helpline (DDH)		https://www.samhsa.gov/find-help/disaster-distress-helpline		1-800-985-5990 or text TalkWithUs to 66746	The Disaster Distress Helpline (DDH) provides crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health concerns related to any natural or human-caused disaster, including public health emergencies.
The Disaster Distress Helpline (DDH)		https://www.samhsa.gov/find-help/disaster-distress-helpline		Llame al 1-800-985-5990 o envíe un mensaje de texto con la frase TalkWithUs a 66746	Esta línea brinda consejería de emergencia a aquellos que estén pasando por alguna crisis mental o emocional debido a una catástrofe natural o causada por el hombre, incluyendo emergencias de salud pública.
Compassion Helpline - Associated with Denver Mortuary Services				866-649-9641	24 hour assistance by a professional counselor
Rocky Mountain Brainspotting Institute (RMBI)	admin@rockymountainbrainspottinginstitute.com				Boulder-based membership organization of mental health professionals trained in Brainspotting, a modality that is particularly effective for those who have experienced trauma. Our members would be willing to offer therapy to anyone who was impacted by the tragedy at the King Soopers in Boulder. RMBI is offering to match people with therapists individually.

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Michele M. Yarberry, LPC, NCC, RPT, CBCP	michele@liberatedlivingforyou.com	www.liberatedlivingforyou.com		970-619-8332	Trauma-focused counseling, specifically citing working with women and children.
Lindsey Brown, Ph.D.	dr.lindseybrown@gmail.com	www.lindseybrownphd.com	https://www.psychologytoday.com/us/therapists/lindsey-brown-boulder-co/768442	720-727-0443	mental health support/counseling
Joy Lackey			https://www.facebook.com/tamarochka87		Craniosacral therapy
Dawn Hartman	hartman.ds@gmail.com		https://www.facebook.com/dawn.hartman.96	(720) 3430888	Craniosacral Therapy and trauma-informed support / coaching
Damiana Corca	damiana@damianacorca.com			(303) 440-1033	Acupuncturist
Eva A Malanowski	drevam@icloud.com			(303) 242-7824	Trauma-informed psychologist
Kristine Pearson		http://www.rsibodywork.com/		(720) 822-4866	Trauma informed practitioner (bodyworker/Rolfier/Reiki practitioner)
Ila Anemone Zeeb		https://www.psychologytoday.com/us/therapists/ila-anemone-zeeb-boulder-co/432730?preview=1&return_to=https%3A%2F%2Fmember.psychologytoday.com%2Fus%2Fprofile%2Fstatement%3F_ga%3D2.258024202.1221220899.1611289269-1974436796.1611116150&_ga=2.35704608.1221220899.1611289269-1974436796.1611116150		(641) 212-6105	Counselor
Gurpreet Kaur Gill			https://www.facebook.com/ggill2		Breathwork practitioner — specializing in PTSD and trauma
Leesah Gavin Patt			https://www.facebook.com/eggcellent.patt		Reiki Master Teacher, specializing in trauma and abuse
Krystina Carr			https://www.facebook.com/krysti.carr		Trauma specialist in Somatic Experiencing
Heidi Alina			https://www.facebook.com/mamaheidi		Thetahealing practitioner specializing in trauma healing
Angela Grace	yoginiangela@gmail.com		https://www.facebook.com/angelagrace108		Energy Medicine Practitioner
Brittney McCarthy			https://www.facebook.com/brittnymccarthy		Trauma informed therapist
Catherine Mathon		https://opalcounselingcenter.com/	https://www.facebook.com/MathonCath		EMDR Therapist

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Erin Casey			https://www.facebook.com/erincaseyhealing		Biodynamic craniosacral therapy, Access Bars and somatic coaching
Kelly C Mullen	Support@kellycmullen.com	https://www.kellycmullen.com/			Trauma & Tension Release Exercise (TRE)
Noura Ismaeil			https://www.facebook.com/noura.ismaeil		Student of biodynamic craniosacral therapy
Jessica McCrea			https://www.facebook.com/jessica.mccrea.716		Trauma informed psychologist
Jayne Persch	jperschco@mac.com				Craniosacral/Somatoemotional Release; Psychology
Natalia Aniela				(720) 598-2644	Bilingual therapist
Tom Duffy			https://www.facebook.com/TomDuffy123		PTSD speciality for incarcerated / military folks
Amy Gilroy Baggett			https://www.facebook.com/amy.gilroybaggett		Trauma care with NADA protocol
Prema Shakti	prema.shakti@hibiskissayurveda.com				Trauma informed care
Dr Richard Kronen				(303) 478-4330	PTSD chiropractor and somatic energy worker
Mandy Bishop	mandy@oldwayswisdom.org	http://www.oldwayswisdom.org/		(720) 277-1566	Trauma-Informed Coach
Elese Moran			https://www.facebook.com/elese.moran		Trauma informed healer, hypnotherapy
Emma Oakley Rukhotskiy	Emma.rukhotskiy@gmail.com				Psychologist
Casey McCarthy	mccarthy.casey@Gmail.com			(303) 956-7200	Trauma therapist w/ crisis response experience
Caitlin Gordon		http://www.amalunawellness.com/			Trauma recovery sessions
Rachael Collins		https://www.rachael-collins.com/			Somatic Trauma Therapist, trained in EMDR
Courtney McCall		https://www.solascounselinghealingthroughhorses.com/			Equine-Assisted Psychotherapy, EMDR
Avani Gudrun Dilger		http://www.avanidilger.com/			Brainspotting, Trauma therapy and AcuDetox for anyone for PTSD Prevention
Jill Renee	jill@simcounseling.com			(719) 355-8804	Somatic Therapist

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Jenna Noah		http://www.jennamarienoah.com/			Psychotherapist
Aviva Bannerman	info@avivabannerman.com	https://avivabannerman.com/		(970) 673-0846	Somatic Therapist
Megan Carr		https://megan-carr.com/			Neuro-Somatic Coach & Counselor, Trauma and Attachment Specialist
Cara Maureen	awakenthelight.co@gmail.com				Reiki
Suzanne Spiegel			https://www.facebook.com/suzanne.spiegel		NADA protocol acupuncture
Barbara Dobbs	Barbara@movingwithspirit.com			(303) 819-5213	Minister, Coach, Feldenkrais Teacher, Doctor of Spiritual Science
Allison Kailey McQueen		https://medicinalmindfulness.org/contact-us/			Clinical Director of the Center for Medicinal Mindfulness and can offer 5-7 counselors to this cause
Allison Conte		http://www.sanctuaryforacredunion.org/			Trauma-informed spiritual support
April Pojman		http://www.lions-breath.com/			EMDR somatic psychotherapist
Jonah Jensen		http://earthwaysjourneys.com/			Somatic Experiencing Practitioner (SETI) Biodynamics
Suzanne DeMontigny LPC			https://www.facebook.com/suzanne.demontigny		EMDR and BSP; Acute trauma treatment
Joel S. Vancouver	Info@integratinginsights.com	http://www.integratinginsights.com/	https://www.facebook.com/joel.s.vancouver	(720) 263-2882	Brainspotting - 20 sessions for first round
Rachel Shri Christine		http://irysideout.com/			Trauma informed meditation and yoga teacher
Deborah Fryer		http://www.deborahfryer.com/	https://www.facebook.com/deborahfryer		EFT practitioner and meditation teacher
Molly Kittle	mksoundbody@gmail.com	http://mksoundbody.com/			Trauma-informed Alexander Technique teacher (movement)
Lynda Mathis	Office@DrLyndamathis.com			(303) 200-0795	Licensed psychologist
Krista Van Derveer	Team@KristaVanDerveer.com			(303) 909-0318	Trauma Informed coach with first hand experience of sudden death loss
Zoe Hays	Zoe.hays.a@gmail.com	https://zoehaysa.wixsite.com/mountainmeadow		(347) 687-2095	Registered psychotherapist
Jenny LePage		https://www.boulderccranialsacral.com/			Craniosacral therapy

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Lyndsey Ryan	Info@IntegratingInsights.com	http://www.integratinginsights.com/		(303) 872-4077	Insight Psychotherapy; specializing in distressing events
Julian Royce	astateofmindcounsel@gmail.com	http://www.astateofmindcounseling.org/			EMDR
Christina Oshier Andrews		http://www.chatcounseling.org/		(720) 209-2609	Somatic trauma therapist
Mariah Rooney	mariah.rooney@gmail.com	https://www.mariahrooneylicsw.com/		(612) 628-9234	Psychotherapist
Kelsey R. Worfler, LCSW, LAC, RYT-200	kelseyworfler@gmail.com	www.bravespaces.com		(970) 775-8860	able to see a two clients free of charge for up to 6 sessions for either in person or via telehealth. If they wanted additional sessions, I offer really good sliding scale options. I do not take private insurance and currently do not accept Medicaid (working on that process). I also would be more than willing to facilitate some trauma recovery Yoga classes if there was space and availability in Boulder