

Pitkin County Mental Health Resource Guide

when you need help
with.....

IMMEDIATE HELP AND CRISIS: 911

CALL 911 if someone is an immediate risk to themselves or others.

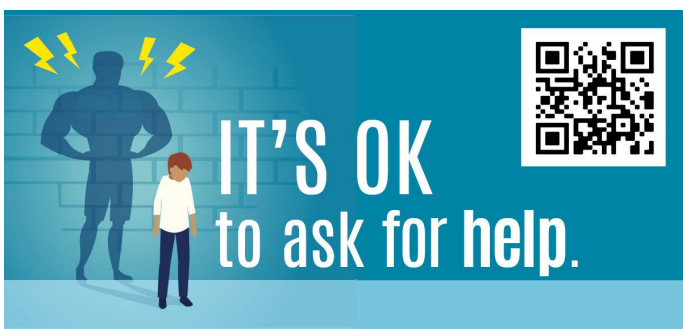
Suicidal and/or thought of self-harm:

CALL 988 for the National Suicide Help Line
Local Crisis Line (844) 493-8255
Aspen Hope (970) 925-5858

Help navigating/understanding where to go and what to do:

Connect with Aspen Strong for an online, searchable database of providers, additional resources, education, and events:

aspenstrong.org or call **(970) 718-2824**



Real person, warm support now:

1-844-493-8255 or
Text **TALK** to 38255

Alguien que habla Español:

Valley Settlement (970) 963-0851
Mountain Family Health Center (970) 989-1109

General therapy:

Connect with Aspen Strong for a list of available therapists in our community and their specialties, payment information, and location:

aspenstrong.org or call **(970) 718-2824**

Children and family therapy & resources:

Aspen Family Connections (970) 205-7025
Youth Zone (970) 945-9300

Therapy while uninsured/unable to pay:

Mind Springs Health (970) 920-555
Mountain Family Health Centers (970) 945-2840

Help with substance use and addiction:

Recovery Resources (970) 379-0995
Midvalley Family Practice (970) 927-4666

Grief and loss:

Pathfinders (970) 925-1226

LGBTQ+ specific help:

Aspen Out (970) 945-4123
Check Aspen Strong's provider directory at aspenstrong.org for LGBTQ+ & other specialties

Medication for mental health needs:

Mind Springs Health (970) 920-555
Mountain Family Health Centers (970) 945-2840