



Mental Health Services for Black, Indigenous,
and People of Color (BIPOC)

Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.

Local Agencies and Programs

Jefferson Center for Mental Health Centro Dones de Nuestra Comunidad

303-425-0300

<https://www.jcmh.org/centro-dones-de-nuestra-comunidad/>

- A program for community members to receive bilingual Spanish services with convenient access within the Latino community.
- Focus areas include:
 - Easy access to services and programs.
 - Prevention and counseling services.
 - Behavioral health education with community resources.
- Services include individual and family therapy.
- In-person and telehealth services available.
- Accepts Medicaid, private insurance, and self-pay/sliding scale for those who qualify.
- To set-up services, contact the Navigation team at 303-432-5130 or centralnavigation@jcmh.org.

Denver Mental Health Collective

720-863-6100

hello@denvermhcc.com

2121 South Oneida St, Denver, CO 80224

<https://denvermhcc.com/therapy-services-in-denver/racial-cultural-identity/>

- Staffs BIPOC therapists who offer racial and cultural identity counseling.
- Services often focus on:
 - Navigating the way race/ethnicity interacts with socioeconomic status, sexuality, or other social identities.
 - Difficulty balancing culture at home from work, school, or social culture.
 - Daily incidents of subtle or explicit prejudice.
 - A desire to explore personal definitions of racial/cultural identity in counseling.
- Telehealth and in-person services available.
- Accepts Medicaid, Aetna, Anthem Blue Cross Blue Shield, Optum, Humana, Mines and Associates, Cigna, and United Healthcare.
- Call or email to set-up services or fill out a referral form by clicking web address above.

Servicios De La Raza

303-458-5851

info@serviciosdelaraza.org

3131 W 14th Ave, Denver, CO 80204

<https://serviciosdelaraza.org/>

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- A specialized clinic providing culturally and linguistically responsive English and Spanish outpatient mental health and substance use services to underserved and uninsured populations.
- Staff members recognize the broader social and political factors that underlie issues experienced by communities of color and operate from an integrative theoretical framework, allowing for flexibility of clinical approaches depending on client need and receptivity.
- Services include:
 - Individual, couples, family, and group therapy
 - EMDR therapy
 - Substance use treatment
 - Level I and II DUI education and therapy
 - Case management
 - Peer Services
- Accepts Medicaid, Medicare, CHP+, Victim's Compensation, and self-pay/sliding scale.
- Call the behavioral health inquiry and support line at 720-410-7108 to connect with a member of the behavioral health team.
- For DUI services, contact Rick Thompson at 720-370-0339 or rickt@serviciosdelaraza.org.

Therapist of Color Collaborative

303-881-1101

<https://www.therapistofcolor.com/>

- A Colorado-based organization that aims to cross racial, ethnic, and cultural barriers to promote connection and remove bias that prohibits the healing process of mental health care.
- Connects clients with responsive, representative, and trauma-informed mental health services to advance mental health equity in communities of color.
- Offers individual, group, family, and couples counseling.
- Accepts Medicaid, TriWest, and most private insurances. Sliding scale and no-cost services available to qualifying individuals.
- Follow web address above and click "schedule now" to set-up a brief phone consultation with the intake team.

Denver Indian Health and Family Services

303-953-6600

2880 West holden Place, Denver, CO 80204

<https://www.dihfs.org/>

- Provides culturally appropriate and trauma-informed mental health care for American Indian and Alaskan Native adults, children, and families.
- Primarily serve the Denver Metropolitan area including Adams, Arapahoe, Boulder, Broomfield, Denver, Douglas, Jefferson, and Weld Counties.
- Services include:
 - Individual outpatient mental health and substance use counseling for individuals ages 8+
 - Referrals for specific needs
 - Traditional education and healing groups
 - Collaboration with Denver Public Schools
 - Counselors are trained in Native-specific TF-CBT for youth who have experienced trauma or challenges in their lives.

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- Tribally-enrolled individuals will never have a co-pay or out-of-pocket fee. The organization can help you meet your insurance deductibles and can also bill your insurance to help support the care provided in the clinic.
- Call to schedule first-time appointment
- Hours: 8:00AM-5:00PM Monday, Wednesday, Thursday, and Friday, and 8:00AM-7:00PM Tuesday

Asian Pacific Development Center

303-923-2920

info@apdc.org

1537 Alton St, Aurora, CO 80010

<https://www.apdc.org/>

- A specialty clinic that provides culturally competent, community based, and consumer driven mental health services to adults, children, adolescents, and seniors that include:
 - Groups, couples, and family therapy
 - Psychiatric services and medication management
 - Case management
 - Psychosocial skills groups
 - Health education and prevention
 - Substance use education and prevention
 - Outreach and navigation
- Services are tailored to address the needs of immigrant and refugee status clients, and often focus on issues involving cultural adjustment, such as language, values, customs, and behavioral differences.
- Clinic staff can assist with the following languages onsite: Bhutanese Nepali, Burmese, Chuukese, Japanese, Karen, Karenni, Khemer (Cambodian), Korean, Lao, Mandarin (Chinese), Tagalog (Filipino), and Vietnamese. Additional languages served are accommodated through Colorado Language Connection.
- Call 720-839-0162 or email ClinicReferrals@APDC.org to set-up services and to get payment information.
- Hours: Monday-Friday, 8:30AM-5:30PM

WellPower Centro de las Familias

303-504-1900

1405 N Federal Blvd, Denver, CO 80204

<https://www.wellpower.org/el-centro-de-las-familias-english/>

- A multi-cultural clinic that provides Spanish-language and bilingual outpatient mental health services to adults and children from the Latino/a/x and Hispanic community with a trauma-informed, strengths-based lens.
- A multidisciplinary team of clinicians, social workers, case managers, nurses and psychiatrists provide a wide range of services, including:
 - Individual psychotherapy
 - Group and family therapy
 - Case management
 - Psychiatry, medication evaluation and management
- Accepts Medicaid, most private insurances, and self-pay. Call 303-504-6565 for more insurance information.
- Call the Access Center at 303-504-7900 to make a first-time appointment.

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Bienstar Latino Psychology Services: Dr. Yolanda Barrera

303-717-6265

dr.yolbar@bienstarlatino.com

2121 S Oneida St, Denver, CO 80224

<https://www.bienstarlatino.com/>

- Services include:
 - Individual, couples, and family therapy.
 - Psychological assessments for immigration applications.
 - Support groups, online courses, and workshops.
 - Professional consulting.
- In-person and telehealth services available in Spanish and English.
- Self-pay only, insurance not accepted. Temporarily reduced rates are currently available due to uncertain times.
- Call, email, or fill out an online form at the web address above to set-up services.

Forward Families Denver: Russ Urrutia, LCSW

(303) 546-6101

924 W Colfax Ave, Denver, CO 80204

- Spanish speaking services include:
 - Individual and family therapy for children, adolescents, and adults
 - Couples therapy, play therapy, cognitive behavioral therapy (CBT), and dialectical behavioral therapy (DBT)
- Accepts Medicaid and self-pay.

Online Directories

Use the directories below to find BIPOC therapists in your area. Some directories allow you to filter your search further by insurance, treatment style, and other preferences.

Clinicians of Color: <https://www.cliniciansofcolor.org/>

Latinx Therapy: <https://latinxtherapy.com/>

Therapy for Black Girls: https://therapyforblackgirls.com/?_ga=2.69122193.1890278105.1659393276-1799239904.1659393276

Asian Mental Health Collective: <https://www.asianmhc.org/>

One Sky Center (for American Indian and Alaska Natives): <https://www.oneskycenter.org/>

Black Emotional and Mental Health Collective (BEAM) Black Virtual Wellness Directory: <https://wellness.beam.community/>

Ayadi (for Arabic speakers): <https://ayadihealth.co/>

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Association of Black Psychologists: <https://abpsi.site-ym.com/search/custom.asp?id=5934>

Inclusive Therapists: <https://www.inclusivetherapists.com/>

Melanin and Mental Health: <https://www.melaninandmentalhealth.com/>

South Asian Mental Health Initiative & Network: <https://samhin.org/provider-directory/>

Therapy for Black Men: <https://therapyforblackmen.org/>

National Queer and Trans Therapists of Color Network: <https://nqttcn.com/en/>

Therapy for Latinx: <https://www.therapyforlatinx.com/>

Apps

The Safe Place: Free smartphone app focused on psychoeducation and self-care for minority mental health, geared towards the Black community.

Liberate: Smartphone app for daily meditation designed for the BIPOC community and led by BIPOC teachers (free trial followed by monthly or annual subscription).

Resource Libraries

Black Emotional and Mental Health Toolkit & Resources

<https://beam.community/wellness-tools/>

- Library of interactive handouts, journaling prompts, and social media posts to destigmatize mental illness in the Black community.

Sista Afya Resources

<https://www.sistaafya.com/resources-information>

- Library of mental wellness resources centered on Black women, including strategies for healing, building social support, and finding mental health services.

Asian American Health Initiative Resource Library

<https://aahiinfo.org/aahi-resources/>

- Library of mental health resources, including accessible stories and videos, available in English, Chinese, Korean, Vietnamese, and Hindi.

Support Hotlines

BlackLine

1-800-604-5841 (24/7 hotline, call or text)

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<https://www.callblackline.com/>

- BackLine is a group of volunteers who are trained in listening to and affirming the experiences of anyone who may be in crisis or have experienced negative interaction with law enforcement, consumer (restaurants and stores), and vigilante contact.
- The Hotline is geared towards the Black, LGBTQI, Brown, Native and Muslim community, but no one will be turned away from the Hotline.
- This resource is divested from the police. Calls remain anonymous and confidential and will not be shared with law enforcement or state agencies of any kind.
 - Please note: If caller is in extreme distress and a harm to themselves and others, the listener will gather as much information as possible to forward to the appropriate authorities.

DeQH LGBTQ Helpline for South Asians

908-367-3374

<https://www.deqh.org/>

- DeQH are trained South Asian LGBTQ/TGNB peer support volunteers.
- Volunteers can help with:
 - Questions on gender, identity, coming out.
 - Dealing with family, culture, or faith.
 - Trying to find community in your area.
 - Advice for a friend or family member.
- Volunteers are available by phone Thursdays and Sundays, 6:00PM-8:00PM MST.
- You can also fill out a confidential online form here: <https://www.deqh.org/contact-us.html>, and you will receive a response within a week.

StrongHearts Native HelpLine

844-762-8483 (24/7 Hotline)

<https://strongheartshelpline.org/>

- A domestic violence and dating violence helpline for American Indians and Alaska Natives, offering culturally appropriate support.
- Advocates are available 24/7 via phone, and daily from 6:00AM to 9:00PM MST via online chat. Access chat by clicking on the “Chat Now” icon at the web address above.

Crisis Line for Racial Equity Support

503-575-3764

<https://www.linesforlife.org/racial-equity-support-line/>

- Advocates available Monday-Friday from 9:00AM to 5:00PM PST
- For POC by POC, this crisis line is answered by people with real-life experience with racism.
- Offers support to those who are feeling the emotional impacts of racist violence and microaggressions, as well as the emotional impacts of immigration struggles and other cross-cultural issues.

Steve Fund

<https://www.stevelfund.org/crisistextline/>

- Text STEVE to 741741 to connect with a trained crisis counselor, 24/7.
- This crisis text line is for young people of color.