

LGBT Affirming Mental Health & Support Resources


Western Colorado + National Options


Caring for ourselves—and for one another—is a lifelong journey. Mental health support can look different for everyone and may include crisis services, therapy, peer groups, psychiatry, or community-based care. Below are affirming options offering varying levels of support.

CRISIS & IMMEDIATE SUPPORT

Trans Lifeline

Peer support run by trans people, for trans people.

 877-565-8860 (Call only)


 11:00 AM – 7:00 PM MT

 <https://translifeline.org>

- Uses a peer-support model
- Will **not** contact emergency services without explicit consent
- Calls may disconnect during high volume

The Trevor Project (24/7)

Crisis counseling & suicide prevention for LGBTQIA+ youth

 1-866-488-7386

 Text “START” to 678678

 Chat via website

 <https://www.thetrevorproject.org>

In rare cases of imminent danger or abuse, emergency services may be contacted.


National Crisis Text Line

 Text HOME to 741741

Free, immediate support via trained volunteer crisis counselors.

LGBT National Hotline

Confidential support for all ages

 888-843-4564

 Youth Talk Line: 800-246-7743

 Chat available online



Mon–Fri: 12:00 PM – 9:00 PM MT


Sat: 10:00 AM – 3:00 PM MT


Support topics may include:

- Coming out
- Relationships
- Bullying
- Workplace concerns
- HIV/AIDS anxiety
- Safer sex info
- Suicidal thoughts

No outside reporting without consent.


Axis Health System – Crisis Walk-In (24/7)


 300 N. Cascade Ave., Montrose, CO 81401


 970-252-6220

 <https://www.axishealthsystem.org>

Aspen Hope Center – 24/7 Crisis (Garfield, Basalt, Eagle, Pitkin Counties)

 Aspen: 970-925-5858

 Garfield: 970-945-3728

 Therapy Line: 970-924-0703

 <https://www.aspenhopecenter.org>



PSYCHIATRY & MEDICATION MANAGEMENT




Lifespan Psychiatry of Colorado

 2140 N. 12th St., Grand Junction, CO
 Call/Text: 970-579-0003
 <https://www.lifespancolorado.com>






COUNSELING & THERAPY – GRAND JUNCTION



Identity Insights Counseling (Telehealth & In-Person)

 1212 Bookcliff Ave., Ste 3, Grand Junction, CO 81501
 970-697-4169
 <https://www.devinpinkston.com>

Desert Sand Counseling & Consulting, LLC


Megan Sand, LCSW (they/she)
 640 Grand Ave., Grand Junction, CO 81501
 970-235-1136
 <http://www.desertsandllc.com>

Level Up Counseling, LLC

Meghan Rodriguez, MA, NCC, LPC (she/her)
 970-436-4107
 Psychology Today profile

Red Rocks Wellness Counseling


Christy Ausband, LCSW (she/her)


 970-234-9922

 Montrose (Telehealth available)

 <https://www.redrockswellness.com>


High Desert Healing Center


 1141 N. 25th St., Unit C, Grand Junction, CO 81501

 970-436-4107

Lotus Wellness

Bea Phillips, NLC Psychotherapist (she/her)

 420 N. 8th St., Grand Junction, CO 81501


 970-670-7826

 <https://www.lotuscounselinggj.com>

Love Counseling

Dazholi "DD" Love (she/her)

 300 Main St., Ste 6, Grand Junction, CO 81501

 970-852-0687


 <https://www.ddlovecounseling.com>

Action Potential Behavioral Health & Sports Psychology

Dr. Mae MacIntyre, PhD

Focus: ADHD, Learning Disabilities, Psychological Testing

 1000 N. 9th St., Grand Junction, CO 81501


 970-609-9810

 <https://www.actionpotentialpsyc.com>

Associates in Behavioral Counseling


Suzanne Goudzwaard, PsyD


 1801 I-70 Business Loop, Unit B5, Grand Junction, CO 81501

 970-245-3212

Individual Matters

Dr. Katrina Katen, PsyD


 2530 E. Foresight Cir., Grand Junction, CO 81505


 970-628-5589

 <https://www.individualmatters.org>

Encounter Counseling

Chelsea Yamaguchi, MA, NCC, LPC (she/her)

 744 Horizon Ct., Suite 220, Grand Junction, CO 81506


 970-812-0136

 <https://encountercounselingcenter.com>

Animal Assisted Therapy of the Western Slope

Stacy Mendell, LCSW

 640 Grand Ave., Grand Junction, CO 81501


 970-462-7134



COUNSELING – DELTA & MONTROSE

Deborah Westervelt, LCSW

Private Pay

 314-303-0818

 [Psychology Today profile](#)

Axis Health System

Montrose, Delta, Southwestern CO
📍 605 E. Miami Rd., Montrose, CO 81401
📞 970-252-3200
🌐 <https://www.axishealthsystem.org>

STUDENT SERVICES

Colorado Mesa University – Mental & Behavioral Health

📍 Student Wellness Center
1060 Orchard Ave., Ste N
📞 970-644-3740 ext. 4
🌐 CMU website

SUPPORT GROUPS & COMMUNITY RESOURCES

Support groups may be lower cost or free and can provide peer-based community support.

Local & Virtual Options:

- Yarrow Collective
 - Queer Asterisks
 - Transgender Center for the Rockies
 - Hey Peers (virtual platform)
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CASA Youth Access Center – Rainbow Space LGBTQ+ Support Group

📍 147 N. Townsend (Corner of N. 2nd St.)
🕒 4:00–5:30 PM
Ages 14–24
🌐 <https://www.casa7jd.org/youth-access-center>

ADDITIONAL SUPPORT

Postvention Alliance


Education and support for individuals impacted by suicidal thoughts or loss


 <https://postvention.org>

 team@postvention.org

Life Coaching

Annette & Ada – Academy for Personal Development


 216 North Ave., Ste 1, Grand Junction, CO 81501

 970-462-7818

Tantra & Intimacy Healing

Dakini Leah (she/her)

Western Slope Tantra & Meditation

 970-242-5094

 <https://livingintantra.com>

A Broader View of Suicide Prevention

Suicide prevention extends beyond crisis intervention alone.

- Healthcare access is suicide prevention
- Food security is suicide prevention
- Responsible firearm policies are suicide prevention
- Safe and affirming schools are suicide prevention
- Equal rights are suicide prevention

Support is layered. Community care matters.