

Free or Low Cost Counseling Resources

This list of nonprofit services in the Colorado Springs region has been compiled for support purposes for our pro bono clients. The Justice Center does not make referrals to full fee organizations or businesses for counseling services.

PEAK VISTA

Sliding scale, Medicaid, Medicare

Trained therapists offer outpatient counseling and medication management, and include specializations in divorce, trauma, anxiety, depression, PTSD, and more.

peakvista.org
(719) 344-6889

NAMI COLORADO SPRINGS

Free

Peer-led support groups focus on serving individuals with mental health diagnoses. Support groups are for individuals, as well as their family and friends.

namicoloradosprings.org
(719) 473-8477

DIVERSUS HEALTH

Medicaid, CICIP (based on income)

Therapy available for trauma, crisis, PTSD, alcohol abuse or substance abuse, psychiatric issues, etc. Diversus also offers group crisis counseling, client support, educational resources, suicide prevention, and child and family services. They are able to make referrals.

diversushealth.org
(719) 572-6100

CENTER ON FATHERING

Free

Support groups, classes, and mentoring is available.

humanservices.elpasoco.com/center-on-fathering
(719) 634-7797

COLORADO CRISIS SERVICES

Free

The statewide behavioral health crisis response system offering residents mental health, substance use or emotional crisis help, information and referrals.

coloradocrisiservices.org
1-888-493-8255 or text "TALK" to 38255

MATTHEWS VU

Medicaid, Medicare, all major insurance

Services include medication evaluations, genetic testing, support, therapy and case management. Treatment available for the following: depression, anxiety, bipolar, schizophrenia, substance use disorders, and more. Clients must be established with a PCP at Matthews Vu in order to receive behavioral health services.

matthewsvu.com
(719) 722-2542