



Dear Client/Families:

While I am out for maternity leave in November and December 2022, please remember the following resources are available to you if needed:

**1. Colorado Crisis Hotline (24/7): On-call trained therapists to help at any time of day. 1-844-493-8255**

- Access to Mobile Crisis - if needed they can send out someone to assess you face-to-face.
- Therapists available to talk to on holidays, weekends, evenings.

**2. Douglas County Community Response Team: 303-814-4368**

- Mental health resources for residents of Douglas County

**3. Aurora's Crisis Walk-In Center:**

-Aurora has a Crisis Walk-in Center at the Anschutz Medical Campus where you'll get immediate help with a mental health crisis. Anyone may use this center. You do not need to be an area resident or client. They accept a variety of insurances, including Medicaid, and no one is denied services due to inability to pay. You can go directly to the Walk-in Center if you want immediate help.

-Address: 2206 Victor Street, Aurora CO 80045

-Hours: open 24 hours a day, 7 days a week, every day of the year

**4. All Health Network - Crisis Walk-In Center**

-Address: 509 S. Santa Fe Dr. Littleton, CO 80120

-Phone number: 720-826-4309

-Services: 24/7 Walk-in Crisis Stabilization Unit

**5. If you feel like you need additional therapy while I am out please feel free to connect with any of the following providers until I return:**

- a. **Reflective Wellness:** [reflectivewellness.net](http://reflectivewellness.net) or (720) 949-1707
- b. **Canyon Pines Counseling:** [www.canyonpinescounseling.com](http://www.canyonpinescounseling.com) or (720) 441-3537
- c. **Colorado Family Counseling:** [cofamilycounselingcenter.com](http://cofamilycounselingcenter.com) or (720) 506 -9285

If you have any additional concerns, please contact the Ponderosa Main office at (720) 542-3487. I will be returning in January 2023 and contacting you to schedule your appointments from there.

Thank you!

Maki Sonoda-Sutton, LPC  
Ponderosa Counseling Center