

MENTAL HEALTH

Suicide Hotlines:

1-800 SUICIDE (1-800 784-2433)

1-800 273-TALK (1-800 273-8255)

Mindfulness and Christian faith

<http://www.meditationcoach.com/>

Meiers Christian Clinics

http://www.meierclinics.com/Topical_Information

http://www.meierclinics.com/Self_Assessments

ADHD, Depression, Anxiety self assessments that take less than 3 minutes to complete

Lots of learning resources

<http://www.mentalhelp.net/>

Depression and Bipolar Support

<http://www.dbsalliance.org/site/PageServer?pagename=home>

Medication information and medical symptoms inquiry

<http://www.mayoclinic.com/>

National Alliance for Mental Illness. Mission: To give strength and hope to individuals with mental illness and their families.

<http://www.namicolorado.org/>

Substance Abuse and Mental Health Services Administration

<http://www.samhsa.gov/index.aspx>

Boulder County Hospice

<http://hospicecareonline.org/>

Inpatient and Outpatient Treatment

Centennial Peaks Hospital in Louisville, CO

Phone: 303.673.9990

Mental Health & Addiction: Inpatient, Residential, day treatment and IOP, ECT

ADDICTIONS AND SUBSTANCE ABUSE

Self assessment of drinking patterns

<http://rethinkingdrinking.niaaa.nih.gov/default.asp>

Free Publications to learn more about addictions

<http://ncadistore.samhsa.gov/catalog/>

<http://www.drugabuse.gov/NIDAHome.html>

Substance Abuse and Mental Health Services Administration

<http://www.samhsa.gov/index.aspx>

Outpatient Services

Addiction Treatment Center in Longmont, CO

(303) 651-9200

CD IOP, DUI programs and family

Centennial Peaks Hospital I in Louisville, CO

303.673.9990

Mental Health & Addiction: Inpatient, Residential, day treatment and IOP, ECT

Parker Valley Hope Hospital in Parker, CO

(303) 841-7857

Addiction: Inpatient, Residential, day treatment and IOP, co-occurring disorders

<http://www.valleyhope.com/locations/locator.asp?ZipCodeSearch=80134>

Eating Disorder Center of Denver

<http://www.edcdenver.com/>

Residential or Inpatient Programs

Center for Dependency, Addiction and Rehabilitation (CeDAR)

http://www.uch.edu/conditions/addictions/index_Cedar.aspx

Harmony Foundation in Estes Park, CO

866-6-TO-STOP

Addiction: Residential and outpatient

Parker Valley Hope Hospital in Parker, CO

(303) 841-7857

Addiction: Inpatient, Residential, day treatment and IOP, co-occurring disorders

<http://www.valleyhope.com/locations/locator.asp?ZipCodeSearch=80134>

Harvest Farms – Denver Rescue Mission in Wellington, CO
(970) 568-9803
Men’s Residential free program for chemical addiction; working farm

Ramuda Ranch
1-800-445-1900
Christian eating disorders inpatient

The Meadows in Wickenburg, AZ
800-MEADOWS (800-632-3697)
Chemical and behavioral addictions (sex, gambling, eating disorders, etc);
psychiatric disorders

MARRIAGE

Colorado Healthy Marriage Project
Office: 720-488-8888
Fax: 720-214-2001
Rico@waittraining.com
www.marry-well.org

Resources from Dr. Willard F. Harley, Jr
<http://www.marriagebuilders.com/index.html>

<http://www.crosswalk.com/marriage/>

<http://realchristianmarriage.com/index.php>

PSYCHIATRISTS

Longmont/Boulder

Dr Billica
Windsor
(970) 495-0999
Alternative medicine
Dr. Gerald Chitters – Psychiatrist
Boulder
(303) 545-5380
Dr. David Rosenthal
Boulder
(303) 440-3457

Dr Joey Lerner
Boulder
(303) 543-5785
ADHD
Dr. David Miller
(303) 666-2094
Centennial Peaks Hospital, Louisville

Loveland/Ft. Collins

Eric Straumanis

Loveland

(970) 663-3030

Timothy Allen, MD

Ft. Collins

(970) 221-1993 or (970) 484-6303

Denver

Dr. Renee Richker- Child Psychiatrist

Arvada

(303) 425-1011

Greeley/Windsor

Ken Ash, MD

(970) 495-4685

Windsor

Jeffrey Huff, MD

(970) 356-3100 or (970) 353-2000

Greeley

Tammias Kelly, MD

Ft. Collins

(970) 484-5625

Dr. Anita Khana

Denver - Cherry Creek

(303) 394-3449

Russ Johnson, MD

(970) 356-3100

Greeley

SEXUALITY

www.exodusfreedom.org

These conferences provide help to those who struggle with homosexuality and ministry support for those who have a loved one who struggles with or embraces homosexuality.

SPIRITUAL GROWTH

John Piper

<http://www.desiringgod.org/>

Questions about faith, God and the Bible...

<http://www.allaboutgod.com/>

Mindfulness and Christian faith

<http://www.meditationcoach.com/>

Spiritual Gifts Test and Training

<http://mintools.com/>

PERSONAL GROWTH

DISC Personality Inventory

<http://onlinediscprofile.com/>

SUPPORT GROUPS

Celebrate Recovery at Life Bridge Church

Longmont

Thursdays 6:30–8:30pm

6L30–7:30 Worship and Lesson

7:30–8:30 Newcomer's meeting or Small Groups

8:30 Solid Rock Café

Leroy Casey (303) 776–2927 ext. 214 or Herb Herbert at (303) 823–0726

<http://www.lbcc.org/get-help/celebrate-recovery/>

Flat Irons Church SHIFT

Lafayette

Friday nights 7–9pm

Program at 7:00pm (Worship, Teaching)

Issue-Specific Small Groups at 8:00pm

Solid Rock Café (music & dessert) at 9:00pm

www.flatironschurch.com

GREAT STUFF FOR MEN

John Eldridge ministries

<http://www.ransomedheart.com/>

Men at The Cross ministries and retreats

<http://www.menatthecross.org/>

GREAT STUFF FOR WOMEN

Women at the Cross retreats and resources

http://www.crossmg.org/watc_dates.php

On line chats and blogs for Christian women

<http://www.womenofthecross.com/index.php>