

Live Life to the Fullest

**About Aurora Mental Health Center**

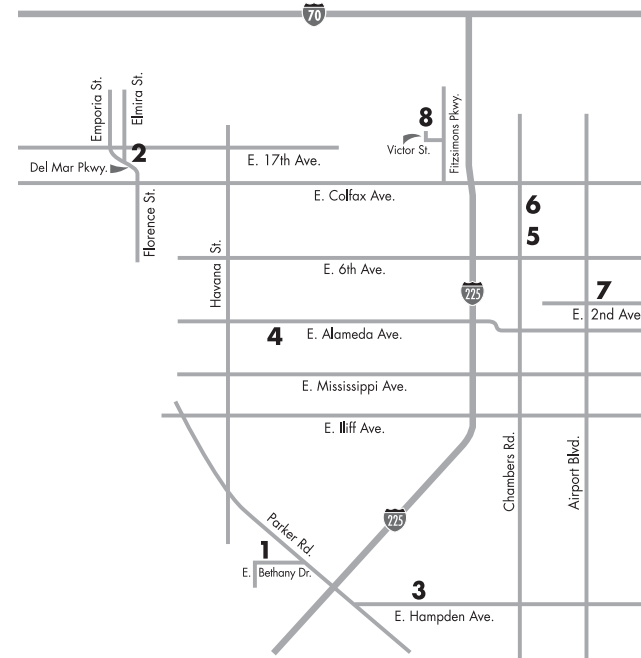
Aurora Mental Health Center is a private, nonprofit organization that has been serving people with a wide range of mental health needs since 1975. We not only utilize proven programs and methods for helping people cope with mental illness and attain good mental health, we help educate and coach people to remain emotionally healthy no matter what type of circumstances may arise.



Our highly qualified therapists, psychologists, psychiatrists, nurses, and social workers provide individual, group, and family counseling, as well as consultation and educational services that focus on prevention and wellness.

With eight convenient counseling centers in Aurora along with services in public schools, county departments of human services, in homes and foster homes, and at other community locations, we strive to help as many children, adults, and families as possible live life to the fullest.

We welcome you to call us at 303.617.2300 or to visit [www.aumhc.org](http://www.aumhc.org) to learn more about how we can help you, your loved ones, or your friends live a full and rewarding life.



**Eight Convenient Locations in Aurora**

- |  |   |
|--|---|
| <p><b>1. Viewpoint Plaza Center</b><br/>11059 E. Bethany Dr., Suite 200<br/>Aurora, CO 80014</p> | <p><b>5. Levee Center</b><br/>1290 Chambers Rd.<br/>Aurora, CO 80011</p>                  |
| <p><b>2. North Aurora Center</b><br/>1646 Elmira St.<br/>Aurora, CO 80010</p>                    | <p><b>6. Community Transitions Program</b><br/>1400 Chambers Rd.<br/>Aurora, CO 80011</p> |
| <p><b>3. Hampden Center</b><br/>14301 E. Hampden Ave.<br/>Aurora, CO 80014</p>                   | <p><b>7. Intercept Center</b><br/>16905 E. 2nd Ave.<br/>Aurora, CO 80011</p>              |
| <p><b>4. Alameda Center</b><br/>10782 E. Alameda Ave.<br/>Aurora, CO 80012</p>                   | <p><b>8. Fitzsimons Center</b><br/>2206 Victor St.<br/>Aurora, CO 80010</p>               |

For more information about any of our programs or services, please call our main number:

**303.617.2300**



**Aurora Mental Health Center**

11059 E. Bethany Drive • Suite 200 • Aurora, CO 80014  
[www.aumhc.org](http://www.aumhc.org)

**Helping  
People  
Live Life  
to the  
Fullest!**



 **Aurora  
Mental Health  
Center**

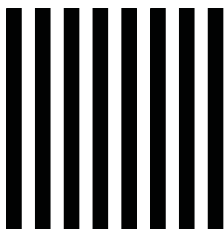
**BUSINESS REPLY MAIL**

FIRST-CLASS MAIL PERMIT NO. 20219 AURORA, CO

POSTAGE WILL BE PAID BY ADDRESSEE

**AURORA MENTAL HEALTH CENTER  
11059 E BETHANY DR STE 200  
AURORA CO 80014-9811**

NO POSTAGE  
NECESSARY  
IF MAILED  
IN THE  
UNITED STATES





## Mental Health Programs and Services

Live Life to the Fullest

### Providing Preventative and Treatment Services To Everyone

With a full array of mental health programs, Aurora Mental Health Center's goal is to help everyone, regardless of circumstances, overcome mental illness of all severities and types, and to live their lives to the fullest.

#### Children and Teenagers –

Guiding children early in life can help a child or teen thrive in school, expand their dreams and goals, and grow into a healthy, stable adult. We help develop self-esteem, self-control, positive



social interactions, and the skills necessary to better cope with emotional issues and future challenges.

#### Programs and Services Include:

- ▲ Individual therapy
- ▲ Intensive services
- ▲ Day treatment programs/ Therapeutic schools
- ▲ Trauma-focused therapy
- ▲ Psychological testing
- ▲ Psychiatric services
- ▲ Group therapy
- ▲ Childcare consultation
- ▲ School-based therapy

#### Families –

Providing families with the support and education they need to foster positive learning and development helps all members of the family live full and rewarding lives. We help improve communication and relationship skills, resolve family conflicts, promote the emotional development of each family member, and create a wholesome, positive home environment.



#### Programs and Services Include:

- ▲ Family therapy
- ▲ Parenting education and guidance
- ▲ Outreach and consultation services
- ▲ In-home and foster home services
- ▲ Parent-child interaction therapy
- ▲ Nurturing parenting program

### Did you know?

- **One in every four adults and one in every five children has a mental disorder in any given year, and it is more common than cancer, diabetes, or heart disease.**
- **People who have untreated mental health issues, such as chronic stress, spend more money on general health services than those who seek mental health care when they need it.**
- **When mental disorders are treated properly, the recovery rate is better than most other illnesses, including heart disease.**

#### Adults –

By offering therapeutic programs and wellness classes to adults with mental illness, or anyone who simply needs a little extra guidance on how to cope with emotional issues, we help individuals so they can succeed at work, at home, in relationships, and most importantly, live a balanced life. We help people



manage stress, improve sense of well-being and contentment, turn negative thinking into positive, and avoid emotional crises or breakdowns.

#### Programs and Services Include:

- ▲ Individual therapy
- ▲ Group therapy
- ▲ Couples therapy
- ▲ Older adult services
- ▲ Intensive outpatient and inpatient services
- ▲ Day treatment services
- ▲ Preventative and wellness classes
- ▲ Offenders program
- ▲ Residential programs
- ▲ Psychological testing
- ▲ Psychiatric services
- ▲ Life coaching program

#### Businesses –

Partnering with businesses, hospitals, churches, and schools allows us to reach and help more individuals receive the proper care they deserve. We help increase morale, productivity, attendance, and communications, creating a positive, fulfilling environment. Your referrals are always welcome.



#### Fees and Insurance

Our services are affordable, available, and accessible. Our fees vary according to services provided. A reduced fee schedule is available to those who qualify. We accept many insurance plans, Medicare, Medicaid, credit cards, and checks.

#### Schedule an Appointment

Call **303.617.2300** Monday – Friday 8 a.m. - 5 p.m. to talk with a professional counselor and schedule an appointment.

For urgent needs, call **303.617.2300** – staffed 24 hours a day, seven days a week.

**Visit us at [www.aumhc.org](http://www.aumhc.org) or call 303.617.2300 for additional information about our programs and services.**



**Yes, please send me additional information!**

#### Programs for:

- Early Childhood & Family (birth to age 6)
- Children, Teenagers, and Family
- Adults
- Older Adults (55+)

#### Opportunities:

- Speakers' Bureau
- Internships
- Volunteering
- Donations

**Sign up for our free quarterly newsletter, AuMHC Perspectives,** to keep current on mental health news, tips, events, programs, and other exclusive communications from Aurora Mental Health Center.

#### Please select one:

- E-mail color version
- Mail B&W version

Mr./Mrs./Ms. \_\_\_\_\_ First Name \_\_\_\_\_ Last Name

(please circle)

Company \_\_\_\_\_ (if applicable)

Address \_\_\_\_\_ (Please circle which address) Home / Business

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail Address \_\_\_\_\_