

Peer and Community Resources (updated 2/3/2009)

Clubhouses

- **Star Reach** - 303.798.0128
2531 West Church Avenue
Littleton, CO 80120
<http://www.starreachclubhouse.com/>

Drop-In Centers – Aurora, Adams, Arapahoe & Douglas Counties

- **Community Connections** - 303.739.9631
10004 East Colfax Avenue
Aurora, CO 80010
- **Rainbow Center** - 303.287.2902
2140 East 88th Avenue
Thornton, CO 80229
- **Friends Helping Friends** - 303.797.9343
6509 South Santa Fe Drive
Littleton, CO 80120

Mental Health Center – Aurora, Adams, Arapahoe & Douglas Counties

- **Aurora Mental Health Center** -303.617.2400
 - <http://www.aumhc.org/>
- **Arapahoe/Douglas Mental Health Network** - 303.797.9780
 - <http://www.admhnweb.org/>
- **Community Reach Center** -303.853.3500
 - <http://adamsmentalhealth.org/>

Support Groups and other Consumer Resources

- **Al-Anon and Alateen** <http://www.al-anon.alateen.org>
- **Alcoholics Anonymous** <http://www.alcoholics-anonymous.org>

- **Bazon Center for Mental Health Law**
 - www.bazon.org
- **Behavioral HealthCare, Inc** – 720.490.4400
155 Inverness Drive West, Suite 201
Englewood, CO 80112
 - <http://www.bhicares.org/education.shtml>
- **Bipolar Disorder 1 on 1**
 - <http://www.1on1health.com/web/info/bipolar/english/home/Topic-Home>
- **Colorado Alliance for the Mentally Ill** - (303) 321.3104
1100 Fillmore Street, Suite 201 Denver, CO 80206
 - <http://www.nami.org> or <http://www.namicolorado.org/>
 - **NAMI Adams County**
Warren Taylor (303) 287.7621
 - **NAMI Arapahoe-Douglas Counties**
Lynette Loken (303) 789.0357
Nita Brown (303) 706.9172
 - **NAMI Aurora**
Graham Witherspoon (303) 766.0493
 - **NAMI Boulder County**
Sharon Bowyer (303) 443.4591
 - **NAMI Colorado Springs**
Nola Lange (719) 473.8477
 - **NAMI Denver**
Jennifer Fehringer (303) 504.6545
 - **NAMI Jefferson County**
Pam Haynes (303) 279.7661
Norm Bertelsen (303) 349.2563
- **Colorado Division of Mental Health**
 - <http://www.cdhs.state.co.us/ohr/mhs/index.html>
- **Depression and Bipolar Support Alliance**



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730 North Franklin Street, Suite 501 Chicago, IL 60610

- <http://www.ndmda.org/> or <http://www.dbsalliance.org>
- **Double Trouble in Recovery**
<http://www.gotomytown.com/rog/nonprofits/doubletrouble.htm>
- **Empower Colorado** -1.866.213.4631
2200 South Jasmine Street
Denver, CO 80222
 - <http://empowercolorado.com>
- **Federation of Families for Children's Mental Health**
11001 King Street, Suite 240 Alexandria, VA 22314
 - http://www.ffcmh.org/Eng_one.htm
 - **Find The Light – Online Support**
 - <http://www.findthelight.net/>
 - **Internet Mental Health**
 - <http://www.mentalhealth.com/>
- **Jane Mountain M.D**
 - <http://www.beyondbipolar.com/index.htm>
- **McMan's Depression and Bipolar Web**
 - <http://mcmmanweb.com>
- **Mental Health America** - (800) 969-6642
2000 N. Beauregard Street, 6th Floor Alexandria, VA 22311
 - <http://www.nmha.org/>
- **Mental Health and Aging**
 - <http://www.mhaging.org/>
- **Mental Health America of Colorado**
1385 South Colorado Blvd., Suite 610
Denver, CO 80222
1.800.456.3249
 - <http://www.mhacolorado.org/>

- **Mental Health Matters**
 - <http://www.mental-health-matters.com/>
- **Mental Health Voter Empowerment Project**
 - <http://www.mhanys.org/mhvpep/index.htm>
- **Mental Help.Net**
 - <http://www.mentalhelp.net/>
 - **National Library of Medicine – Medline**
 - <http://www.nlm.nih.gov/>
- **National Mental Health Consumers Self-Help Clearinghouse**
 - <http://www.mhselfhelp.org/index.php>
- **Peer to Peer Resource Center**
730 N. Franklin Street, Suite 501, Chicago, IL 60610
- **PsychTracker**
PO Box 82149 Kenmore, WA 98028
 - <http://psychtracker.com>
- **SAMSHA** – (800) 789.2647
PO Box 42557 Washington, D.C. 20015
 - <http://mentalhealth.samhsa.gov>
- **United Way** - Dial 211
 - <http://www.211.org/>
- **WE CAN! Of Colorado** - 720.208.2228
1385 South Colorado Blvd., Suite 610
Denver, CO 80222
 - <http://www.wecancolorado.org>
- **Yellow Ribbon Suicide Prevention Program** 1-800-SUICIDE (800-784-2433)
 - <http://yellowribbon.org>

