

Map to Mental Health In the Roaring Fork Valley

Mental Health Coordination Team
#WEAREHEREFORYOU

ASPENSTRONG

Promotes health practices & provides connection to mental health resources.

 **MIND SPRINGS** health
Prevention. Care. Recovery.

Providing a full-range of mental health therapy & services in the valley since 1972.

 **ASPEN
HOPECENTER**

Providing services designed to decrease the stress of navigating the mental health system.

 **Mountain Family
HEALTH CENTERS**

Providing affordable medical, behavior and dental care.

 **pathfinders**
you never have to walk alone

Promotes psychoemotional support for the chronically ill, or those suffering from grief & loss, caregivers, family members & the community.

 **PITKIN
COUNTY**

 **Garfield County
Public Health**

 **CITY OF
ASPEN**

 **EAGLE COUNTY
Public Health
& Environment**

 **acf** aspen
community
foundation

Counseling, Therapy & Case Management

- **MIND SPRINGS HEALTH**
Aspen: 970.920.5555
Glenwood Springs: 970.945.2583
- **MOUNTAIN FAMILY HEALTH CENTERS**
970.945.2840
- **ASPENSTRONG.ORG**
Complete Therapist Directory
970.718.2842

In Crisis

- **PITKIN & EAGLE COUNTY CO-RESPONDER TEAMS**
Call 911

24-Hour Hotlines

- **COLORADO CRISIS SERVICES**
1.844.493.TALK (8255)
or text TALK to 38255
- **HOPE CENTER**
Aspen: 970.925.5858
Eagle: 970.306.4673
Garfield: 970.945.3728

Grief & Loss

- **PATHFINDERS**
970.925.1226

Servicios en español

- **MIND SPRINGS HEALTH**
Aspen: 970.920.5555
Glenwood Springs: 970.945.2583
- **MOUNTAIN FAMILY HEALTH CENTERS**
970.945.2840
- **ASPENSTRONG.ORG**
Directorio de terapeutas
970.718.2842

Child & Family

- **ASPEN FAMILY CONNECTIONS**
970.205.7025
- **FAMILY RESOURCE CENTER**
Roaring Fork: 970.384.9500
Parachute: 970.285.5701
- **IN-SCHOOL SERVICES**
Including resilience skill building
In Aspen, Basalt, Carbondale
& Glenwood Springs

Resources, Trainings & Forums

- **ASPENSTRONG.ORG**
Directory, Toolkits, Community Conversations
- **MINDSPRINGSHEALTH.ORG**
Multimedia Care Kits, Youth & Adult Mental Health First Aid Certifications, Resiliency Trainings

Financial Support

- **ASPENSTRONG.ORG**
Thanks to Aspen Community Foundation for the Mental Health Fund, accepted by select therapists
- **MIND SPRINGS HEALTH & MOUNTAIN FAMILY HEALTH CENTERS**
Sliding Fee Scale & Insurance Acceptance
- **ASPEN FAMILY CONNECTIONS**