

PTSD/Depression/Anxiety Resources For Denver & Nationwide

Provided By PTSDwellness.org

- Disclaimer: This is not an all-inclusive list of resources. If you would like to add your business to this list, please email information@ptsdwellness.org

PTSD: National Center for PTSD

<https://www.ptsd.va.gov/>

Anxiety Disorders Association of America (ADAA) ADAA, a nonprofit national organization, is committed to the prevention, treatment, and cure of anxiety and mood disorders, including **Posttraumatic Stress Disorder**. It also seeks to improve the lives of people who suffer from anxiety and mood disorders through education, practice, and research.

- A [bookstore](#) offering literature for both professionals and individuals relating to PTSD.
- [Support groups](#) so you can reach out to other PTSD sufferers.
- **ADAA** links to a PTSD [mobile coaching app](#) (from the VA)
- **ADAA** provides a [directory](#) of local mental health professionals.
- **ADAA** lets you search for [PTSD support groups](#) in your area or walks you through the steps to start your own support group.
- **ISTSS** provides a [Clinician Directory](#) that allows you to search for a mental health professional based on your location, doctor's specialty, special interests, demographic, and language.
- **National Center for PTSD (NCPTSD)**: <https://www.ptsd.va.gov/>
- **Substance Abuse and Mental Health Services Administration (SAMHSA)**: <https://www.samhsa.gov/find-help/ptsd>
- **Mental Health America** has a resource [directory](#) for local support

➤ Alcohol and Drug Rehabilitation

There is a distinct relationship between alcohol/drug dependence and PTSD. You may discover the following resources helpful if your PTSD is exaggerated by substance abuse.

- [SAMHSA](#) (The Substance Abuse and Mental Health Services Administration) is a Dept. of Health and Human Services agency with the mission to reduce the impact of substance abuse and mental illness on America's communities.
- [Drug Abuse.gov](#): sponsored by the National Institute on Drug Abuse; writes helpful research articles about drug/alcohol abuse.

➤ Local Resources

Live Different Recovery
Jazmyn Gray – manager
303-999-5196
jgray@crosspurpose.org

Dress for Success- The mission of Dress for Success is to help unemployed and underemployed women achieve economic independence by providing no-fee programs, development tools and professional attire to thrive in work and in life.
2594 South Colorado Boulevard, Denver, Colorado 80222 **denver.dressforsuccess.org** phone: 303.832.1889

Zen Mountain Sober Living for Women – Denver – Centennial – Aurora www.zenmountainhouse.com phone: 720-515-3299
Woman-owned and women-run, all pathway friendly, in-house recovery meetings, compassionate support

Reflections for Women – Residential SUD Treatment for Women. CU School of Medicine. phone: 303-734-5000
Evidence-based Substance Use Treatment for Women, Case Management

