

OTERO COLLEGE MENTAL HEALTH COUNSELING OFFICE

Student Services Room 117

DANYA.HERRELL@OTERO.EDU • (719) 384-6945

Local Mental Health Referrals & Resources

Colorado Crisis Line 1-844-493-8255 or text "TALK" to 38255

Suicide Prevention Hotline 988; call or text

Primarily In-Person Agencies

Agency	Location(s)	Contact Information	Services Offered	Service Type(s)	Payment Types
Valley Wide Health Care (Combined with Southeast Health Group Integrated Care Clinics)	1012 Belmont Ave, La Junta 245 Vine Ave, Las Animas 319 Main St, Ordway 903 South 12th St, Rocky Ford 711 Barnes Ave, La Junta 100 Kendall Dr, Lamar 138 6th St, Las Animas 404 North Main St, Rocky Ford	La Junta: (719) 383-5500 Las Animas: (719) 456-2653 Ordway: (719) 267-3503 Rocky Ford: (719) 254-7623 (800) 511-5446	Integrated behavioral health services in primary care as well as Individual, couple, and group counseling; substance use treatment; psychiatric medication management; physical therapy; medically assisted treatment	In-person; telehealth	Sliding scale self-pay; accepts many insurance providers, Medicaid, Medicare, CHP+
Ryon Medical & Associates, LLC	318 Lacy Ave, La Junta	(719) 384-0303	Individual counseling; substance use treatment; psychiatric medication management; physical therapy; psychiatric evaluation and testing	In-person	Accepts many insurance providers
Arkansas Valley Pregnancy Center	118 W. 4th St, La Junta 732 Ash Avenue, Las Animas	(719) 384-5561 Text: (719) 980-4570	Pregnancy counseling; post-abortion counseling	In-person	Free
Arkansas Valley Resource Center	415 Colorado Ave, La Junta	(719) 384-7764	Group counseling for survivors of domestic violence and sexual abuse; peer counseling; crisis intervention; temporary emergency shelter	In-person	Free
La Junta VA Clinic	1100 Carson Ave, Suite 204, La Junta	(719) 383-5195	Individual, group, and peer counseling for veterans and their families	In-person; telehealth	Free

Primarily Telehealth Agencies

Agency	Physical Location(s)	Contact Information	Services Offered	Service Type(s)	Payment Types
Ayana Therapy	Virtual platform counselors do not have physical address	https://www.ayanatherapy.com/ (855) 862-9262	Individual counseling; specializes in BIPOC community; many counseling approaches available; NO psychiatric medication management	Telehealth	\$60-140/week self-pay; insurance not accepted – your health insurance MAY accept claims; does NOT accept Medicaid, Medicare, CHP+
BetterHelp	Virtual platform counselors do not have physical address	https://www.betterhelp.com/	Individual and couple counseling via live sessions and messaging; NO psychiatric medication management	Telehealth	\$60-120/week self-pay (location dependent); insurance not accepted – your health insurance MAY accept claims; does NOT accept Medicaid, Medicare, CHP+
Cerebral	Virtual platform counselors do not have physical address	https://cerebral.com/	Individual counseling; many counseling approaches available; psychiatric medication management available	Telehealth	\$20-90/week self-pay; accepts many insurance providers; does NOT accept Medicaid, Medicare, CHP+
Pride Counseling	Virtual platform counselors do not have physical address	https://www.pridecounseling.com/	Individual counseling; specializes in LGBTQIA+ community; many counseling approaches available; NO psychiatric medication management	Telehealth	\$60-120/week self-pay; financial aid available; insurance not accepted – your health insurance MAY accept claims; does NOT accept Medicaid, Medicare, CHP+
SonderMind	Virtual platform counselors do not have physical address; office locations vary for counselors offering in-person services	https://www.sondermind.com/	Individual or couple counseling via virtual or in-person sessions; psychiatric medication management available	In-person; telehealth	\$75-150/week self-pay; accepts many insurance providers; does NOT accept Medicaid, Medicare, CHP+
TalkSpace	Virtual platform counselors do not have physical address	https://www.talkspace.com/	Individual, couple, and teen counseling via live sessions and/or messaging; many counseling approaches available; psychiatric medication management available	Telehealth	\$65-100/week self-pay; limited insurance coverage; does NOT accept Medicaid, Medicare, CHP+
Teen Counseling	Virtual platform counselors do not have physical address	https://www.teencounseling.com/	Teen (aged 13 to 19) and parent counseling via live sessions and messaging; NO psychiatric medication management	Telehealth	\$60-90/week self-pay; financial aid available; insurance not accepted – your health insurance MAY accept claims; does NOT accept Medicaid, Medicare, CHP+
Wellnite	Virtual platform counselors do not have physical address	https://www.wellnite.com/	Individual, couple, and teen counseling; psychiatric medication management for anxiety/depression only; CBT only	Telehealth	\$20-50/week self-pay; accepts PPO insurance providers only; does NOT accept Medicaid, Medicare, CHP+



Mental Program

SPARK HEALTH

Wellness

Mental Wellness Program Client Services

The Mental Wellness Program is a statewide program of Spark the Change Colorado that provides free, short term counseling services to individuals, couples, and families who encounter barriers to accessing treatment. Barriers may include being **uninsured, unable to find an appropriate/available clinician** through other avenues of care (lengthy waitlist times, etc.), **unable to afford treatment, or unable to afford insurance co-pays or deductibles.**

What you can expect:

- Connection with a mental health professional in your service area.
- 6 to 10 **free** individual or group therapy sessions. (***Note:** the program does **NOT** offer crisis services, inpatient services, or medication management.)
- Thoroughly vetted volunteer therapists who have been screened and background checked.
- Complete a confidential and secure online intake form. A staff member will contact you within 2 business days OR contact us at **720-262-3273** to connect with a team member and request services. *NOTE: This is not a crisis line; It is a message line, and a Spark representative will get back to you within 2 business days.
- Intake Form:
<https://forms.office.com/Pages/ResponsePage.aspx?id=DiCKVzZ2b0SXSvdu5nK3GdcGjYqPyCNlrK2rBsxl3rdUNU5KQjhXU0NWNkpEOVFJSIU2R0FHVDUzMi4u>

Spark the Change Colorado's Mental Wellness Program does NOT provide crisis services. If you are experiencing a mental health emergency or crisis, call 911 or the hotlines number below:

(Call or text) Colorado Crisis Hotline: 1-844-493-TALK (8255)

Call Suicide and Crisis Lifeline: 988

Information reprinted from:

<https://www.sparkthechangecolorado.org/servicesmwp.html>