

NON-RESOURCE & SLIDING SCALE REFERRALS

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| Adult Youth & Family Counseling Services | 719-442-1779 | El Paso County Detox | 719-390-2046 |
| Alano House | 719-520-1732 | El Paso County Health Department | 719-578-3199 |
| Alcoholics Anonymous | 719-573-5020 | Fountain Valley Senior Services | 719-520-6471 |
| Alison Walls | 719-632-2151 | Franciscan Community Counseling- | 719-955-7008 |
| Al-non & Al-A-Teen | 719-632-0063 | Genesis Outpatient Substance Abuse Treatment | 719-632-3510 |
| Amanda Mosher | 719-632-2663 | Harbor House Collaborative Clinic | 719-473-5557 |
| Amber Bulter | 719-650-6748 | Heart and Soul Counseling Services | 719-488-3333 |
| Asian Pacific Development Center | 719-533-1301 | Inner Harmony Therapy Services LLC | 1-800-661-6323 |
| Aspen Pointe Counseling Center | 719-572-6100 | Inside Out Youth Services | 719-328-1056 |
| Ayada IOP Spanish Speaking Therapist | 719-459-6710 | Interfaith Hospitality Network | 719-329-1244 |
| Bridge to Awareness IOP in Colo Spgs | 719-471-2514 | Janet Jones (Children) | 719-264-6835 |
| Bridge to Awareness IOP in Fountain | 719-390-4652 | Journeys Counseling in Woodland Park | 719-687-6927 |
| Bridge to Awareness IOP in Pueblo | 719-296-1366 | Kids in need of Dentistry | 719-227-1018 |
| C.U. Center on Aging | 719-471-4884 | Kimberley Templin | 719 337-8128 |
| Cathy Grounlund | 719-210-5997 | Krista Johnson (Children up to age 12) | 719-632-2663 |
| Centre de la Familia Therapists Speak Spanish | 719-227-9170 | Kirsten A. Bilzing | 719-229-3012 |
| Cocaine Anonymous Hotline | 719-448-0110 | Linda Thede | 719-573-8660 |
| Colorado Counseling & Counseling Services | 719-444-0250 | Liza's Place for Women | 719-635-3643 |
| Colorado Springs Pride Center | 719-471-4429 | Marion House SET Clinic | 719-475-2097 |
| Comom- Free Dental for Children/Adults | 719-598-5161 | Memorial Hospital | 719-365-5000 |
| Compassionate Counseling Consortium | 719-278-7565 | Michael Galvin PhD | 719 634-4444 |
| Connect Care | 719- 314-2523 or 572-6149 | Mission Medical Clinici | 719-219-3402 |
| Cripple Creek Rehab & Wellness Center | 719-689-2931 | Narcotics Anonymous | 719-637-1580 |
| Crisis Center | 719-635-7000 | National Alliance on Mental Illness (NAMI) | 719-473-8477 |
| CrossRoads Turning Points in Trinidad | 719-846-4481 | Open Bible Medical Clinic | 719-475-0972 |
| CrossRoads Turning Points in Walsenburg | 719-738-2378 | Parkview Behavioral Health Services in Pueblo | 719-584-7327 |
| CrossRoads Turning Points Pueblo Detox | 719-546-6666 ext 2 | Partnership for Prescription Assistance | 888-477-2669 |
| CrossRoads Turning Points Pueblo | 719-924-9511 | Peak Vista | 719-632-5700 |
| Crystal Meth Anonymous | 719-440-4282 | Penrose Hospital | 719-776-5000 |
| Denise Laliberte | 719-475-0877 | Pikes Peak Workforce | 719-667-3700 |
| Department of Human Services | 719-636-0000 | Pikes Peaks Peak United Way info and Referral line | 211 |
| Depression and Bipolar Support Alliance (DBSA) | 719-477-1515 | Phoenix MultiSport | 303-440-0547 |
| Drug and Alcohol Prevention and Counseling | 719-578-3150 | PVCHC Fountain Valley Clinic | 719-322-0777 |
| Ecumenical Social Ministries | 719-228-6797 | PVCHC Homeless Clinic | 719-471-2789 |

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| PVCHC Intermediate Care Clinic | 719-630-6440 |
| Renee Bailey | 719-201-8425 |
| Resada in Patient Substance Abuse Center | 719-456-2600 |
| Resource Advocacy Center | 719-633-1822 |
| Rita Lewis | 719-357-7772 |
| Rockies Counseling Center | 719-442-0606 |
| Senior information and Assistance Center | 719-471-2096 |
| Service Organization for Youth & Families | 575-445-8568 |
| SET Family Clinic | 719-776-8850 |
| Shon Mcdonald | 719-330-8859 |
| Sober Living House | 719-388-3376 |
| Southern Colorado Aids Project | 719-578-9092 |
| Spanish Peaks Pueblo | 719-545-2746 |
| Spanish Peaks Trinidad | 719-846-4416 |
| Spanish Peaks Walsenburg | 719-738-2386 |
| Suicide Prevention Hotline | 719- 596-5433 |
| Tessa Domestic Violence Center | 719-633-1462 |
| The Counseling Couch | 719-238-2829 |
| The Independence Center | 719-471-8181 |
| TLC Pharmacy | 719-596-4449 |
| Tri-Lakes Health Advocacy Partnership | 719-488-8639 |
| Vet Center | 719-471-9992 |
| Veterans Administration | 719-327-5697 |

THE EIGHT DIMENSIONS OF *Wellness*

Emotional – Developing skills and strategies to cope with stress

Financial – Satisfaction with current and future financial situations

Social – A sense of connection and a well developed support system

Spiritual – Search for meaning and purpose in the human experience

Occupational – Personal satisfaction/enrichment derived from ones work

Physical – Recognizing the need for physical activity, diet/nutrition & sleep

Intellectual – Recognizing creative abilities and finding ways to expand

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ones knowledge and skills

Environmental – Support good health by occupying pleasant, stimulating environments that inspire well-being

Wellness connects all aspects of health. Communication among mental health consumers, professionals, and primary care providers about health information is essential to overall wellness.

Non-Resource & Sliding Scale Referrals for *Mental Health,* Physical Health & *Wellness* For the Colorado Springs Metro Area

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