

## MEMBER ASSISTANCE PROGRAM (MAPS)



- Services: mental health counseling, life coaching, medical advocacy, legal/financial resources and work/life resources
- All AmeriCorps members and their household have access to services during the service term
- Private, Confidential & FREE
- 24/7 telephone support, mobile app with chat functionality, video counseling and web portal

### How to Access:

1. Go to [mylifeexpert.com](http://mylifeexpert.com)
2. Click "create a new account with your company code"
3. Insert your company access code:  
**americorps**
4. Follow instructions included in the activation e-mail

## CIGNA

(IF OPTED IN)



- Services: 24/7 access to counselors and psychiatrists that can diagnose, treat and prescribe most medications for nonemergency conditions such as:
  - addictions, depression, grief/loss, stress, trauma, relationship/marriage issues, and eating disorders
- Services can be accessed in person (\$10 copay) or Virtually (\$5 copay)
- Access to mental health seminars and articles at: <https://www.cigna.com/knowledge-center/mental-health-awareness-seminars/>

### How to Access:

1. Go to [www.mycigna.com](http://www.mycigna.com) OR download the mobile app on your smart device.
2. Log in or register an account. You Will need:
  - a. Group number - **3338030**
  - b. Member ID - your Cigna ID or SSN
3. Locate and click "find a doctor" or "find care and costs"
4. Choose the option "doctor by type" and search "behavioral health counselor" or "telehealth/virtual behavioral health counselor." Then, adjust filters based on your needs.

## SPARK THE CHANGE

- Services: short-term counseling for
  - Depression
  - Anxiety
  - Family/Relationship Issues
  - Grief and Loss
  - Stress
- Spark the Change provides FREE, short-term counseling services to Coloradans with barriers to mental health care. Individual or group therapy sessions are available.

### How to Access:

1. Call **720-420-3218**
2. You will have a short screening and be connected with a volunteer therapist
3. You will receive 6-10 Free sessions, if more are needed, you can call the line again!!



# OTHER OPTIONS

All of the below resources are accessible state-wide via virtual platforms.  
Some options provide in-person services, depending on the location.



## • Sondermind

- Answer a few questions (preference for gender, race, and sexuality of therapist) get matched with therapists and determine a best fit for you, then schedule an in-person or virtual visit!
- Offers therapists that accept **Cigna** insurance!
- Visit <https://www.sondermind.com/> or call 844-256-9897

## • Inclusive Therapists

- "We center the needs of Black, Indigenous, and People of Color (BIPOC) and the 2SLGBTQIA+ community. We amplify the voices and expressions of Neurodivergent and Disabled communities"
- Browse Therapists by location or by filtered categories (Languages, insurance, cultural knowledge, therapist identity, & therapeutic approaches)
- Virtual or In-Person options
- Sliding scale options available!
- Visit <https://www.inclusivetherapists.com/> (website in English & Spanish)

## • People House

- Access to counseling interns who are master's level students or graduates acquiring experience for professional licensure with the State of Colorado
- "We believe that counseling should be accessible to everyone regardless of income. That is why we offer an Affordable Counseling Program, designed to serve those unable to afford full-priced psychotherapy"
- Browse their "affordable counseling interns" page to read the bio's of therapist's to determine best fit
- Offers sliding scale of \$20-\$50 per session
- Visit <https://peoplehouse.org/affordable-counseling/> or Call 303-480-5130

## • Denver Affordable Counseling

- Fill out a client application on the website and be paired with a therapist
- **Accepts Cigna insurance!**
- Offers sliding scale options for uninsured clients based on household size & income (chart [here](#))
- In-Person and Virtual Therapy
- Visit <https://www.denveraffordablecounseling.com/> or Call 720-485-3756

**Colorado Crisis Services** **1-844-493-8255 or Text "TALK" to 38255**

<https://coloradocrisisservices.org/>

If you are in need of immediate services, you can call/text and speak with a professional, available 24 hours, 7 days a week. Services are FREE and available via phone, text, or in-person at the walk-in centers. Common call topics include: depression, substance use, grief and loss, self-injury, suicidal thoughts, bullying, stress, parenting concerns, trauma, drugs and alcohol, relationship problems, family crisis, anxiety, COVID-related challenges, domestic violence, homelessness, disability, concerns for a friend or family member, recovery support, and resource questions.