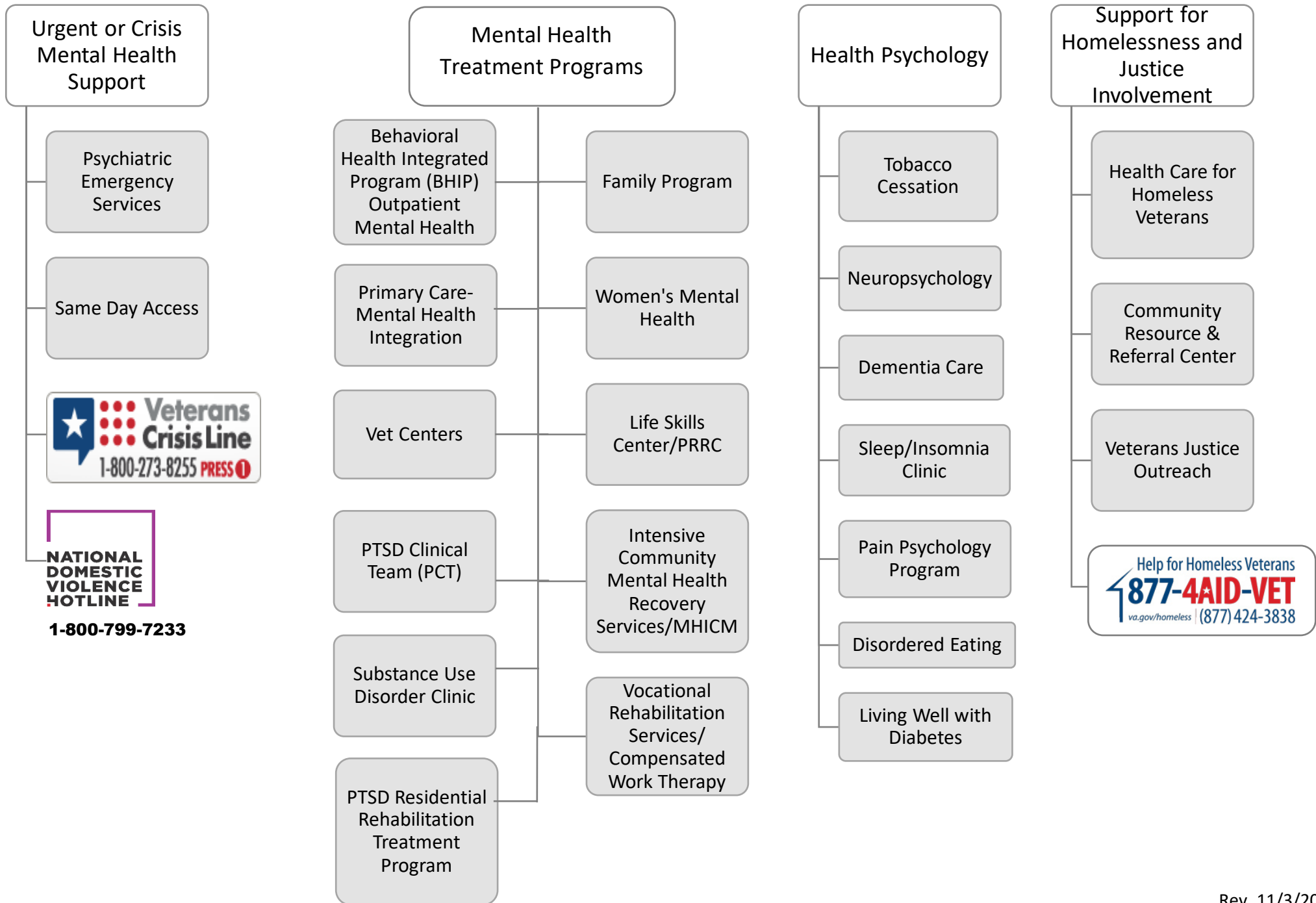


Veterans' Guide to Mental Health Services at VA Eastern CO Health Care System



This guide was developed by the (Denver-based) Voices for Veterans Mental Health Council and the Mental Health Service of the VA Eastern Colorado Health Care System. We hope you find this guide useful! To learn more about the Voices for Veterans Council, please email astrobobw@comcast.net. Veterans interested in the Southern Colorado Veterans Council can email Brittany.Musicaro@va.gov.

VA Eastern Colorado Health Care System Locations and Main Clinic #s

- Rocky Mountain Regional VA Medical Center (RMR VAMC) 303-399-8020 or 888-336-8262
- Alamosa VA Outpatient Clinic 719-587-6800
- Aurora VA Outpatient Clinic 303-398-6340
- Burlington VA Outpatient Clinic 719-346-5239 or 866-901-8194
- Denver Outpatient Clinic (Rose Medical campus) 303-399-8020
- PFC Floyd K. Lindstrom VA Clinic (Colorado Springs) 719-327-5660 or 800-278-3883
- Golden VA Outpatient Clinic 303-914-2680
- Jewell VA Clinic 303-283-5400
- La Junta VA Outpatient Clinic 719-383-5195 or 877-329-2625
- Lamar VA Outpatient Clinic 719-336-0315 or 855-779-0833
- PFC James Dunn VA Clinic (Pueblo) 719-553-1000 or 800-369-6748
- Salida VA Outpatient Clinic 719-539-8666

Experiencing a mental health crisis or have an urgent mental health need?

- **Psychiatric Emergency Services (PES)** is available 24/7 and in the Emergency Dept of the Rocky Mountain Regional VA Medical Center. PES provides emergency evaluations for Veterans in a behavioral health crisis. In an emergency, if you are unable to present to the VA Emergency Dept, call 911 or present to the nearest Emergency Dept. If you receive emergency care at a non-VA facility, the VA will need to be notified within 72 hrs of the start of the episode of care.
- **Same Day Access:** If you are already an established patient in a clinic and needing urgent same day services, it is recommended that you contact the clinic where you are already receiving care. If you are unenrolled, you can be seen for same day services at Rocky Mountain Regional VA Medical Center, Bldg A 4th Floor, Mt. Wilson (720-723-7310) or the PFC Floyd K. Lindstrom VA Clinic in CO Springs (719-327-5660, opt. 3) and receive bridge services until you are enrolled.
- The **Veterans Crisis Line** is available 24/7 for crisis support for Veterans or someone concerned about a Veteran; call **1-800-273-8255 + Press 1**; text **838255**; or online chat via www.veteranscrisisline.net
- **Domestic Violence Assistance** available via the Eastern CO VA Intimate Partner Violence Coordinator (720-723-6472) or the 24/7 National Domestic Violence Hotline (1-800-799-7233).

New to Mental Health at VA ECHCS? Need mental health support but not sure what you need?

- **Primary Care-Mental Health Integration** consists of mental health staff embedded within your primary care team who can provide short-term assistance with mild to moderate mental health symptoms (PTSD, anxiety, depression). Contact your primary care team for a referral or you can be seen as a walk-in Mon-Fri 7:30am-3:30pm where you receive your primary care services.
- **General Outpatient Mental Health Care/Behavioral Health Integrated Program (BHIP)** is available at the following VA ECHCS locations: Rocky Mountain Regional VA Medical Center, Bldg A 4th Floor, Mt. Wilson (720-723-7310), Aurora Outpatient Clinic (303-398-6340), Golden (720-

723-5180), CO Springs (719-327-5660), Pueblo (719-553-1000), Alamosa (719-587-6800), Salida (719-539-8666), La Junta (719-383-5195), Lamar (719-336-0315), and Burlington (719-346-5239).

- **Vet Centers** offer free one on one and group counseling for eligible Veterans and their families. Eligible Veterans include those who served in a combat zone or area of hostility, as part of a mortuary affairs, and survivors of military sexual trauma. Locations available in Denver (303-326-0645), Boulder (303-440-7306), CO Springs (719-471-9992), and Pueblo (719-583-4058). Find out more by going to www.vetcenter.va.gov.

Facing or experiencing homelessness?

- **Healthcare for Homeless Veterans:** @ Rocky Mountain Regional VA Medical Center, Bldg A 1st Floor, Mt. Bross (720-857-5037), walk-in Mon/Tues/Thurs/Fri 0800-1300; CO Springs (719-227-4431), walk-in Mon and Wed 0830-1330, Thurs 0830-1300; Pueblo (719-584-5123).
- **Community Resource & Referral Center:** 3836 N. York St, Denver, 303-294-5600, walk-in Mon-Thurs 0715-1100. Offers daily showers and small personal storage, connection to community partners including VBA, employment, and rental assistance.
- Call the **National Call Center for Homeless Veterans** 1-877-424-3838; or go to va.gov/homeless

Looking for mental health care for a specific concern? You may contact these programs directly to see if you are eligible to enroll or may request a referral from your current provider:

- **PTSD Rehabilitation Residential Treatment Program:** A residential treatment program for Veterans with PTSD from military service located in Lakewood. Call 303-349-2907 for more info.
- **Military Sexual Trauma Coordinator:** Services available for assisting with enrollment, connection to care, and consultation about mental health services: Denver metro, Dr. Amy Dreier 720-723-7423; Southern CO, Dr. Alisa Hannum 719-227-4030.
- **Schizophrenia, Schizoaffective Disorder, Bipolar Disorder:**
 - **Life Skills Center:** Skills-focused educational classes and help for community connection @ Rocky Mountain Regional VA Medical Center, Bldg A 1st Floor, Mt. Lincoln (720-857-5280).
 - **Intensive Community Mental Health Recovery Services:** In-home intensive case management @ RMR VAMC: Bldg A 1st Floor, Mt. Democrat, 720-723-6864; CO Springs or Pueblo: 719-227-4703.
- **Outpatient Substance Use Services:** No referral required for these locations: Rocky Mountain Regional VA Medical Center, Bldg A 1st Floor, Mt. Sherman, 720-857-6952. Walk-in self-referral on Fri 0800-1400; CO Springs 719-327-5660 opt. 3. Walk-in self-referral Wed-Fri 0930-1130 and 1300-1400; Pueblo (Mon and Fri only) 719-327-5660 opt. 3.
- **Veterans Justice Outreach:** VA staff liaisons for Veterans Diversion Courts: Point of Contact Nathan Viton: 720-484-1027
- **LGBT Veteran Care Coordinators:** Provide consultation, resources, and help navigating services for LGBT Veterans; Denver metro, (Galina Chester, LCSW, 720-723-7447); or Southern CO (Shayna Wareing, LCSW, 719-584-5120).
- **Tobacco Cessation:** ALL tobacco services are free of charge. Veterans can schedule in the medication tobacco clinic by calling 303-399-8020, opt 2. For information about tobacco cessation education, call 720-723-3167.

These programs require a referral. Please request a referral from your provider if you are interested

- **PTSD Clinical Team (PCT):** outpatient, trauma focused evidence-based therapy for military-related PTSD. Services available at RMR VAMC, CO Springs, and Golden. 720-723-7379
- **Family Program:** Couple and Family therapy and support for relationship challenges, family issues, and education about mental health issues. RMR VAMC, Bldg A 4th Floor (720-723-6873).
- **Women's Mental Health:** Gender-specific mental health treatment for women. Referral needed from your mental health or primary care provider. RMR VAMC, Bldg A 4th Floor (720-723-6877).
- **Vocational Rehabilitation Services/Compensated Work Therapy (VRS/CWT)** is for Veterans with mental health, substance use, traumatic brain and/or spinal cord injury/disorder needing employment support: RMR VAMC Bldg A 1st Floor, Mt. Lincoln (720-857-5340), CO Springs/Pueblo (719-227-4044).
- **Neuropsychology Clinic:** Provides evaluations for those who may be developing dementia or other cognitive disorders.
- **Dementia Care:** A team that assesses dementia, provides caregiver education, and information about VA resources for dementia. Referral from your Primary Care Provider needed.
- **Sleep/Insomnia Clinic:** Behavioral treatment of insomnia.
- **Pain Psychology Services:** Behavioral management of chronic pain to support goals of improved quality of life, functioning, and pain.
- **Disordered Eating:** Concerned about unhealthy eating patterns? Ask your provider to place a consult to the MOVE program for additional screening.
- **Living Well with Diabetes:** Educational and support group for Veterans living with diabetes.

Additional resources and useful information!

- To **apply/determine your eligibility** for VA care, call 888-336-8262 ext 4 or visit a VA Clinic.
- To get answers to **VA benefits questions**, call 1-800-827-1000.
- Download your **VA Welcome Kit** to find out about your VA benefits @ www.VA.gov/welcome-kit
- **MyHealthVet:** Interact with your health care providers online, see upcoming appointments, request medication refills, and more at myhealth.va.gov. Call 720-723-6279 for assistance.
- **Medication Refills:** Call the pharmacy at 303-399-8080, Option #1; or via **MyHealthVet**.
- **VA Video Connect (VVC)** is our secure video-conference platform for medical/mental health visits and can be operated on any internet-connected device with a camera. For more info: <https://mobile.va.gov/app/va-video-connect>. For help with VVC call 866-651-3180.
- **VA Mobile Apps:** Learn about our free mobile apps to support mental health at ptsd.va.gov.
- **Patient Experience Liaisons #s:** RMR VAMC: 720-723-6766; CO Springs: 719-227-4074; Pueblo: 719-584-5078.
- For **MISSION Act** inquiries related to receiving non-VA care call 888-336-8262 Ext. 6
- **Chaplain Service:** To speak with a VA Chaplain, call 303-399-8080, Ext. 0 and ask for a Chaplain.
- **Recreation Therapy:** 720-723-3055 or go to denver.va.gov/services/Recreational_Therapy.asp
- **Social Work Service Line** (720-723-3018) helps Veterans and those who care about them with comprehensive Veteran care and support services.
- **Travel Dept:** Call 720-857-5419 to find out about available VA and DAV travel assistance.
- **Traveling Veteran Coordinator** can help coordinate your VA care during travel (720-857-5383).