



OTERO COLLEGE MENTAL HEALTH COUNSELING OFFICE

HUMANITIES, RM 124

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Local Mental Health Referrals & Resources

Colorado Crisis Line 1-844-493-8255 or text “TALK” to 38255

Suicide Prevention Hotline 988; call or text

	Agency	Location(s)	Contact Information	Services Offered	Service Type(s)	Payment Types
Primarily In-Person Agencies	Southeast Health Group	711 Barnes Ave, La Junta 100 Kendall Dr, Lamar 138 6th St, Las Animas 404 North Main St, Rocky Ford	(800) 511-5446	Individual, couple, and group counseling; substance use treatment; psychiatric medication management; physical therapy; medically assisted treatment	In-person; telehealth	Sliding scale self-pay; accepts many insurance providers, Medicaid, Medicare, CHP+
	Ryon Medical & Associates, LLC	318 Lacy Ave, La Junta	(719) 384-0303	Individual counseling; substance use treatment; psychiatric medication management; physical therapy; psychiatric evaluation and testing	In-person	Accepts many insurance providers
	Valley Wide Health Care	1012 Belmont Ave, La Junta 245 Vine Ave, Las Animas 319 Main St, Ordway 903 South 12th St, Rocky Ford	La Junta: (719) 383-5500 Las Animas: (719) 456-2653 Ordway: (719) 267-3503 Rocky Ford: (719) 254-7623	Integrated behavioral health services (part of your physical health check-ups; outpatient services only available in Alamosa)	In-person	Sliding scale self-pay; accepts many insurance providers, Medicaid, Medicare, CHP+
	Arkansas Valley Pregnancy Center	118 W. 4th St, La Junta 732 Ash Avenue, Las Animas	(719) 384-5561 Text: (719) 980-4570	Pregnancy counseling; post-abortion counseling	In-person	Free
	Arkansas Valley Resource Center	415 Colorado Ave, La Junta	(719) 384-7764	Group counseling for survivors of domestic violence and sexual abuse; peer counseling; crisis intervention; temporary emergency shelter	In-person	Free
	La Junta VA Clinic	1100 Carson Ave, Suite 204, La Junta	(719) 383-5195	Individual, group, and peer counseling for veterans and their families	In-person; telehealth	Free

	Agency	Physical Location(s)	Contact Information	Services Offered	Service Type(s)	Payment Types
Primarily Telehealth Platforms	Ayana Therapy	Virtual platform counselors do not have physical address	https://www.ayanatherapy.com/ (855) 862-9262	Individual counseling; specializes in BIPOC community; many counseling approaches available; NO psychiatric medication management	Telehealth	\$60-140/week self-pay; insurance not accepted – your health insurance MAY accept claims; does NOT accept Medicaid, Medicare, CHP+
	BetterHelp	Virtual platform counselors do not have physical address	https://www.betterhelp.com/	Individual and couple counseling via live sessions and messaging; NO psychiatric medication management	Telehealth	\$60-120/week self-pay (location dependent); insurance not accepted – your health insurance MAY accept claims; does NOT accept Medicaid, Medicare, CHP+
	Cerebral	Virtual platform counselors do not have physical address	https://cerebral.com/	Individual counseling; many counseling approaches available; psychiatric medication management available	Telehealth	\$20-90/week self-pay; accepts many insurance providers; does NOT accept Medicaid, Medicare, CHP+
	Pride Counseling	Virtual platform counselors do not have physical address	https://www.pridecounseling.com/	Individual counseling; specializes in LGBTQIA+ community; many counseling approaches available; NO psychiatric medication management	Telehealth	\$60-120/week self-pay; financial aid available; insurance not accepted – your health insurance MAY accept claims; does NOT accept Medicaid, Medicare, CHP+
	SonderMind	Virtual platform counselors do not have physical address; office locations vary for counselors offering in-person services	https://www.sondermind.com/	Individual or couple counseling via virtual or in-person sessions; psychiatric medication management available	In-person; telehealth	\$75-150/week self-pay; accepts many insurance providers; does NOT accept Medicaid, Medicare, CHP+
	TalkSpace	Virtual platform counselors do not have physical address	https://www.talkspace.com/	Individual, couple, and teen counseling via live sessions and/or messaging; many counseling approaches available; psychiatric medication management available	Telehealth	\$65-100/week self-pay; limited insurance coverage; does NOT accept Medicaid, Medicare, CHP+
	Teen Counseling	Virtual platform counselors do not have physical address	https://www.teencounseling.com/	Teen (aged 13 to 19) and parent counseling via live sessions and messaging; NO psychiatric medication management	Telehealth	\$60-90/week self-pay; financial aid available; insurance not accepted – your health insurance MAY accept claims; does NOT accept Medicaid, Medicare, CHP+
	Wellnite	Virtual platform counselors do not have physical address	https://www.wellnite.com/	Individual, couple, and teen counseling; psychiatric medication management for anxiety/depression only; cognitive behavioral therapy only	Telehealth	\$20-50/week self-pay; accepts PPO insurance providers only; does NOT accept Medicaid, Medicare, CHP+



Mental Wellness Program

SPARK HEALTH

Mental Wellness Program Client Services

The Mental Wellness Program is a statewide program of Spark the Change Colorado that provides free, short term counseling services to individuals, couples, and families who encounter barriers to accessing treatment. Barriers may include being **uninsured, unable to find an appropriate/available clinician** through other avenues of care (lengthy waitlist times, etc.), **unable to afford treatment**, or **unable to afford insurance co-pays or deductibles**.

What you can expect:

- Connection with a mental health professional in your service area.
- 6 to 10 **free** individual or group therapy sessions. (***Note:** the program does **NOT** offer crisis services, inpatient services, or medication management.)
- Thoroughly vetted volunteer therapists who have been screened and background checked.

*****NOTICE: Spark's Mental Wellness Support Line is temporarily experiencing technical difficulties. Until this issue is resolved, please contact Harper Goodman at (720) 420-3218 to inquire about counseling services.*****

Once technical difficulties have been resolved, if you are interested in receiving services through or learning more about the Mental Wellness Program, call [1-844-380-6355](tel:1-844-380-6355).

Spark the Change Colorado's Mental Wellness Program does NOT provide crisis services. If you are experiencing a mental health emergency or crisis, call 911 or the hotlines number below:

(Call or text) Colorado Crisis Hotline: **1-844-493-TALK (8255)**

Call Suicide and Crisis Lifeline: **988**

Information reprinted from:

<https://www.sparkthechangecolorado.org/mental-health>