Mental Health Resources for Youth

#Helphelps

Presented by the
2013-2014 Mayor’s Youth Commission
and
The Office of Children’s Affairs
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Adoption Resources

Adoption.org

Mission: No matter which side of the adoption triad you find yourself--adoptiveee, birth parent, or adoptive parent--there is ample information available to you. You'll read about adopting domestically and internationally, what to experience during pregnancy and how to sort through your options for an unplanned pregnancy, how to sort through emotions as an adult adoptee and how to begin the reunion journey, and advice for foster parenting and general parenting

Specialties: Adoptees support and information

Intended Participants: All Adoptees

Contact Information:
   Website: www.adoption.org

The Family Connection and Prevention Services - Denver Area Youth Services

Mission: Provides therapeutic foster care to children and adolescents. The staff can provide both therapy and case management services for the youth who are placed in these homes.

Intended Participants: Children and adolescents in need of foster care services

Languages Spoken: English, Spanish

Eligibility requirements: Youth ages 3 to 18 years in need of foster care; referral from a county department of Social Services required, Call for other eligibility requirements

Area Served: Denver County

Hours: Office Hours M-F 8:30 am - 5 pm/ On call emergency assistance 24 hours/ 7 days a week

Contact Information:
   Website: www.denveryouth.org
   Phone: 303-698-2300

Address: 1530 W 13th Ave., Denver, CO 80223
Anti-Gang Programs
Metro Denver Partners GRASP

Mission: Gang Rescue and Support Project is a peer-run, intervention program that works with youth who are at-risk of gang involvement or are presently active in gangs, helps families of gang victims, and serves as a youth advocate. Services offered: Support group, School Outreach Project, Targeted Presentations, Tattoo Removal, Barrio Unity Mural Project

Specialties: Gang rescue and support

Intended Participants: All

Languages Spoken: English, Spanish

Eligibility requirements: Anyone who wants help getting out of a gang or wants to avoid joining a gang is encouraged to attend meetings

Fee Information: None

Area Served: Metro Denver

Hours: Monday –Friday 8am - 5pm

Contact Information:

   Website: www.graspyouth.org
   Phone: 303-777-3117
   Email: cisco@graspyouth.org

Address: 701 S Logan St., Suite 109, Denver, CO 80209
Open Door Youth Gang Alternatives

**Mission:** Prevention, crisis intervention, and mediation are used to curb gang violence and cool tense situations. Provide both individual and group support services. Offers speakers to various organizations and schools regarding gang violence.

**Specialties:** Gang Alternatives

**Intended Participants:** Families

**Eligibility requirements:** Families whose children are involved with gangs

**Fee Information:** None

**Area Served:** Adams, Arapahoe, Boulder, Broomfield, Denver, Douglas, Jefferson Counties

**Hours:** On call. Hours vary

**Contact Information:**
- Website: www.opendooryouth.org
- Phone: 303-893-4264 (Gang)
- Email: therelv1953@aol.com

**Address:** 1615 California St. Suite 712, Denver, CO 80202

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**Anti Violence/ Bullying**

**Colorado Anti-Violence Program**

**Mission:** Advocacy for survivors of violence to support healing and holistic well-being of those impacted by violence and provide case-by-case consultation in law enforcement and service providers when individuals from the LGBTQ community are survivors of violence.

**Specialties:** Anti-Violence

**Intended Participants:** All

**Contact Information:**
- Website: www.coavp.org
- Toll Free Hotline: 888-557-4441
- Hotline: Hotline: 303-852-5094
- Phone: 303-839-5204
- Email: info@coavp.org

**Address:** PO Box 181085, Denver, CO 80218
Council on Size and Weight Discrimination

Mission: Working to change people's attitudes about weight. Consumer advocates for larger people especially in the areas of medical treatment, job discrimination and media images.

Specialties: Size and Weight Discrimination

Intended Participants: All

Fee Information: None

Area Served: Nationwide

Contact Information:
  Website: www.cswd.org
  Phone: 845-679-1209
  Email: info@cswd.org

Address: PO Box 305, Mt. Marion, NY 12456

Basic Needs

Transitional House Program for Youths - Volunteers of America

Mission: Next Steps is Third Way Center's independent living program. This program provides step-down services and weekly group therapy for young people who have been in our care and are living on their own in the community. It is staffed by a therapist and mental health counselor who track the progress of the youth who are now out on their own. In the Next Steps program, which has the capacity of 10 clients, residents move from Lincoln to apartments in the community. While they still receive therapeutic intervention, they learn independent living skills.

Intended Participants: Homeless Single Youth age 16 - 23

Fee Information: Rent based on income

Area Served: Adams, Arapahoe, Boulder, Broomfield, Clear Creek, Denver, Douglas, Elbert, Gilpin, Jefferson and Summit Counties

Hours: Tuesday –Friday 9 am to 6:30 pm; Saturday 9 am - 5 pm

Contact Information:
  Website: www.voacolorado.org
  Phone: 303-297-0408
  Email: voaden@voacolorado.org

Address: 455 Bannock St., Denver, CO 80205
**Bereaved Child Support Groups**  
**Judi’s House - Children Grieving Support Group**

**Mission:** Support groups for children to young adults, ages 3 - 25 and their families, following the death of a loved one. Groups meet every other week for as long as the child needs. Separate adult groups offer support for parents or caregivers of the children. Support groups divided according to the ages of the children.

**Intended Participants:** Children, teens and young adults, 3-25 years of age, who are grieving any significant death loss (parent, sibling, grandparent, other family, friend, pet, etc.)

**Languages Spoken:** English, Spanish

**Fee Information:** None

**Area Served:** Statewide

**Hours:** M-F 9 am to 8 pm

**Contact Information:**
- Website: www.judishouse.org
- Phone: 720-941-0728
- Email: assist@judishouse.org

**Address:** 1741 Gaylord St., Denver, CO 80206

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**Child Abuse**  
**Savio House**

**Mission:** Offers a home-based program for children, adolescents, and their families to stop family violence, stop child abuse and neglect, and/or prevent hospitalization or out-of-home placement; assists youth in moving toward independent living and helps to re-integrate youth from residential placement to home. Services may include finding the youth an apartment or job, matching mentor with youth, and general adjustments to emancipation for the youth. Program length averages six months.

**Languages Spoken:** English, Spanish

**Eligibility requirements:** Children, adolescents, and their families

**Fee Information:** Vary depending on services

**Area Served:** Adams, Arapahoe, Boulder, Broomfield, Denver, Douglas, Jefferson Counties

**Hours:** Office Hours: Monday –Friday 8am - 5pm; on call 24 hours/7 days a week

**Contact Information:**
- Website: www.saviohouse.org
- Phone: 303-225-4100
- Email: info@saviohouse.org

**Address:** 325 King St., Denver, CO 80219
Crisis Intervention

I'm Alive

**Mission:** A live online network that uses instant messaging to respond to youth in crisis because people need a safe place to go during moments of crisis and intense emotional pain

**Specialties:** Teen Crisis, Suicide

**Intended Participants:** Youth in crisis

**Fee Information:** None

**Area Served:** Nationwide

**Hours:** 24/7

**Instant Chat Available Online:** yes

**Contact Information:**
- Website: www.imalive.org

Mental Health Center of Denver

**Mission:** Mental Health professionals provide screening and triage, determine eligibility for MHCD services and schedule an initial intake appointment. Referrals to other community agencies or individuals and general information about mental health also provided.

**Specialties:** Mental Health

**Intended Participants:** MHCD services Denver’s homeless population, adults, youth, families and children

**Languages Spoken:** English, Spanish

**Eligibility requirements:** Individuals, youth (birth to 17 years), and families in need of mental health services

**Fee Information:** Based on eligibility. Medicaid, private pay insurance. A set low fee to uninsured and low income residents who meet eligibility requirements

**Area Served:** Denver County

**Hours:** Monday – Friday 8am - 5pm

**Contact Information:**
- Website: www.mhcd.org
- Hotline: mobile crisis - 303-602-7220
- Phone: 303-504-6500
- Email: accesscenter@mhcd.org

**Address:** 4141 E Dickenson Pl., Denver, CO 80222
**notMYkid**

**Mission:** Kids in crisis support, information and options about substance abuse, bullying, relationships, eating disorders, depression, self injury, internet safety

**Specialties:** Teen Crisis, Suicide

**Contact Information:**
- Website: www.notmykid.org
- Toll Free Hotline: 800-248-8336

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**Cyber Safety**

**Safe Teens**

**Mission:** Internet Safety

**Specialties:** Cyber Bullying

**Intended Participants:** All youth

**Fee Information:** None

**Area Served:** Nationwide

**Hours:** 24/7

**Contact Information:**
- Website: www.safeteens.com

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**Stop Cyber Bullying.com**

**Mission:** Cyber Safety information for teens

**Specialties:** Cyber Safety information for teens

**Fee Information:** None

**Area Served:** Nationwide

**Hours:** 24/7

**Contact Information:**
- Website: www.stopcyberbullying.org
- Phone: 201-463-8663
**Teen Angels**

**Mission:** Teenangels are a group of thirteen to eighteen year old volunteers that have been specially trained in all aspects of online safety, privacy and security. After completion of the required training, the Teenangels run unique programs in schools to spread the word about responsible and safe surfing to other teens and younger kids, parents, and teachers.

**Specialties:** Internet Safety

**Fee Information:** None

**Area Served:** Nationwide

**Hours:** 24/7

**Contact Information:**
- Website: www.teenangels.org

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**Dating and Relationships Abuse and Support**

**Project Pave**

**Mission:** The mission of Project PAVE is to empower youth to end the cycle of relationship violence

**Specialties:** Violence

**Intended Participants:** Students

**Languages Spoken:** English

**Fee Information:** None

**Area Served:** Denver County

**Hours:** Office hours; Monday - Friday 9am - 5pm; Evening and Weekend hours by request

**Contact Information:**
- Website: www.projectpave.org
- Phone: 303-322-2382
- Email: info@projectpave.org

**Address:** 4130 Tejon St. Suite C, Denver, CO 80211
Domestic Violence
Alternatives to Family Violence

Mission: Serves victims of domestic and sexual violence from all around the state, country and world
Specialties: Victims of Domestic and Sexual Violence
Intended Participants: Youth
Contact Information:
   Website: www.atfv-adamsco.org
   Hotline: 303-289-4441
   Phone: 303-428-9611
   Email: info@atfv-adamsco.org
Address: PO Box 385, Commerce City, CO 80037

Arising Hope

Mission: Provides a safe place of love, healing and empowerment to victims of domestic violence. We give safe emergency shelter and housing as well as many other resources and services that assist women, their children and their domestic pets into a life free from fear and abuse.
Intended Participants: Victims - Domestic Violence
Languages Spoken: English, Limited Spanish
Fee Information: None
Contact Information:
   Website: www.arisinghope.org
   Hotline: 303-280-3180
Address: PO 1114, Eastlake, CO 80614-1114
**Rocky Mountain Children's Law Center Domestic Violence Program**

**Mission:** The Domestic Violence Program recruits and trains volunteer attorneys to advocate for children in domestic violence cases. This project was honored by the National Council of Juvenile and Family Court Judges as one of the most effective and innovative programs for children in the nation. Since the program’s inception, hundreds of attorneys have devoted the equivalent of millions of dollars in volunteer legal services.

**Specialties:** Guardians for Children, Domestic Violence Programs, Education Programs, Helpline, Caregiver Advocacy Program

**Intended Participants:** Abused Children

**Languages Spoken:** English, Spanish

**Fee Information:** Sliding scale fee (depending on income)

**Area Served:** Statewide

**Hours:** Monday-Friday 8 am to 5 pm

**Contact Information:**
- Website: [www.rockymountainchildrenslawcenter.org](http://www.rockymountainchildrenslawcenter.org)
- Phone: 303-692-1165

**Address:** 1325 S Colorado Blvd. Suite 701, Denver, CO 80222

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**SafeHouse Denver, Inc.**

**Mission:** Offers non-residential individual counseling support to adults, children and youth victims of domestic abuse. Provides intervention and prevention support groups, systems advocacy including financial, housing, civil legal and resource referrals. Provides a 24/7 crisis and information line

**Intended Participants:** Battered Women

**Gender Specific:** Female

**Languages Spoken:** English, Spanish

**Eligibility requirements:** All female victims of domestic violence and their children

**Fee Information:** None

**Area Served:** Statewide

**Hours:** Monday-Friday 8:30 am to 4:30 pm/ 24hour/7 day a week crisis and information line

**Contact Information:**
- Website: [www.safehouse-denver.org](http://www.safehouse-denver.org)
- Hotline: 303-318-9899
- Phone: 303-318-9959
- Email: info@safehouse-denver.org

**Address:** 1649 Downing St., Denver
**Eating Disorders**

**Eating Disorder Referral and Information Center**

**Mission:** Provides online search for treatment facilities and information on all eating disorders including overeating

**Specialties:** Eating Disorders

**Intended Participants:** All

**Fee Information:** Varies with facility

**Contact Information:**
Website: www.edreferral.com

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**National Eating Disorders**

**Mission:** The National Eating Disorders Association (NEDA) is the leading non-profit organization in the United States advocating on behalf of and supporting individuals and families affected by eating disorders. Reaching millions every year, we campaign for prevention, improved access to quality treatment, and increased research funding to better understand and treat eating disorders. We work with partners and volunteers to develop programs and tools to help everyone who seeks assistance.

**Specialties:** Eating Disorders

**Area Served:** Nationwide

**Hours:** Monday – Thursday 9:00 am to 9:00 pm, Friday 9:00 am – 5:00 pm. Closed for some holidays, see website for more information

**Instant Chat Available Online:** yes

**Contact Information:**
Website: http://www.nationaleatingdisorders.org/
Toll Free Hotline: 800-931-2237
Phone: 212-575-6200
Email: info@eatingdisordersanonymous.org

**Address:** 165 W 46th Street, Suite 402, New York, NY 10036
Overeaters Anonymous

Mission: Offers a program of recovery from compulsive eating using the twelve steps and twelve traditions.

Specialties: Eating Disorders

Fee Information: None

Area Served: Nationwide

Hours: 24/7

Contact Information:

Website: www.oa.org
Phone: 505-891-2664
Email: Email form available on website

Address: PO Box 44020, Rio Rancho, NM 87174-4020

The Eating Disorder Foundation

Mission: We are uniquely positioned to help those who suffer from eating disorders and their families, to create an environment that fosters sustained recovery and to provide information that’s vital to prevention.

Specialties: Eating Disorders

Fee Information: Varies depending on provider

Area Served: Statewide

Hours: Refer to website

Contact Information:

Website: www.eatingdisorderfoundation.org
Phone: 303-322-3373
Email: Email form available on website

Address: 1901 E 20th Ave., Denver, CO 80205
Education
Colorado Youth For A Change

Mission: Dropout and Outreach Recovery: School exploration and re-engagement for youth who have dropped out of school. Colorado Youth For A Change helps with the enrollment process as well as coordinates support with local agencies to ensure success and graduation.

Intended Participants: Students that have dropped out of school

Languages Spoken: English, Spanish

Eligibility requirements: Be eligible to return to school

Fee Information: None

Area Served: Statewide

Hours: M-F 8:30 am - 5 pm

Contact Information:

Website: www.youthforachange.org
Phone: 303-292-2779
Email: inquiries@youthforachange.org

Address: 2931 W 25th Ave., Ste 201, Denver, CO 80211
Urban League of Metropolitan Denver, Inc.

Mission: Academic remediation, after school programming, job placement, counseling, leadership training, and motivational services are offered to youth

Specialties: Eighteen-month transitional housing program for homeless single youth and homeless single young parents, ages 16-23. This program is designed to assist homeless youth in obtaining the skills and resources necessary to transition to independent living.

Intended Participants: At risk Students

Languages Spoken: English, Interpreters available

Eligibility requirements: Youth ages 5-20 years; focus on low income African-American youth. Other requirements depend on particular service provided; call for more information

Fee Information: None

Area Served: Metro Denver

Hours: Monday -Friday 9am - 5pm

Contact Information:
   Website: www.urbanleague.org
   Phone: 303-377-2790
   Email: info@denverurbanleague.org

Address: 2015 York St, Denver, CO 80207

Emotional Crisis Support

Crisis Text Line

Mission: CTL helps individuals in crisis by connecting them with a compassionate, trained listener through a toll-free texting service. CTL is available nationwide and 24/7

Specialties: Crisis Support

Intended Participants: All

Fee Information: None

Area Served: Nationwide

Hours: 24/7

Instant Chat Available Online: Text "CTL" to 741741

Contact Information:
   Website: www.crisistextline.org
   Text: “CTL” to 741741
Ok2talk.org

Mission: Teens and young adults who suffer from mental illness can feel hopeless and alone. Many don’t know what’s wrong with them but feel like it’s their fault. Those who understand what is happening fear they can’t be helped. Because of the stigma attached to mental illness, it’s often hard for those suffering and their families and friends to talk about what they’re going through. But help is available, and it works. The goal of OK2TALK is to create a community for teens and young adults struggling with mental health problems and encourage them to talk about what they’re experiencing by sharing their personal stories of recovery, tragedy, struggle or hope. Anyone can add their voice by sharing creative content such as poetry, inspirational quotes, photos, videos, song lyrics and messages of support in a safe, moderated space. We hope this is the first step towards getting help and feeling better.

Specialties: Teen Crisis, Emotional Support, safe sharing space online. Links with information on how to help a friend or family member

Intended Participants: Ages 13 and older

Languages Spoken: English, Spanish

Eligibility requirements: No requirements

Fee Information: None

Area Served: Nationwide

Hours: 24/7

Contact Information:

Website: www.ok2talk.org

Toll Free Hotline: 1-800-273-8255
**Teen Line**

**Mission:** TEEN LINE is a confidential telephone helpline for teenaged callers. It operates every evening from 6:00pm to 10:00pm PST and is toll-free from anywhere in California. If you have a problem or just want to talk with another teen who understands, then this is the right place for you! TEEN LINE offers message boards and resources.

**Specialties:** Teen Crisis line operated by teens for teens

**Intended Participants:** All youth

**Fee Information:** None

**Area Served:** Nationwide

**Hours:** 7:00 pm to 10:00 pm

**Instant Chat Available Online:** yes

**Contact Information:**
- Website: www.teenlineonline.org
- Text: “Teen” to 839863 between 5:30 pm and 10:30pm (MST)
- Phone: 310-855-4673

**Address:** PO Box 48750, Los Angeles, CA 90048

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**Homelessness/Runaway Youth**

**Bannock Youth Center**

**Mission:** Bannock Youth Center serves youth between the ages of 16 to 24. All of them have been homeless and many are young parents themselves.

**Specialties:** Homelessness

**Intended Participants:** Homeless Youth

**Area Served:** Adams, Arapahoe, Broomfield, Denver

**Contact Information:**
- Website: www.denversroadhome.org/homeless.php
- Phone: 720-217-3884

**Address:** 455 Bannock St., Denver, CO 80204
Colorado Coalition for the Homeless

Mission: Housing assistance, healthcare assistance, childcare assistance, homelessness resources, transportation assistance
Specialties: Serving Denver’s Homeless population
Intended Participants: Homeless population of all ages
Languages Spoken: English, Spanish
Eligibility requirements: Low income and homeless
Fee Information: None
Area Served: Denver County
Hours: Walk in hours Monday-Thursday 8:30 am or 12:45 pm, Friday 8:30 am
Contact Information:
   Website: www.coloradocoalition.org
   Phone: 303-293-2217
   Email: Email form available on the website
Address: 2111 Champa St., Denver, CO 80205

National Runaway Safeline

Mission: The mission of the National Runaway Safeline (NRS) is to help keep America’s runaway, homeless and at-risk youth safe and off the streets. Assistance is available to get help, stay in touch while you are on the road, prevent bullying and to find resources.
Specialties: Runaway Switchboard
Intended Participants: Runaway Youth
Fee Information: None
Area Served: Nationwide
Hours: 24/7
Instant Chat Available Online: Yes
Contact Information:
   Website: www.1800runaway.org
   Toll Free Hotline: 1-800-786-2929
   Phone: 773-880-9860
   Email: Email form available on website
Sox Place Denver

**Mission:** Sox Place is a daytime drop-in center for street youth. These range in ages from 12 to 30 and belong to the youth sub-culture known as “street kids.” Many have been abandoned by parents/guardians, some are victims of the foster care system, and most have been tossed aside by society.

**Specialties:** Street Kids/ Homeless Daytime Drop in center

**Intended Participants:** Homeless Youth

**Fee Information:** None

**Area Served:** Denver

**Contact Information:**
- Website: www.soxplace.com/service/drop-in-center
- Phone: 303-296-3412
- Email: info@soxplace.com

**Address:** 2015 Larimer St., Denver, CO 80205

Standup for Kids

**Mission:** Our mission is to end the vicious cycle of youth homelessness and relieve the suffering and abandonment that homeless youth face every day. Stand Up For Kids is aware that homeless youth face many challenges living on the streets. They are continually at high risk of being physically or sexually victimized, forced to self medicate with drugs or alcohol. Often most of our kids suffer from severe anxiety and depression as a result of living in such adverse conditions. Stand Up For Kids is committed to empowering youth with consistent compassion towards solving their problems while building a support system in which they can rely on. We tell homeless youth we care about them, and then we go to the streets and prove it!!

**Intended Participants:** Homeless Youth

**Fee Information:** None

**Area Served:** Denver Metro

**Contact Information:**
- Website: www.standupforkids.org/denver/default.aspx
- Phone: 303-630-9553
- Email: denver@standupforkids.org
Legal Support

Rocky Mountain Children's Law Center

Mission: We transform the lives of abused, neglected and at-risk children through compassionate legal advocacy, education and public policy reform.

Specialties: Guardians for Children, Domestic Violence Programs, Education Programs, Helpline, Caregiver Advocacy Program

Intended Participants: Abused Children

Languages Spoken: English, Spanish

Fee Information: Depending on income

Area Served: Denver

Hours: Monday –Friday 8 am to 5 pm

Contact Information:
- Website: www.rockymountainchildrenslawcenter.org
- Phone: 303-692-1165
- Email: info@childlawcenter.org

Address: 1325 S Colorado Blvd. Suite 701, Denver, CO 80222

The Denver Center for Crime Victims

Mission: The Denver Center for Crime Victims provides an immediate response to police requests for emergency services, as well as the victim’s call for help.

Specialties: Victims Assistant

Intended Participants: Crime Victims

Languages Spoken: English, Spanish, American Sign Language

Eligibility requirements: Children, youth and families who are victims or witnesses of a crime in the City and County of Denver

Fee Information: All services are confidential and provided at no cost

Area Served: City and County of Denver Residents

Hours: Monday-Friday 9am - 5pm/ Hotline: 24 hours/ 7 days a week

Contact Information:
- Website: www.denvervictims.org
- Hotline: 303-894-8000 English, 303-718-8289 Spanish, 711 Relay Colorado for the Hearing Impaired
- Email: admin@denvervictims.org

Address: P.O. Box 18975, Denver, CO 80218
**LGBTQ Specific**

**GLBT Community Center of Colorado**

**Mission:** Rainbow Alley is a drop-in center designed to support GLBT youth and their allies ages 12 - 21. The Alley provides health services, counseling and referral, youth-lead events and activities, and life resources in a safe and supportive space. Youth who access our facility are welcome to use our free services which include a medical clinic, computer lab, library, kitchen and open hang-out space.

**Intended Participants:** LGBTQ youth

**Languages Spoken:** English, Spanish

**Eligibility requirements:** Gay, lesbian, bisexual, transgender and questioning youth between the ages of 12 to 21

**Fee Information:** None

**Area Served:** Denver County

**Hours:** Monday -Friday 10 am to 8 pm, Drop in hours: Tues - Saturday 3pm to 8pm

**Contact Information:**
- Website: www.glbtcolorado.org
- Phone: 303-282-6524
- Email: rainbowalley@glbtcolorado.org

**Address:** 1301 E Colfax Ave., Denver, CO 80218

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**Parents Families and Friends of Lesbian and Gays (PFFLG)**

**Mission:** PFLAG strives to keep families together, to promote reconciliation and mutually satisfying relationships between GLBT persons and their heterosexual family members. It strives to help parents understand their GLBT sons and daughters, to assist GLBT persons in coming out to their parents, to help spouses and ex-spouses of GLBT persons recover their equilibrium when such a relationship fails, to empower children of GLBT parents by letting them know that neither they nor their parents are alone. Finally, it offers an affirming surrogate family to GLBT individuals whose birth family is disapproving.

**Intended Participants:** Gay Men and Lesbians

**Languages Spoken:** English, Spanish

**Eligibility requirements:** Gays, lesbians, bisexuals and transgender persons and their families and friends

**Fee Information:** Donations accepted; membership encouraged

**Area Served:** Adams, Arapahoe, Boulder, Broomfield, Denver, Douglas, Jefferson Counties

**Hours:** Monday -Friday 1pm - 5pm

**Contact Information:**
- Website: www.pflagdenver.org
- Phone: 303-333-0286
- Email: pflagindenver@pflagdenver.org

**Address:** 1290 Williams St. Suite 4, Denver, CO 80218
Rainbow Alley Youth Services

**Mission:** The Transformations Scholarship: awarded annually to approximately 10 Colorado youth who have made positive contributions toward ending the cycle of relationship violence by empowering themselves and others in their schools and community.

**Specialties:** LGBTQ

**Intended Participants:** Gay, Lesbian, bisexual, transgender and questioning youth between the ages of 12 - 21

**Languages Spoken:** English, Spanish

**Eligibility requirements:** Gay, Lesbian, bisexual, transgender and questioning youth between the ages of 12 - 21

**Fee Information:** None

**Area Served:** Denver County

**Hours:** M-F 10 am - 8 pm

**Contact Information:**
- Website: www.glbtcolorado.org/rainbow-alley/rainbow-alley-programs-and-services
- Phone: 303-733-7743
- Email: rainbowalley@glbtcolorado.org

**Address:** 1301 E Colfax Ave., Denver, CO 80218

The Gender Identity Center of Colorado

**Mission:** Proves support for all gender identities and expressions through direct services and social change utilizing empowerment, identity affirmation, outreach, education, advocacy, creating safe spaces and a sense of community. Offers drop in hours, support meetings, clinical/counseling services and mentorship programs

**Specialties:** LGBTQ Support

**Hours:** Monday 10 am – 9 pm, Tuesday – Saturday 10 am to 7 pm

**Contact Information:**
- Website: www.gicofcolo.org
- Phone: 303-202-6466
- Email: info@gicofcolo.org

**Address:** 1151 S Huron St., Denver, CO 80223
**Mental Health Care and Counseling**  
**Animal Assisted Therapy Programs of Colorado**

**Mission:** We believe in the therapeutic and calming effect that animals can have in healing. Each of our clinicians works with at least one trained and Certified therapy animal, which may include dogs, cats, horses, rabbits, rats or goats. Clients are matched to the therapist that is not only most qualified to help with the individual's concerns, and may work with any of our therapy animals.

**Intended Participants:** Ages 3 and up including adults, LGBTQ, couples, families, children, teens, veterans and their families

**Languages Spoken:** English, Spanish

**Eligibility requirements:** Low income families, veterans and their families

**Fee Information:** Sliding scale based on income

**Area Served:** Statewide

**Hours:** Monday – Friday 9 am to 5 pm

**Contact Information:**
- Website: www.animalassistedtherapyprograms.org
- Phone: 720-266-4444
- Email: info@aatpc.org

**Address:** 1255 Lee St., Lakewood, CO 80215

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**Clinica Tepeyac**

**Mission:** Flu Shots, Immunizations, Mental health and Counseling, Physicals including well child, sports or school physicals, prescriptions, rapid strep tests, Specialty referrals

**Intended Participants:** Children

**Languages Spoken:** English, Spanish

**Eligibility requirements:** Children

**Fee Information:** $25.00 co pay/ prescription costs vary

**Area Served:** Adams, Arapahoe, Denver and Jefferson Counties

**Hours:** Monday- Friday 9 am to 5 pm, Saturday 8 am to 12 pm (subject to change) Must call to schedule

**Contact Information:**
- Website: www.clinicatepeyac.org
- Phone: Clinic - 303-458-5302, Mental Health, Education & Administrative Office – 303-583-0148
- Email: clinica@clinicatepeyac.org

**Address:** Clinica Tepeyac Clinic, 5075 Lincoln St., Denver, CO 80216

Clinica Tepeyac Mental Health, Education & Administrative Office, 4725 High St., Denver, CO 80216
Families First

Mission: The Family Support Line is a statewide resource for parents or primary caregivers with family concerns. Whatever the issue, we greet callers with compassionate listening and respect, offering practical answers and information on all aspects of family life and child development. We also make referrals to community resources, Whether one just needs to talk or is seeking specific information, trained volunteers are ready to assist.

Intended Participants: All
Languages Spoken: English, Spanish
Eligibility requirements: Any person seeking assistance on family matters
Fee Information: None
Area Served: Statewide
Hours: 10 am - 10 pm 7 days a week
Contact Information:
   Website: www.familiesfirstcolorado.org
   Toll Free Hotline: 877-695-7996
   Email: familysupport@familiesfirstcolorado.org
Address: 2163 S Yosemite St, Denver, CO 80231

Healing from the Heart

Mission: Individual Adolescent Therapy, Interviews with adolescent and the parent/guardian, Individualized Treatment Plan, Goals are reached with input from both the client and the therapist, role play, visualization, Geno-grams, Eye Movement Reprocessing Techniques may be used to treat trauma. The staff listens to what the Youth is saying and then guides them to finding healthier solutions to conflict through empathy and communication skills. Copy skills are taught so that a client will feel empowerment over their traumas and go on to reach their full potential. The Healing from the Heart Staff is dedicated to providing a safe and caring environment that is conducive to personal growth for their clients.

Intended Participants: Youth and families
Eligibility requirements: Youth from 11 to 21 years of age
Fee Information: Sliding Scale Fee starting at $25.00 per hour. Free to victims in Jefferson County or Denver County, Children's Health Plan Plus accepted, Victim's Compensation Fund. Free if client is eligible. Eligibility is determined at intake.
Area Served: Boulder, Broomfield, Clear Creek, Denver, Elbert and Gilpin Counties
Hours: Monday -Friday 10 am - 6 pm
Contact Information:
   Website: www.healingfromtheheart.org
   Phone: 303-733-1176
   Email: healingfromtheheart360@comcast.net
Address: 1633 Fillmore St., Suite 406, Denver, CO 80206
**National Alliance on Mental Illness (NAMI) Colorado**

**Mission:** NAMI Colorado is dedicated to building better lives for the 250,000 plus Coloradoans and their families who are affected by any number of mental illnesses - schizophrenia, bipolar disorder, depression, PTSD, obsessive-compulsive disorder, borderline personality disorder, panic disorder and others.

**Intended Participants:** All ages

**Languages Spoken:** English, Spanish

**Area Served:** Statewide

**Contact Information:**
- Website: www.namicolorado.org
- Phone: 303-321-3104
- Email: admin@namicolorado.org

**Address:** 2280 S. Albion St., Denver, CO 80222

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**Reachout.com**

**Mission:** This website includes information about everything from dealing with Anxiety to Suicide, Self-harm and violence

**Specialties:** Anxiety, becoming independent, depression, drugs, alcohol and tobacco, eating issues, family relationships,

**Intended Participants:** All Youth

**Languages Spoken:** English/Spanish

**Fee Information:** None

**Area Served:** Nationwide

**Hours:** 24/7

**Contact Information:**
- Website: http://us.reachout.com
- Toll Free Hotline: 1-800-448-3000
Rebecca's Dream

Mission: Promoting awareness and compassionate understanding of depression and bipolar disorder as real diseases. Website also hosts resources for getting help in a crisis now.

Specialties: Depression

Intended Participants: All Youth

Fee Information:

Area Served: Nationwide

Hours: 24/7

Contact Information:

Website: www.rebeccasdream.org
Toll Free Hotline: 800-448-3000
Phone: 312-450-3756

Address: 600 N Lake Shore Dr #512, Chicago, IL 60611

Mentoring Programs

Big Brothers Big Sisters of Colorado, Inc

Mission: Big Brothers Big Sisters professional staff recruits, screens and trains volunteer mentors and match them in one-to-one relationships with young people. We match youth ages 7-12 with positive adult role models. We support and oversee the success of each match by communicating regularly with volunteers, the children and their families and by providing activities designed to strengthen the match relationship.

Intended Participants: Youth between the ages of 7 to 17

Languages Spoken: English, Spanish

Eligibility requirements: Youth ages 7 to 12 (once a child is over 12, they can not sign up to be a mentee) but will serve them until they are 17 years old. Call or visit website for other eligibility requirements.

Fee Information: None

Area Served: Nationwide

Contact Information:

Website: www.biglittlecolorado.org
Phone: 303-433-6002
Email: bbbs@bbbscolo.org

Address: 1391 N Speer Blvd Ste 450, Denver, CO 80204
Denver Police Activities League, Inc.

**Mission:** A juvenile support program that provides a positive and exciting experience for low income youth, to guide youth to make responsible decisions in life by furnishing a positive role model, to foster communication and understanding between youth and the police, and to reduce the incidence of juvenile crime, substance abuse, and gang violence.

**Intended Participants:** Youth ages 6 to 14 years. Some games accept youth ages 4 and up

**Languages Spoken:** English and sometimes Spanish

**Eligibility requirements:** Youth ages 6 to 14 years, Some gaems accept youth ages 4 and up

**Fee Information:** Vary, scholarships available

**Area Served:** Adams, Arapahoe, Denver and Jefferson Counties

**Hours:** Monday-Friday 8 am to 4 pm

**Contact Information:**
- Website: www.denverpal.com
- Phone: 303-937-1223
- Email: info@denverpal.com

**Address:** 1241 W Bayaud St., Denver, CO 80223

Friends For Youth

**Mission:** One-to-one mentoring in both community and site-based settings where a screened, trained, and supervised adult mentor is matched with a youth for a period of one year. Every match is assigned a Match Coordinator for ongoing support and supervision, and every match is invited to attend agency wide group activities.

**Intended Participants:** All Youth

**Languages Spoken:** English, Spanish

**Eligibility requirements:** Must be between the ages of 10 and 18, must be involved in the juvenile justice and/or child welfare system or have at least one parent that is incarcerated or be considered homeless or TANF eligible and attending Denver Public Schools

**Fee Information:** None

**Area Served:** Adams, Arapahoe, Denver, Douglas and Jefferson Counties

**Hours:** Monday-Friday 8:30 am - 5:30 pm

**Contact Information:**
- Website: www.friendsforyouth.com
- Phone: 303-300-7990

**Address:** 8008 E Arapahoe Ct. Suite 100, Centennial, CO 80112
**Metro Denver Partners Mentoring Youth**

**Mission:** Metro Denver Partners inspires community involvement, empowers youth to realize their potential, and creates hope for their future. Promoting a safe and growth-oriented environment in which at-risk youth can develop and flourish.

**Specialties:** At-risk youth

**Intended Participants:** All youth

**Fee Information:** None

**Area Served:** Denver Metro area

**Contact Information:**
- Website: www.metrodenverpartners.org
- Phone: 303-777-7000
- Email: info@metrodenverpartners.org

**Address:** 701 South Logan Street, Suite 109, Denver, CO 80209

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**Save Our Youth Mentoring**

**Mission:** Save Our Youth is a faith-based organization, our mission is to transform the lives of at-risk youth through mentor relationships, providing the skills for success in educational, emotional, and spiritual development.

**Specialties:** At-risk youth

**Intended Participants:** Youth ages 10 to 18

**Fee Information:** None

**Area Served:** Denver Metro area

**Hours:**

**Instant Chat Available Online:**

**Contact Information:**
- Website: www.saveouryouth.org
- Phone: 303-455-1126
- Email: Email form available on website

**Address:** 3443 W 23rd Ave., Denver, CO 80211
Servicios de la Raza, Inc.

Mission: This is a mentoring program for youth ages 16 - 21 years funded by the Workforce Investment Act for Youth. The main objective is to help these youth achieve school success and to graduate.

Intended Participants: Teenagers

Languages Spoken: English, Spanish

Eligibility requirements: Youth 16 - 21 years old

Area Served: City and County of Denver Residents

Hours: M-F 8am-5pm

Contact Information:
- Website: www.serviciosdelaraza.org
- Phone: 303-458-5851
- Address: 4055 Tejon St., Denver, CO 80211

Sexual Assault

National Sexual Assault Online Hotline

Mission: Rape, Abuse, & Incest national network and resources

Specialties: Sexual Assault

Intended Participants: Victims of sexual assault

Area Served: Nationwide

Hours: 24/7

Instant Chat Available Online: yes

Contact Information:
- Website: www.rainn.org
- Toll Free Hotline: 800-656-4673
- Phone: 202-544-3064
- Email: info@rainn.org

Address: 1220 L Street, NW Suite 505, Washington, DC 20005
The Blue Bench

**Mission:** This hotline offers a twenty-four hour crisis intervention hotline to victims, survivors, families, friends and professionals concerned about rape/sexual assault issues. Crisis counseling, as well as information and referral, are provided to victims of rape. Information on sexual assault prevention is also available.

**Intended Participants:** Victims of Sexual Assault

**Languages Spoken:** English, Spanish

**Eligibility requirements:** Victims of sexual assault and their families and others concerned

**Fee Information:** None

**Area Served:** Adams, Arapahoe, Broomfield, Denver, Douglas and Jefferson Counties

**Hours:** 24 Hour/ 7 days a week

**Contact Information:**
- Website: www.thebluebench.org
- Hotline: 303-322-7273 English
  - 303-329-0031 Spanish
  - 303-329-0023 TTY (Monday – Friday 9 am to 5 pm)
- Phone: 303-329-9922
- Email: info@thebluebench.org

**Address:** PO Box 18951, Denver, CO 80218

Denver Children's Advocacy Center

**Mission:** Provides counseling support services for child victims of sexual assault child witnesses of domestic violence. Parent support groups are offered. Treatment services are provided for children ages 1-17 years. Education about court processes for children who may testify. Court School sessions last approximately 1.5 hours; held at DCAC offices. Individual sessions may be conducted for children with exceptional needs.

**Intended Participants:** Child victims of sexual assault and their non-offending parents and child witnesses of domestic violence ages 1 - 17 years

**Languages Spoken:** English, Spanish

**Area Served:** Metro Denver

**Hours:** Monday -Friday 8am - 6pm, Saturday 9 am - 3 pm

**Contact Information:**
- Website: www.denvercac.org
- Phone: 303-825-3850
- Email: info@denvercac.org

**Address:** 2149 Federal Blvd., Denver, CO 80211
Sexuality/Pregnancy/Reproductive Health Education
Bethany Christian Services of Colorado

Mission: Individual and family counseling are offered to all birth parents facing unintended pregnancies. Services include: professional counseling to help birth parents in decision-making, support for parenting or pre-adoption counseling. Services for adoptive couples: Home study, placement and post-placement services in the U.S. or in foreign countries. Support groups for birth parents and adoptive parents.

Intended Participants: Birth parents facing unintended pregnancy

Fee Information: Pre-application fee may be required

Area Served: Adams, Arapahoe, Boulder, Broomfield, Denver, Douglas and Jefferson

Hours: Monday-Friday 8:30 am - 5 pm

Contact Information:
Website: www.bethany.org/denver
Toll Free Hotline: 800-238-4269 (800-bethany)
Phone: 303-221-0734
Email: bcsdenver@bethany.org

Address: 3000 S Race St., Denver, CO 80210

Birthline of Colorado

Mission: Birthline, Inc. of Colorado has been helping teens and women since 1969. We offer a completely free service including pregnancy tests and counseling.

Specialties: Supporting teen pregnancy

Intended Participants: Youth

Fee Information: None

Area Served: Adams, Arapahoe, Boulder, Douglas and Jefferson counties

Hours: Call for an appointment

Contact Information:
Website: www.birthlinecolorado.org
Hotline: Hotline: 303-832-2858
Phone: 303-832-2858
Email: help@birthlinecolorado.org

Address: 2346 Gilpin St., Denver, CO 80205
Colorado Family Life Center

Mission: The, "Earn While You Learn" Program is a great way to help prepare first-time parents for the upcoming changes of parenthood. We offer classes addressing prenatal care, child birth preparation, newborn care, safety, discipline, budgeting and many others. Attending classes allows you to earn "Mommy Money" and/or "Daddy Dollar" (we encourage dads to get involved too) to acquire baby supplies.

Specialties:

Intended Participants: Expecting mothers and fathers, especially teens, first time parents, as well as other at-risk parents on a case-by-case basis

Languages Spoken: English

Fee Information: All services are free of charge and confidential

Area Served: Statewide

Hours: Classes - Monday 5:30-8:30, Tuesday and Wednesday 9:30 am to 5 pm

Contact Information:

Website: www.coloradofamilylife.org
Phone: 303-366-1072
Email: info@coloradofamilylife.org

Address: 1072 Chambers Rd., Aurora, CO 80011

Gabriel House

Mission: An outreach program of the Archdiocese of Denver committed to helping pregnant women and women with young children in need of resources, clothes, supplies and spiritual and emotional support.

Specialties: Teen pregnancy

Intended Participants: Pregnant women and women of youth children

Contact Information:

Website: www.gabrielhousedenver.org
Toll Free Hotline: 800-713-3021
Phone: 303-377-1577
Email: gabrielhousedenver@gmail.com

Address: 1341 Oneida St., Denver, CO 80022
HeyDenver

**Mission:** Free, safe and confidential STD and HIV testing

**Specialties:** Sexual Health

**Intended Participants:** All

**Fee Information:** None

**Area Served:** Denver

**Hours:** Refer to website

**Instant Chat Available Online:**

**Contact Information:**

- Website: www.heydenver.org
- Phone: 303-962-2880
- Email: info@heydenver.org

**Address:** 1720 Pearl St., Denver, CO

“In Case You're Curious” by Planned Parenthood

**Mission:** Answering questions about sexual health

**Specialties:** Sexual Health

**Intended Participants:** All Youth

**Area Served:** Statewide

**Hours:** 24/7

**Contact Information:**

- Website: www.texticyc.com
- Toll Free Hotline: text questions to 57890
- Phone: 303-321-7526

**Address:** 7155 E 38th Ave., Denver, CO 80207
Planned Parenthood of the Rocky Mountains, Inc.

Mission: Planned Parenthood of the Rocky Mountains empowers individuals and families in the communities we serve to make informed choices about their sexual and reproductive health by providing high quality health services, comprehensive sex education, and strategic advocacy.

Specialties: Sex Education, health services

Intended Participants: All Youth

Languages Spoken: English, Spanish

Area Served: Statewide

Hours: Refer to website

Contact Information:

Website: www.plannedparenthood.org
Phone: 303-321-7526

Address: 7155 E 38th Ave., Denver, CO 80207

Puberty101

Mission: provided a place on the web for adolescents and teens to ask questions and get honest and open answers about puberty, drug abuse, mental health and STD’s

Specialties: Sexual Education & Health

Intended Participants: All Youth

Fee Information: None

Area Served: Nationwide

Instant Chat Available Online: Online blog and email

Contact Information:

Website: www.puberty101.com
Social Skills

Positive Connection All Girls Program

Mission: Offers special development classes to young women to increase their self-esteem and exhibit positive attitudes. Education includes grooming, self-esteem, etiquette, and daily living skills.

Specialties: Self-esteem, social skills

Intended Participants: Youth - Women

Gender Specific: Female

Languages Spoken: English, Spanish

Eligibility requirements: Young women ages 10-18 years

Fee Information: None

Area Served: Metro Denver

Hours: Office Hours: Monday - Thursday 9 am - 5 pm

Contact Information:

Website: www.positiveconnection.org
Phone: 303-321-2417
Email: director@positiveconnection.org

Address: 2801 Milwaukee St., Denver, CO 80205
**Substance Abuse or Addiction**

**Addiction Research and Treatment Services (ARTS)**

**Mission:** Provides ongoing substance abuse treatment programs for kids (ages 13 to 18) struggling with substance abuse issues.

**Intended Participants:** Youth ages 13 to 18

**Languages Spoken:** English, Spanish

**Eligibility requirements:** Youth, male and female ages 13 - 18 with conduct disorders or substance dependencies and their families

**Fee Information:** Call for fee information, Medicaid accepted

**Area Served:** Denver Metro

**Hours:** Monday –Friday 8am - 5 pm

**Contact Information:**
- Website: www.artstreatment.com
- Phone: 303-934-1008

**Address:** 1212 S Broadway, Suite 200, Denver, CO 80210

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**Al-Anon/ Alateen Service Center, Inc.**

**Mission:** Supporting friends and families of alcoholics and helping them to recover from the effects of living with the problem drinking of a relative or friend.

**Specialties:** Supporting friends and families of alcoholics and helping them to recover from the effects of living with the problem drinking of a relative or friend.

**Intended Participants:** Youth

**Languages Spoken:** English, Spanish

**Eligibility requirements:** Persons whose lives have been affected by another person's drinking

**Fee Information:** None

**Area Served:** Adams, Arapahoe, Boulder, Broomfield, Denver, Douglas and Jefferson Counties

**Hours:** Monday –Friday 9am - 4:30 pm, Saturday 10 am - 1 pm

**Contact Information:**
- Website: www.al-anon-co.org
- Hotline: Hotline: 303-321-8788
- Phone: 303-321-8895
- Email: denver-al-anon@ecentral.com

**Address:** 2460 W 26th Ave Ste 138-C, Denver, CO 80211
Denver Area Youth Services (D.A.Y.S.)

Mission: Provides substance abuse treatment services to clients and their families through therapy, education, random urinalysis testing, monitored Antabuse, and case management services.

Intended Participants: Substance Abusers

Languages Spoken: English, Spanish

Eligibility requirements: Persons age 12 and older who are court-ordered for Level I or II program from Denver County and surrounding districts. Call for other eligibility requirements

Fee Information: Sliding scale fees offered; call for specific fee information. Medicaid accepted

Area Served: Adams, Arapahoe, Denver and Jefferson Counties

Hours: Monday –Friday 8:30 am - 5pm/ On call emergency assistance 24 hours/ 7 days a week

Contact Information:

Website: www.denveryouth.org
Phone: 303-698-2300
Email: info@denveryouth.org

Address: 1530 W 13th Ave., Denver, CO 80204
National Association for Children of Alcoholism

Mission: Our mission is to eliminate the adverse impact of alcohol and drug use on children and families

Intended Participants: Children of Alcoholics and other drug dependent parents

Fee Information: None

Area Served: Nationwide

Contact Information:

Website: www.nacoa.net
Toll Free Line: 1-888-55-4COAS
Phone: 301-468-0985
Email: nacoa@nacoa.org

Address: 10920 Connecticut Ave. Suite 100, Kensington, MD 20895

The Council

Mission: The Mile High Council on Alcoholism and Drug Abuse and Urban Peak Denver partnered to develop and implement Beat the Street, which targets homeless and at-risk young adults in the Denver metro area with substance abuse, mental illness or co-occurring disorders. Its purpose is to improve youth’s residential stability and self-sufficiency by integrating age-appropriate housing and support services with individualized substance abuse and mental health treatment.

Intended Participants: Homeless and At-Risk young Adults

Languages Spoken: English

Fee Information: Sliding fee scale, grants available

Area Served: Denver County

Hours: Monday - Thursday 9am - 7pm; Saturday 8 am -1 pm

Contact Information:

Website: www.milehighcouncil.org
Phone: 303-825-8113
Email: rmeth@milehighcouncil.org

Address: 655 Broadway, Suite 200, Denver, CO 80203
Suicide Awareness and Prevention
American Association of Suicidology

Mission: The goal of the American Association of Suicidology (AAS) is to understand and prevent suicide.

Specialties: Suicide Prevention, resources and awareness. Suicide Survivors information and resources.

Intended Participants: All

Fee Information: None

Area Served: Nationwide

Hours: 24/7

Instant Chat Available Online: no

Contact Information:
   Website: www.suicidology.org
   Toll Free Hotline: 800-273-8255
   Phone: 202-237-2280
   Email: Email form available on website

Lifeline Crisis Chat

Mission: Lifeline Crisis Chat is a joint service of the National Suicide Prevention Lifeline in partnership with CONTACT USA. It is the first service of its kind where crisis centers across the United States have joined together to form one national chat network that can provide online emotional support, crisis intervention, and suicide prevention services.

Specialties: Anyone who is depressed, despairing, going through a hard time and just needs to talk, including people who are thinking about suicide. A chat visitor does not have to be thinking about suicide to use crisis chat. Any life issue, whether it be depression, family issues, relationship problems, and financial issues, among others, may be discussed on Lifeline Crisis Chat.

Intended Participants: All

Fee Information: None

Area Served: Nationwide

Hours: noon to midnight/ 7 days a week

Instant Chat Available Online: yes

Contact Information:
   Website: www.crisischat.org
   Toll Free Hotline: 1-800-273-8255 (TALK)
   Email: Email form available on website
Second Wind

**Mission:** While other suicide prevention organizations offer broad suicide prevention education and awareness, Second Wind Fund offers actual treatment services to at-risk children and youth. Second Wind Fund has built an innovative program to urgently match children and youth ages 19 and younger, who are at risk of suicide, with a licensed therapist in their local community

**Intended Participants:** Children and Youth

**Fee Information:** None

**Area Served:** Denver Metro

**Contact Information:**
- Website: www.secondwindfund.org
- Phone: 720-962-0706 Extension 15
- Email: reveleigh@thesecondwindfund.org

**Address:** 13701 W Jewell Ave. #251, Lakewood CO  80228

Society for the Prevention of Teen Suicide

**Mission:** The mission of the Society for the Prevention of Teen Suicide is to reduce the number of youth suicides and attempted suicides by encouraging public awareness through the development and promotion of educational training programs

**Specialties:** Teen Suicide and grieving

**Intended Participants:** All Youth

**Area Served:** Nationwide

**Contact Information:**
- Website: www.sptsusa.org
- Toll Free Hotline: 1-800-873-8255
- Phone: 732-410-7900
- Email: Email form available on website

**Address:** 110 West Main St., Freehold, NH 07728
Suicide Prevention Resource Center

Mission: Provides guides for suicide prevention and surviving suicide loss including best practices and resources.

Specialties: Suicide Prevention

Intended Participants: All youth

Area Served: Nationwide

Contact Information:

Website: www.sprc.org

Toll Free Hotline: 1-800-273-8255

Phone: 877-438-7772

Email: Email form available on website

Address: 43 Foundry Ave., Waltham, MA 02453

Yellow Ribbon Suicide Prevention Program

Mission: Yellow Ribbon is dedicated to preventing youth suicide and attempts

Specialties: Suicide Prevention

Intended Participants: Teens

Fee Information: None

Area Served: 24/7

Contact Information:

Website: www.yellowribbon.org

Toll Free Hotline: 1-800-273-8255

Phone: 303-429-3530

Email: ask4help@yellowribbon.org

Address: PO Box 644, Westminster, CO 80036
**Summer Employment**

**Mile High Youth Corps**

**Mission:** Mile High Youth Corps offers youth employment opportunities for both in-school and out-of-school young adults. Jobs are outdoor and labor-intensive. Crews participate in a variety of conservation, construction and environmental restoration projects throughout the Metro Denver area. Employment programs include: Energy Conservation, Water Conservation, Public Land Conservation & Restoration, and Green Building.

**Specialties:** JOB CREATION AND EDUCATIONAL OPPORTUNITIES

**Intended Participants:** Young adults ages 16 - 24

**Languages Spoken:** English, Spanish

**Eligibility requirements:** In-school and out-of-school young adults ages. Must be willing to do labor intensive work. Call or visit website for other requirements

**Area Served:** Adams, Arapahoe, Boulder, Broomfield, Denver, Douglas & Jefferson Counties

**Hours:** Monday-Friday 7:30 am to 5 pm

**Contact Information:**
- Website: www.milehighyouthcorps.org
- Phone: 303-433-1206 Option 2
- Email: youthjobs@mhyc.net

**Address:** 1801 Federal Blvd., Denver, CO 80204

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**Texting Safety**

**That's Not Cool**

**Mission:** Textual relationships, texting etiquette, textual harrassment

**Specialties:** Textual relationships, texting etiquette, textual harrassment

**Intended Participants:** All Youth

**Fee Information:** None

**Area Served:** Nationwide

**Hours:** 24/7

**Instant Chat Available Online:**

**Contact Information:**
- Website: www.thatsnotcool.com
- Toll Free Hotline: 1-866-331-9474
**Therapeutic Art**

**Art From Ashes**

**Mission:** AfA's creative programs use right-brain techniques and cutting-edge scientific information on creativity and neurology to provide workshops that not only offer young people access to the arts and to their creative power, but in doing so also address risk factors among struggling young people.

**Specialties:** Arts

**Intended Participants:** Youth

**Languages Spoken:** English

**Fee Information:** None

**Area Served:** Metro Denver

**Contact Information:**
- Website: www.artfromashes.org
- Phone: 303-837-1550
- Email: info@artfromashes.org

**Address:** 853 Inca St., Denver, CO 80204

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**Youth Programs**

**Boys and Girls Clubs of Metro Denver**

**Mission:** Character and Leadership Development, Cultural Art, Education and Career Development, Health and Life Skills, Prevention programs, Sports Fitness and Recreation, Technology.

**Intended Participants:** All Youth

**Eligibility requirements:** Youth ages 6 to 18 years. Ages vary depending on the particular service.

**Fee Information:** $2.00 per year per youth

**Area Served:** Denver Metro Area

**Hours:** Monday -Friday 8 am - 5 pm. School Year, Monday -Friday 3pm - 9pm;

Summer Monday –Friday 9 am - 5 pm

**Contact Information:**
- Website: www.bgcmd.org
- Phone: 303-892-9200
- Email: info@bgcmd.org

**Address:** 3240 Humboldt St., Denver, CO 80205
Denver Indian Center

**Mission:** Variety of youth related programs available at the center. Sports, arts and crafts, tutoring and other social activities available for various age groups.

**Intended Participants:** Youth from Indian Heritage

**Languages Spoken:** English, Lakota, Navajo

**Eligibility requirements:** Youth ages 8 - 16 years. Depends on specific activity; call for more eligibility requirements

**Fee Information:** None

**Area Served:** Adams, Arapahoe, Boulder, Broomfield, Denver, Douglas and Jefferson Counties

**Hours:** M-F 8am - 5pm

**Contact Information:**
- Website: www.denverindiancenter.org
- Phone: 303-936-2688
- Email: alistair@denverindiancenter.org

**Address:** 4407 Morrison Rd., Denver, CO 80219

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Youth Health

**Kids Health - Teen**

**Mission:** Website with information about Physical Health, Mental Health, Sexual Health, Diseases and Conditions, School and Jobs, Substance Abuse

**Specialties:** Articles & Information

**Intended Participants:** All

**Languages Spoken:** English/Spanish

**Fee Information:** None

**Area Served:** Nationwide

**Hours:** 24/7

**Instant Chat Available Online:**

**Contact Information:**
- Website: www.kidshealth.org/teen/
- Email: Email form on website
Youth Support Services
Lowry Family Center

Mission: Youth Support Services works with at-risk youth who have been or are committed to Denver Youth Corrections, as well as their families.

Intended Participants: Youth At risk and their families

Languages Spoken: English

Eligibility requirements: *must have a referral

Fee Information: None

Area Served: Adams, Arapahoe, Boulder, Broomfield, Denver, Douglas & Jefferson Counties

Hours: Monday-Friday 9am to 5 pm

Contact Information:
Website: www.lowryfamilycenter.org
Phone: 303-307-0718 x 106
Email: info@lowryfamilycenter.org

Address: 4800 Telluride St., Denver, CO 80249

Mile High United Way - Bridging the Gap

Mission: Youth in the program receive an 18 month Family Unification Program (FUP) voucher. Youth pay about 30% of their monthly income toward rent and utilities. Independent Living Coaches provide youth with support around: education, employment, health care, life skills, asset development, and financial literacy. BTG hosts monthly activities on varying topics: legislative opportunities, Inspiration Junkies, and other mentoring events.

Languages Spoken: English, Spanish, utilizing interpreters can be arraged in we are informed ahead of time

Eligibility requirements: Participants must be between the ages of 18 and 21 (not yet 22), have spend at least one night in foster care/child welfare placement on or after 16th birthday, currently lacks adequate housing or in immediate danger of losing adequate housing and not hav

Fee Information: None

Area Served: Denver County

Hours: Monday-Friday 8am - 5pm

Contact Information:
Website: www.unitedwaydenver.org
Phone: 303-561-2230
Email: info@unitedwaydenver.org

Address: 2505 18th St., Denver, CO 80211
Project VOYCE

**Mission:** Project VOYCE trains primarily low-income minority youth to become non-traditional leaders within their communities. PV teaches students to advocate for themselves and their education.

**Specialties:** Leadership and Support

**Intended Participants:** High School Students

**Eligibility requirements:** High School Students

**Area Served:** Adams, Arapahoe, Boulder, Broomfield, Clear Creek, Denver, Douglas, Elbert, Gilpin, Jefferson and Summit counties

**Contact Information:**
- Website: www.projectvoyce.org
- Phone: 303-292-2488
- Email: projectvoyce06@gmail.com

**Address:** 2900 Downing St. Suite 1B, Denver, CO 80205

Rachel Simmons

**Mission:** Rachel Simmons is an author, educator and coach helping girls and young women grow into authentic, emotionally intelligent and assertive adults

**Specialties:** Empowerment, self-esteem and social skills

**Intended Participants:** Youth - Women

**Gender Specific:** Female

**Area Served:** Nationwide

**Contact Information:**
- Website: www.rachelsimmons.com
Third Way Center, Inc.

**Mission:** Next Steps is Third Way Center's independent living program. This program provides step-down services and weekly group therapy for young people who have been in our care and are living on their own in the community. It is staffed by a therapist and mental health counselor who track the progress of the youth who are now out on their own. In the Next Steps program, which has the capacity of 10 clients, residents move from Lincoln to apartments in the community. While they still receive therapeutic intervention, they learn independent living skills.

**Intended Participants:** At risk Students

**Eligibility requirements:** Youth that previously lived in the Lincoln Street facility or another treatment placement seeking to live independently. Youth ages 16 to 21 years old. Call for other eligibility requirements

**Fee Information:** Rent, Starts at 50% then 7% and then full rent. Youth signs the lease and a payment schedule is set up

**Area Served:** Statewide

**Hours:** Monday -Friday 9am - 5 pm. On call services available 24 hours/ 7 days a weeks

**Contact Information:**
- Website: www.thirdwaycenter.org
- Phone: 303-780-9191
- Email: info@thirdwaycenter.org

**Address:** PO Box 61385, Denver, CO 80206

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Youth Roots

**Mission:** YouthRoots engages high school students in personal development, community partnerships and innovative ventures to foster leadership, integrity and social action, therefore cultivating a network of thriving adults who envision a better future and realize their full human potential.

**Specialties:** Leadership and Support

**Intended Participants:** High School Students

**Contact Information:**
- Website: www.youth-roots.org
- Phone: 303-954-9612
- Email: Email form available on website

**Address:** 1127 Sherman St #100, Denver, CO 80203

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Your Life Your Voice

Mission: Website that offers text, chat and email support for youth that may be feeling depressed, contemplating suicide, being physically or sexually abused, on the run, addicted, threatened by gang violence, fighting with a friend or parent or facing an overwhelming challenge.

Intended Participants: All youth

Languages Spoken: English, Spanish speaking counselor available on hotline.

Fee Information: None

Area Served: Nationwide

Hours: 24/7

Instant Chat Available Online: Yes – Monday – Thursday 6pm to 11 pm

Contact Information:

Website: www.yourlifeyourvoice.org

Toll Free Hotline: 1-800-448-3000

Text: “VOICE” to 20121 – Monday, Wednesday and Saturday 3 pm to 11 pm

Email: Email form available on website

**The Office of Children’s Affairs has created this resource guide as a service to teens as a resource tool. This resource guide is offered for information purposes only. Every effort is made to ensure listings are up-to-date. The Office of Children’s Affairs, the Mayor’s Youth Commission and the City and County of Denver does not endorse or claim to have personal knowledge of the abilities of those listed. The resources listed are intended as a recommendation, referral or endorsement of any resource or as a tool for verifying the credentials, qualifications or abilities of any organization, product of professional. Users are urged to use independent judgment and request references when considering any resource. Users are advised to exercise their own further informed review, judgment and evaluation in the selection of any and all programs, services or providers. The Office of Children’s Affairs, the Mayor’s Youth Commission and the City and County of Denver are not responsible for the contents of any pages outside our control including any contents on Third Party Sites. This resource guide was compiled with information obtained by The Office of Children’s Affairs and The Office of Children’s Affairs makes no representations or warranties as to the accuracy of the information provided nor do we update the information on a regular basis. Under no circumstances shall the access to or availability of such information from The Office of Children’s Affairs give rise to any liability to anyone for any damage of whatever nature whatsoever.**
The Office of Children’s Affairs
www.denvergov.org/childrensaffairs
201 W. Colfax Ave., Dept. 1101
Denver, CO 80202
720-913-0900

Mayor’s Youth Commission:

Denver Youth Commission
@MayorsYouthComm

Office of Children’s Affairs:

Office of Children’s Affairs
@denchildren

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