

Favorites

County: Salt Lake



United Way 2-1-1 is a free and confidential number that individuals and families can call or text to find local community resources, programs and services based on their needs.

ABLE-differently Promotes a self-help model that serves school and younger-age children and their families with special behavioral health care needs who have not had success with typical forms of intervention. Supports parents solving problems themselves with participation in family-centered community partnerships such as with schools, medical homes, and mental health systems. 801-520-7376, PO Box 9757, Salt Lake City UT 84109
Services: Child Care Mental Health Consultation Programs

Christian Counseling Centers of Utah - Sandy Provides professional mental health services to the people of the Salt Lake Valley, the Wasatch Front, and surrounding cities and states. Assists all ages with emotional, psychological, behavioral, substance, and/or relationship issues to bring healing and recovery, restoration of lives, resolution of conflicts, and reconciliation of relationships. 801-268-1564, 8575 South 700 East, Sandy UT 84070-6308
Services: General Counseling Services, Child Guidance, Mental Health Evaluation

Highland Springs Specialty Clinic - Salt

BYU Comprehensive Clinic The BYU Comprehensive Clinic offers affordable mental health services to local community members. These services include counseling, psychological and neuropsychological assessments, and groups. 801-422-7759, 1190 North 900 East, Provo UT 84602
Services: Weight Related Support Groups, Behavioral Learning Therapy, Family Counseling, General Counseling Services, Adolescent/Youth Counseling, Marriage Counseling, Mental Health Evaluation, Infant and Early Childhood Mental Health, Play Therapy

Family Counseling Center The Family Counseling Center, operated by Volunteers of America, Utah, provides affordable, professional, outpatient mental health services to individuals, couples and families. Services are offered through the Community Cares? program on a sliding fee scale based on annual income, allowing each person to pay what he or she can afford. A majority of clients are the uninsured, middle-income or "working poor" families who are ineligible for welfare services or similar programs because they are employed, but are still unable to afford the expense of



Access 2-1-1 Utah on Instagram, online, and apps available for download.

Lake Provides outpatient therapy and medication management to children, adolescents, and adults, ages 3 and up. Therapy includes depression, post partum depression, anxiety, addiction, trauma, and PTSD. For those aged 13 - 17, treatment for, self-harm, eating disorders, teen violence, bullying, isolation, and attention issues is available. 800-403-0295, 4460 South Highland Drive Ste 100, Salt Lake City UT 84124

Services: General Counseling Services, Adolescent/Youth Counseling, Geriatric Counseling, Marriage Counseling, Mental Health Evaluation, Psychiatric Medication Services, General Assessment for Substance Use Disorders, Comprehensive Outpatient Substance Use Disorder Treatment

LDS Family Services - Riverton LDS Family Services is a behavioral health service organization which provides counseling and resources to individuals and families in a manner congruent with its doctrine and welfare principles. Families/Friends of Individuals With a Drug or Alcohol Use Disorder Support Groups: Support groups to assist spouses, other family members, and friends may also be available. Meetings are free and do not require a bishop's referral. To find an Addiction Recovery Program support group for individuals or family members, go to AddictionRecovery.Lds.org, or, contact local LDS Family Services office for availability. 801-240-9436, 3740 West Market Center Drive, Riverton UT 84065
Services: Alcohol Use Disorder Support

counseling. 801-261-3500, 650 East 4500 South Ste 300, Murray UT 84107

Services: General Counseling Services, Spouse/Intimate Partner Abuse Counseling, Marriage Counseling, Mental Health Evaluation, Psychiatric Medication Services, Substance Use Disorder Counseling

James Mason Centers for

Recovery Comprehensive day treatment and outpatient Family Program provides support and creates hope, healing, and empowerment for struggling teens and their families. Addresses depression and anxiety, suicidal tendencies (suicide ideation), addiction, trauma, self harm, and behavioral and mild mental health disorders. The program includes an evidence-based DBT (Dialectical Behavior Therapy) centered curriculum, case/care management, medication management, mindfulness/meditation yoga and visioning, art therapy, recreational therapy, family support and education, and weekly individual, family, and group therapy. There is also an accredited schooling program. 801-693-1192, 986 West Atherton Drive Ste 270, Salt Lake City UT 84123

Services: Adolescent/Youth Counseling

Life-line Inc The Lifeline for Youth program provides counseling, day treatment, and assessment for adolescents and youth (13-17 yrs.) struggling with substance abuse and behavioral issues. 801-936-4000, 1130 West Center Street, North Salt Lake UT 84054-2917



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Groups, Drug Use Disorder Support Groups, Sexual/Love Addiction Support Groups, General Counseling Services, Marriage Counseling

National Suicide Prevention

Lifeline Suicide prevention service available to anyone in suicidal crisis or emotional distress. The National Suicide Prevention Lifeline number routes callers to the nearest accredited crisis center in the caller's area. National Suicide Prevention Lifeline calls are answered by staff at over 160 certified crisis centers across the United States who provide callers with crisis counseling and mental health referrals. Crisis Chat Service routes chat visitors to a subnetwork of crisis centers accredited in providing online emotional support at:

www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx

800-273-8255, Phone only, New York NY 10001

Services: Suicide Prevention Hotlines

Salt Lake Behavioral Health Provides mental health evaluations, crisis stabilization (including suicidal and homicidal interventions), detox services with substance abuse program, treatment for older adults/geriatric populations, and offers an intensive outpatient program for both civilians and military populations. 801-264-6000, 3802 South 700 East, Salt Lake City UT 84106

Services: Veteran Outpatient Clinics, Adult Psychiatric Hospitals, Psychiatric Inpatient Units, Mental Health Evaluation, Geriatric Psychiatry, Detoxification, Comprehensive Outpatient Substance Use Disorder

Services: Family Counseling, Adolescent/Youth Counseling

Provo Canyon Behavioral

Hospital Provo Canyon Behavioral Hospital specializes in mental health and addiction recovery for adolescents, adults, active military, and seniors. Provides assessments, inpatient and outpatient care, day programs, and a free suicide risk evaluation. 801-852-2273, 1350 East 750 North, Orem UT 84097

Services: Psychiatric Inpatient Units, General Counseling Services, Mental Health Evaluation, Detoxification, Inpatient Substance Use Disorder Treatment Facilities

Trauma Awareness and Treatment

Center Provides help to persons of all ages and cultures to understand and heal from the effects of trauma and be restored to wholeness. 801-263-6367, 32 West Winchester Street Ste 101, Murray UT 84107

Services: Life Skills Education, General Counseling Services, Child Guidance, Sexual Assault Counseling, Mental Health Evaluation

UNI Warm Line - SL County Certified peer specialists provide callers within Salt Lake County with non-crisis mental health support, engagement, and encouragement. Promotes wellness in a nonjudgmental and respectful manner by listening, empowering a person to resolve his or her own problem, and fostering a sense of hope, dignity and self-respect. 801-587-1055, University Neuropsychiatric Institute, Salt Lake



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Treatment

UNI Crisis Line Provides 24-hour phone service staffed by mental health professionals. These specialists provide crisis intervention, suicide prevention, information and referral, emotional support, and assistance to individuals experiencing emotional distress or psychiatric crisis. 801-587-3000, 501 South Chipeta Way (2330 E), Salt Lake City UT 84108

Services: Talklines/Warmlines, General Crisis Intervention Hotlines, Mental Health Crisis Lines, Suicide Prevention Hotlines, In Person Crisis Intervention, Detoxification

University of Phoenix Counseling

Center Provides individual counseling and conjoint and/or family counseling mental as part of health therapy services offered to the community as it educates and trains mental health professionals. 801-506-4142, 5373 South Green Street, Murray UT 84123

Services: General Counseling Services

City UT 84108

Services: Mental Health Crisis Lines

Valley Behavioral Health Intake

Line Provides screening, assessment, therapy, medication management, crisis intervention, and case management services for those with mental illness, substance abuse and behavioral health concerns. Services available throughout Salt Lake, Tooele, and Summit counties in a variety of settings including outpatient clinics, day treatment, mental health evaluations, step-down residential programs, and community-based programs. 888-949-4864, 4460 South Highland Drive Ste 310, Salt Lake City UT 84124

Services: Homeless Drop In Centers, Low Income/Subsidized Rental Housing, Homeless Permanent Supportive Housing, Semi-Independent Living Residences for Adults With Disabilities, Spouse/Intimate Partner Abuse Prevention, Special Education, Job Finding Assistance, Vocational Rehabilitation, Case/Care Management, Therapeutic Foster Homes, Street Outreach Programs, Behavioral Learning Therapy, Psychosocial Therapy, Children's/Adolescent Residential Treatment Facilities, General Counseling Services, Child Abuse Counseling, Spouse/Intimate Partner Abuse Counseling, Adolescent/Youth Counseling, Child Guidance, Geriatric Counseling, Juvenile Delinquency Diversion Counseling, Marriage Counseling, Parent



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Counseling,Runaway/Homeless Youth
Counseling,Sex Offender
Counseling,Sexual Assault
Counseling,Mental Health
Evaluation,Psychiatric Case
Management,Psychiatric Day
Treatment,Psychiatric Medication
Services,Play Therapy,Court Ordered DUI
Evaluations,Drug/Alcohol Testing,General
Assessment for Substance Use
Disorders,DUI Offender
Programs,Substance Use Disorder
Education/Prevention,Comprehensive
Outpatient Substance Use Disorder
Treatment,Substance Use Disorder
Counseling,Residential Substance Use
Disorder Treatment Facilities,Substance
Use Disorder Crisis
Intervention,Substance Use Disorder
Intervention Programs



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