

How Can we Help?



543 Main St, Delta Co
&
1543 Ogden Rd, Montrose Co



(970) 201-1467



info@integratedinsighttherapy.com



www.integratedinsighttherapy.com

Medicaid and most major insurances accepted.

We're Changing the face of community mental health

Our goal is to treat you as an individual not a number.



We treat you from the moment you walk through the door with kindness and respect.



We work fast to be efficient and get you the right help in the shortest amount of time.



We don't just say we put our clients first we actually do!

We would love to hear from you

For Immediate Mental Health Crisis:

24 Hour Colorado Crisis Hotline
1-844-493-8255



Integrated Insight Therapy

*The provider of choice for behavioral health
support in Montrose and Delta*



Hello!! We're offering a better level of care

We know the hardest action you may ever take is to call us or walk through our door.

We understand how challenging that can be we ensure that you get a sense of support right away.

Getting the support you need can be more than therapy. We are committed to connecting you and assisting you with all the many elements you may need to overcome whatever it is that you are facing.

We Provide The Best Quality Services



Individual & Group Therapy

Helps people overcome obstacles to their well-being. It can increase positive feelings, such as compassion and self-esteem. People in therapy can learn skills for handling difficult situations.



Addiction Support

Addiction requires treatment that can address the underlying causes of the disease and address the consequences on the many different areas of ones life.



Level II DUI

OBH-approved, DUI-specific curriculum in the delivery of Level I and Level II services. DUI education and therapy.



Case Management

Case management is a collaborative process that assesses, plans, implements, coordinates, monitors, and evaluates the options and services required to meet the client's health and human service needs.



Job & Skills Development

We Help people with disabilities, including substance use, intellectual and mental health challenges with obtaining and maintaining employment.

Multi-disciplinary team approach.

Therapists, case managers, peer specialists and employment specialists work together to support you as a team.

What we treat

- ✓ Addiction
- ✓ Anxiety
- ✓ Bipolar Disorder
- ✓ Depression
- ✓ Personality Disorders
- ✓ Suicidal Thoughts
- ✓ Post-traumatic stress disorder

Medication

We can connect you to a great psychiatric provider for timely and convenient support to manage your medication through telehealth.

