



Support with Trauma 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.

Search Tools

Psychology Today

www.psychologytoday.com

- Search for providers within network, in the area you live, and to accommodate treatment preferences.

Trauma Resources

Family Care Center – Behavioral Health Services

888-374-5066

Multiple locations throughout Colorado

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

- Offers therapy and medication management for all ages
- Individual counseling, couples and marriage counseling, family counseling, Eye Movement Desensitization and Reprocessing (EMDR), Play Therapy, Dialectical Behavioral Therapy (DBT), Low Energy Neurofeedback System (LENS), Transcranial Magnetic Stimulation (TMS) therapy
- Insurance: Aetna, Anthem, Optum, GEHA, Humana, Tricare, TriWest, United Healthcare, UMR, Friday Health Plans
- Offers financial assistance program for individuals without private insurance, and who meet federal poverty income guidelines

Green Couch Counseling

720-779-0351

240 S Broadway St, Denver, 80209 & 2311 S Platte River Drive, Denver, 80223

www.greencouchcounseling.com

- Offers EMDR services and DBT groups for adults.
- Offers individual therapy for individuals ages 16+.
- Insurances accepted include Aetna, United Healthcare, Friday Health Plans, Cigna, BCBS/Anthem.

Counseling Connections

720-328-0569

3954 Youngfield St., Wheatridge, CO 80033

<http://www.connectionsounseling.net/default.html>

- Holistic treatment center for trauma with therapists having experience in PTSD and use evidence-based treatments such as EMDR and somatic trauma work.
- Please check website for accepted insurances. Not every clinician can accept every insurance.
- Sliding scale fees available, please contact for further information.

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Westside Behavioral Care

303-986-4197

Locations through the Metro area

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

- Click on link and select “EMDR” under “select a specialty” to see which Westside clinicians specialize in EMDR.
- Insurances accepted include Aetna, Anthem BCBS, Cigna, Humana, Kaiser, Medicare, Tricare, United Healthcare, and more.

Foundation Family Counseling P.L.L.C.

303-393-0085

789 Sherman St, Suite 440, Denver, CO 80203

wwwFOUNDATIONSfamilycounseling.com

- Services include individual, couple and family therapy, play therapy, life coaching, EMDR for topics such as trauma and abuse, addiction, depression, and anxiety and GLBTQQ issues.
- Sliding scale availability and Medicare availability varies. Most Medicaid accepted.

Grounded Resilience LLC

720-523-3182

8471 Turnpike Dr., Ste 100, Westminster, CO 80031

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

- Low cost and sliding scale availability for individuals, couples, and families. Services include therapy services and parenting classes.
- Parenting classes are \$30 per hour class or \$100 for a complete 6-week program.
- Therapy available in person and through telehealth services, please contact for sliding scale cost and availability.
- Clinician specializes in Trauma Systems Therapy and Positive Discipline.
- Please contact clinician Lauren Simpson, Psy. D at number listed for a free 15-minute consultation

The Centre for Behavioral Health at Porter Adventist Hospital

303-778-5774

2465 S. Downing St., Ste 110, Denver

<http://www.porterhospital.org/POH/Specialties/Behavioral-Health/Centre-for-Behavioral-Health/>

- Individual and family counseling for adults, teens, and children is provided by licensed, Masters-educated counselors specializing in family counseling, cognitive behavioral therapy, play therapy and trauma therapy.
- Psychiatric medication management services for all ages.
- Payment: They accept most managed healthcare insurance plans. They cannot accept Medicaid. A sliding fee schedule is available for those clients who qualify and do not have health insurance coverage.
- Medicaid not accepted for outpatient therapy or med management but can be accepted for other services. Most insurance accepted.
- Hours of Operation: Monday – Friday, 8:00AM – 5:00PM. Treatment hours may differ.