



**Maria Droste**  
Counseling Center<sup>SM</sup>

Colorado's Center for Mental Health

# Sometimes all you need is a little help

Sometimes life presents you with situations that are difficult to deal with. You don't have to navigate those situations alone.

If you are having a hard time with any of the topics below, we can help:

Worry

Life transitions

Feeling overwhelmed

Grief & loss

Pain & sickness

Parenting difficulties

Phone usage & social media

Relationship issues

Substance use

Sleep problems

Trauma

We work with people of all ages & can support individuals, couples, & families.



## What to Expect

Once you call our Access Center, we will talk with you and learn more about your situation & how we can help. After learning more, we will connect you with a counselor that best fits your needs.

We are committed to supporting you in navigating change & creating a meaningful life for yourself.

## Want to know more?

Reach out! We are happy to receive your call or email and talk through next steps.

**Call us at 303-867-4600**

You can also email us at:  
**[Intake@MariaDroste.org](mailto:Intake@MariaDroste.org)**

Our address is:  
**1355 South Colorado Blvd., Suite C-100  
Denver, Colorado 80222**

Payment options include Medicaid  
Medicare, & sliding scale