

Parent Resource Guide

Information regarding various community resources is available in this packet. The pages that follow are provided by Peak View Behavioral Health. Please note that by sharing these community resources, Academy District 20 does not recommend or endorse these outside service providers. We encourage parents to conduct their own research in order to make a well-informed choice regarding which health care provider to select for their child.

Numbers at a Glance

- ❑ Crisis Stabilization Unit at Diversus Health 572-6100
- ❑ Cedar Springs Hospital 633-4114
- ❑ Highlands Behavioral Health 720-348-2805
- ❑ Peak View Behavioral Health 444-8484
- ❑ Colorado Crisis and Support Line 844-493-8255
Text TALK to 38255
- ❑ National Suicide Prevention Lifeline **988**
- ❑ Trevor Lifeline for LGBTQ Youth 866-488-7386
- ❑ Local Emergency Room
- ❑ 911 in Case of Emergency

MORE SUICIDE-SPECIFIC RESOURCES

Pikes Peak Suicide Prevention.....(719) 573-7447
www.pikespeaksuicideprevention.org 704 N. Tejon St, 80903

Free and confidential support groups for adults and adolescents with thoughts or actions toward suicide. Support groups for family members of attempters. Children Left Behind by Suicide: weekly grief support groups for youth who have lost someone to suicide. Please call or check website for group meeting days and times.

Colorado Crisis Services (24 hour hotline) (844) 493-TALK (8255)
 Or text "TALK" to 38255

Heartbeat
www.heartbeaturvivorsaftersuicide.org (719) 337-6640
 Monthly support groups for adults who have lost someone to suicide from 7-9pm on 1st Tuesday of each month at East Methodist Church 1505 E. Monument St, 80903

INPATIENT / OUTPATIENT SERVICES

Peak View Behavioral Health.....(719) 444-8484
www.peakviewbh.com 7353 Sisters Grove, 80923

Inpatient and outpatient care for youth 9-17, adults, and seniors. Free needs assessments offered 24/7. Provides school and senior community mobile assessments.

Crisis Stabilization Unit (719) 572-6100
www.aspenpointe.org 115 S. Parkside Dr., 80910

Open 24-hours-a-day, seven days a week and is available for all ages, regardless of ability to pay. Access to licensed professional counselors, peer specialists and care coordinators.

Cedar Springs Hospital.....(719) 633-4114
www.cedarspringshospital.com 2135 Southgate Rd, 80906

Programs treating all ages. Offers acute and residential inpatient psychiatric treatment, medical detox and rehab, and outpatient services. School mobile assessments. Tricare-certified and most insurance. 24/7 free assessments.

NEARBY INPATIENT/ OUTPATIENT SERVICES

Highlands Behavioral Health (Littleton, CO) (866) 974-4445
www.highlandsbhs.com 8565 South Poplar Way, 80130

Parkview Medical Center Behavioral Health (Pueblo, CO) (719) 595-7891
www.parkviewmc.com Provides inpatient treatment of mental health and substance abuse. Short-term crisis intervention, evaluation and stabilization for acute mental health admissions as well as medical detoxification, medication management and substance abuse treatment for those suffering from drug/alcohol abuse or dependence.

MILITARY-SPECIFIC RESOURCES

Peak Military Care Network. (719) 955-0742
http://www.pikespeak.co.networkofcare.org/veterans

Extensive directory of all local services, and state and national resources, for veterans, active duty personnel, National Guard and Reserve members, and their families.

Military 1 Source (hub for all military related services) (800) 342-9647

ADVOCACY/ SELF-HELP/ SUPPORT GROUPS

Pikes Peak Suicide Prevention.....(719) 573-7447

Depression and Bipolar Support Alliance (DBSA).....(719) 477-1515

National Alliance of Mental Illness (NAMI).....(719) 473-8477

Empower Colorado (support groups for families with children) (866) 213-4631

HOTLINES

24-hour Hotlines: For emergencies (Medical/Police) CALL 911

Colorado Crisis Services (Any crisis) (24 hour hotline). (844) 493-TALK(8255)
Or text "TALK" to 38255

Alcoholics Anonymous (719) 573-5020

Domestic Violence/Sexual Assault (TESSA) (719) 633-3819

Aspen Pointe Lighthouse. (719) 572-6340

Self-Injury Hotline (800) DON'T CUT(800) 366-8288)

Suicide Prevention (National).....(800) 273-TALK (8255)

The Trevor Project(866) 488-7386
www.thetrevorproject.org

The only national 24/7 crisis intervention and suicide prevention lifeline for LGBTQ young people (ages 13-24). Or text "TREVOR" to.....(202) 304-1200

National Veterans Crisis Line..... (800) 273-8255 /press 1

Vets 4 Warriors (answered 24/7 by veterans).....(855) 838-8255

Safe2Tell (877) 542-SAFE (7233)

DETOX

El Paso County Detox......(719) 390-2046

2721 E. Las Vegas St. 80906

24/7, call/walk in, for those under the influence or experiencing