

Youth/Adolescent Resources

Parenting classes, family support & mental health resources

- [Circle of Parents](#): Peer-led support groups for parents in recovery across the state.
- [Parentline](#): Free tele-behavioral health services for pregnant/parenting people with kids under age 5, through the University of Denver's School of Professional Psychology
- [Parents Thrive](#): Connect with relevant information, resources, services, and stories that will support you and your mental health at every step of your parenting journey.
- [Forward Together for Parents](#): Read tips and strategies for connecting with your teen.
- [Family Support Programs](#): Provide expectant parents and families with the necessary resources and skills to raise children who are physically, socially, and emotionally healthy and ready to learn. Promote safe, stable and nurturing environments allowing children and families to reach their full potential. Help families achieve their goals, reduce stress and provide referrals to other services such as child care assistance or social-emotional supports.
- [COACT Colorado](#): Find information about High Fidelity Wraparound with peer support able in participating counties in Colorado. COACT's wraparound approach can support children, youth with complex behavioral health needs and their families.
- [What Is Children's Mental Health?](#) This CDC resource explains common signs of mental health disorders in children and what treatment can look like.
- [Mental Health Activities for Children](#): The National Federation of Families has compiled several worksheets, videos and additional activities to spark conversations about mental health.
- [The Children and Youth Mental Health Treatment Act](#): allows for families to access mental health treatment services for their child or youth. CYMHTA is an alternative to child welfare involvement when a dependency and neglect action isn't warranted. CYMHTA funding can be available when there is no other appropriate funding source for treatment, such as private insurance. If interested in learning more about the program or seeing if your family may be eligible for the program, please contact Brett Snyder at bsnyder@signalbhn.org.
- [Forward Together](#): A movement by youth and for youth in Colorado, Forward Together reminds us that connection is always possible.
- [Youth MOVE Colorado Chapter](#): Youth MOVE Colorado's vision is to ensure that you are empowered, educated, and given a decision-making role in your own life, as well as in organizations and programs in your community.
- [Mental Health Activities for Young Adults](#): The National Federation of Families has compiled worksheets, videos and additional activities to spark conversations about mental health.

Resources for Infants/Young Children

- [Colorado Shines](#): Find licensed childcare providers who are trained in best practices for social and emotional learning.
- [Early Learning Colorado](#): Watch this video series to learn what children typically do throughout childhood and suggestions for how adults can support their development.
- [Head Start Colorado](#): Head Start programs provide wide-ranging services for low-income children from birth to elementary school at no cost. The program is child-centered, family-focused and community-based. Head Start encourages the role of parents as their child's first and most important teachers.

- [Early Childhood Mental Health Consultation](#): A free, voluntary caregiver support program for parents and caregivers caring for children ages six and under who desire extra support to foster the social-emotional development and mental health of the children in their care. ECMH services vary based on the needs and goals of the clients. Services may be very brief, but on average take about 4-6 months to complete and each session lasts 1 to 1.5 hours. ECMH Consultation is typically delivered in early childhood settings including child care, home visiting, medical home, and other settings as appropriate both in-person or via telehealth by trained mental health professionals

Recovery and Substance Use Services

- [CRAFT](#): Home-based or group intervention for family members of someone with substance use disorder.
- [Oxford Vacancies](#): Sober living residences. Search by gender and child status.
- [Opirescue](#): SAMHSA's buprenorphine provider locator, including OTP providers and medical providers who treat with Vivitrol.
- [The Phoenix Center](#): Free fitness classes. Live, in-person, on-demand for those who are at least 48 hours abstinent from substances.
- [Young People in Recovery](#): Life skills, peer support, recovery services for youth and teens.
- [Harm Reduction Action Center](#): Syringe access, free Narcan, Fentanyl test strips, HIV/HCV testing
- [Lift The Label](#): Statewide Stigma Reduction Campaign
- [Stop the Clock Colorado](#) - Access Free Narcan
- [Alcoholics Anonymous](#): Find a 12-step AA meeting near you
- [Al-Anon](#): Find a 12-step Al-Anon meeting near you

Pregnancy and Postpartum/Pregnancy Loss Resources

- [211 Colorado: Pregnant & New Parents](#): Vetted "new parent" resource hub.
- [Pregnancy-Related Depression and Anxiety](#): Nearly 1 in 9 Coloradans who give birth will experience signs and symptoms of depression. The Colorado Department of Public Health and Environment (CDPHE) has resources to support you.
- [Prenatal Plus](#): Integrated wraparound prenatal/postpartum care for pregnant people with Medicaid. There are programs embedded in local health departments, hospitals and clinics across the state.(Department of Health Care Policy & Financing)
- [Right Start](#): A mental health program for pregnant women and families with children ages birth to 5 years. Provides help when there are concerns about a child's emotions, behavior or development, or when parenting becomes difficult.
- [MotherWise](#): Empowers women and their families to thrive during pregnancy and after a new baby is born. Its core program includes six weeks of workshops plus one-on-one coaching for mothers on knowing themselves, what healthy relationships are to them, communication and relationship skills for all kinds of relationships, and connecting with a newborn baby. Services in English/Spanish.
- [Parentline](#): Free tele-behavioral health services for pregnant/parenting people with kids under age 5, through the University of Denver's School of Professional Psychology
- [Postpartum Support International](#): Perinatal mood and anxiety disorder support groups, warm line, access to PSI coordinators across Colorado. Available in English/Spanish.
- [Young Mother's Clinic](#): Multidisciplinary prenatal and postnatal services for young parents.

- [Tough as a Mother](#): A statewide initiative providing resources for providers and clients- specific to pregnant and parenting women with substance use disorder.

Domestic Violence Resources

- [Domestic Violence Program, Colorado Department of Human Services](#)
- Violencefreecolorado.org- Founded in 1977, Violence Free Colorado is our state’s domestic violence coalition. We work with hundreds of organizations and individuals in local communities across the state to prevent and end relationship violence, and support those affected by relationship abuse. We build the capacity of a diverse network of domestic violence and other community-based programs across Colorado to help them effectively assist survivors of relationship violence and their families
- [National Domestic Violence Hotline](#)- (800) 799-SAFE (7233)

Housing Resources

- [Colorado Coalition for the Homeless](#)- Colorado Coalition for the Homeless works toward the prevention of homelessness and the creation of lasting solutions for families, children, and individuals who are experiencing or at-risk of homelessness throughout Colorado. CCH advocates for and provides a continuum of housing and a variety of services to improve the health, well-being and stability of those it serves.
- [Catholic Charities](#)- provides support to individuals by sheltering, feeding, housing, educating, counseling and providing emergency assistance and critical services to individuals across Northern Colorado.
- [Comitis](#)- Operates an emergency shelter for youth. Their 24-hour helpline can be accessed at 303-343-9890.
- [Mile High United Way](#)- Mile High United Way provides funding for more 100 programs across the Denver metropolitan area from organizations that support the United Way’s three major initiatives: School Readiness, Youth Success, and Adult Self-Sufficiency. The United Way maintains a comprehensive resources of programs available within the Denver area. You can access information on these services by calling their 2-1-1 hotline.

Food Resources

- Hunger Free Colorado <https://hungerfreecolorado.org>
- Supplemental Nutrition Assistance Program (SNAP) <https://cdhs.colorado.gov/snap>

LGBTQIA Resources

- [Rainbow Alley](#)- Rainbow Alley is a safe, brave space where LGBTQ youth (ages 11-21) and their allies find support and acceptance. They provide a drop-in space, youth-led events and activities, counseling and support groups, health services and life skills—all in a warm and welcoming environment.
- [Queer Asterik](#)- Queer Asterisk provides a variety of therapeutic services for those who identify as lesbian, gay, bi, trans, queer/questioning, pan, intersex, agender/asexual or non-conforming and their allies.

- [Northern Colorado Equality](#)- has support groups and other social activities in the Fort Collins area. Eclectic transgender support and social group with education, support and social activities for the transgender/genderqueer/intersex community of Northern Colorado
- [Trevor Project LifeLine](#): 24/7 counseling LifeLine for LGBTQ+ youth.

Intellectual/Developmental Disabilities; Brain Injury/TBI Resources

- [Children and Youth with Special Health Care Needs](#): CDPHE offers programs that ensure that children and youth with special health care needs have the opportunity to grow, learn and develop to their highest individual potential.
- [Community Center Board Fact Sheet](#)
- [Community Center Boards](#)
- [Brain Injury Alliance Resource Directory](#)
- [Colorado Kids with Brain Injury](#)
- [Co-Occurring Mental Health and TBI toolkit](#)
- [MINDSOURCE](#)