

# Pitkin County Mental Health Resource Guide

when you need help  
with.....

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## **IMMEDIATE HELP AND CRISIS: 911**

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

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## **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

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## **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](http://aspenstrong.org) or call **(970) 718-2824**



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## **Real person, warm support now:**

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

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## **Alguien que habla Español:**

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

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## **General therapy:**

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

[aspenstrong.org](http://aspenstrong.org) or call **(970) 718-2824**

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## **Children and family therapy & resources:**

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

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## **Therapy while uninsured/unable to pay:**

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

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## **Help with substance use and addiction:**

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

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## **Grief and loss:**

Pathfinders (970) 925-1226

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## **LGBTQ+ specific help:**

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

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## **Medication for mental health needs:**

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