**Behavioral Health Community Resources for Weight Loss Support**

**Behavioral Health Community Resources for Weight Loss Support Referrals & Instructions on What to Expect:**

* These are community provider options from insurances, NOT affiliated with UCHealth or CU
* Please explore the different links and find which services you'd prefer to work with, then complete the contact form online and/or give them a call, some even allow you to book directly online. Some may ask you to pick a provider beforehand (from their website) and others will assign you based on best-fit.
* It often takes a bit of effort up front to get connected, always feel free to follow up and call/email again.
* Ability to accept new patients changes throughout the year, if they are full or are booking out too far, choose another clinic and try again or ask your provider for assistance if you're feeling overwhelmed.
* Almost all organizations are offering telehealth appts and location is less restrictive.
* Make sure to check out the provider search engine for your insurance, especially if you're looking for a private practice provider. This is not a comprehensive list and always verify they accept your insurance.
* **\*asterisk after indicates they include services provided by other specialties such as registered dieticians or psychiatry**
* **Search Engines for Private Practice Providers:**
* <https://www.psychologytoday.com/us>
* <https://www.zocdoc.com/therapist-counselors>
* Organizations that Connect you with Private Practice Providers (Commercial insurances only):
  + Westside Behavioral Care: (303) 986-4197
  + Sondermind Counseling: 720.330.3713
  + Urban Balance: (888) 726-7170

**Virtual Therapists**

[Me Only Better](https://meonlybetter.com/contact/#) – Online out of state CBT therapist who specializes in weight management; Dr.Seti@MeOnlyBetter.com; (619) 345-4355

##### [Julia Veser LCSW](https://www.juliaveser.com/) – Online out of state therapist specializes in weight loss; 610.394.8333; [juliaveserlcsw@gmail.com](mailto:juliaveserlcsw@gmail.com)

[Front Range Therapy for Eating Disorders](https://www.beyondfoodandfear.com/) - (303) 483-8253; [jkbonnell@comcast.net](mailto:jkbonnell@comcast.net)

**Aurora Area**

[Nutrition Center of Colorado\*](https://www.nutritioncenterofcolorado.com/) - Aurora and Littleton locations - nutrition counseling, in network with some insurances; 720-583-3437; [INFO@Nutritioncenterofcolorado.com](mailto:INFO@Nutritioncenterofcolorado.com)

**Boulder Area**

[Judy O’Neill, MSW](https://helpingyougetunstuck.com/) - Boulder – in person and telehealth available; 303-819-2099; [support@helpingyougetunstuck.com](mailto:support@helpingyougetunstuck.com)

#### [Denver Family Counseling Services](https://denverfamilycounselingservices.com/) - Broomfield – telehealth available; Binge Eating Disorder treatment; intuitive eating **(303) 217-1822;** [**hello@denverfamilycounselingservices.com**](mailto:hello@denverfamilycounselingservices.com)

**Colorado Springs Area**

[Overcomers Counseling](https://overcomewithus.com/weight-loss-counseling) - Colorado Springs and Denver locations; telehealth throughout the state weight loss counselors; insurance accepted [(719) 345-2424 Colorado Springs](tel:17193452424)[(720) 437-9089 Denver;](tel:17204379089) admin@overcomewithus.com

**Denver Area**

[Shine Integrated Therapy](https://shineintegratedtherapy.com/contact/) - Denver - In person and telehealth support for weight loss in Denver; (303) 455-2409; [bclark@shineintegratedtherapy.com](mailto:bclark@shineintegratedtherapy.com)

[Omni Counseling and Nutrition\*](https://www.omnicounselingandnutrition.com/) - Denver - in person and telehealth available; 303.489.9269; [corrie@omnicounselingandnutrition.com;](mailto:corrie@omnicounselingandnutrition.com) [melissa@omnicounselingandnutrition.com](mailto:melissa@omnicounselingandnutrition.com)

**Fort Collins Area**

[Mind and Body Nutrition Counseling\*](https://mindbodynutritioncounseling.com/about/) - Fort Collins therapist and dietician; insurances accepted; individual and group support; [(970) 980-8732](https://www.google.com/search?q=mind+body+nutrition&oq=mind&aqs=chrome.0.69i59j69i57j46i131i199i433i465i512j0i131i433i512j0i20i263i433i512j0i131i433i512j46i131i433i512j0i131i433i512l2j0i131i433.2330j0j15&sourceid=chrome&ie=UTF-8#)

[Bloom Counseling and Nutrition](https://www.bloomcounselingandnutrition.com/)\* - Fort Collins - counseling and nutrition; treatment for eating disorder recovery; intuitive eating; groups; some insurances accepted; pro bono services available; (970) 893-7600; [nfo@bloomcounselingandnutrition.com](mailto:info@bloomcounselingandnutrition.com)

[Foundations Counseling LLC](https://www.foundationscounselingllc.com/obesity-weight-loss-counseling.php) – Loveland, Windsor and Fort Collins – in person and telehealth available; 970-714-3055

**Littleton Area**

[Thriveworks Littleton Weight Management Therapy\*](https://thriveworks.com/littleton-counseling/weight-management-therapy/) - Littleton; includes psychiatry; [(720) 802-5079](tel:+1(720) 802-5079)