

Mental Health Resources



Crisis Services

The 988 Colorado Mental Health Line is available for free, immediate, human support 24/7. If you or someone you know is struggling with an emotional, mental health, or substance use concern, call, text, or chat with 988 today.

Cedar Springs Hospital offers 24/7 referrals and assessments by phone or online for individuals of all ages who suffer from psychiatric and/or substance use disorders. cedarspringsbhs.com

Diversus Health offers a 24/7 walk-in crisis center for all ages, regardless of ability to pay, for crisis services and counseling, as well as around the clock care for mental wellbeing. diversushealth.org

Peak View Behavioral Health offers complimentary assessments 24/7 for individuals of all ages seeking help and support for mental health and/or substance use disorders. peakviewbh.com

Non-Crisis Options

If an individual is not in immediate danger and does not require crisis services, there are many ways to connect them to mental health services.

- If an individual is already connected to mental health services, encourage them to reach out to their care team if symptoms are worsening.
- If an individual is not already in care, they may contact their insurance company to get a list of providers in their area. To search for providers in your area, visit: ownpath.co.

**To access a list of
vetted mental
health resources in
El Paso County,
scan the QR Code.**



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