

# Mental Health Resources

*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.*



## **ADDICTION/ SUBSTANCE ABUSE**

**Addiction and Psychological Services** provides outpatient mental health and substance abuse services including educational classes and counseling:

American Fork.....801-847-7272  
Orem.....801-222-0603  
Spanish Fork.....801-794-2350

**Project Reality** offers a variety of services designed to provide comprehensive, therapeutic treatment for those struggling with substance abuse. Primarily treats patients suffering from opioid use disorders; 801-851-7118.

**Utah County Department of Drug and Alcohol Prevention and Treatment** provides access to services for those who struggle with substance abuse and addiction; 801-8517128.

**Alliance Clinical Services** provides individual and group counseling for substance abuse; 701-763-7775.

**Institute for Cognitive Therapy** provides substance abuse treatment services for adolescents and adults; 801-8028608.

**House of Hope** provides residential treatment services for pregnant women and women who are trying to reunite with their children; 801-373-6562.

## **ADVOCACY AND AWARENESS**

**Hope 4 Utah** provides suicide training and prevention efforts for school districts, leaders and community members; 801-342-3444.

**National Alliance on Mental Illness** improves the lives of those who live with mental illness and their families. They provide free educational classes; 385-208-1796.

**EveryDay Strong** provides tools to build resilience in children who are anxious or depressed. You can find their trainings, webinars, handbooks, and other useful content at [www.everydaystrong.org](http://www.everydaystrong.org). 801-691-5336.

## **COUNSELING/THERAPY**

**BYU Comprehensive Clinic** provides affordable mental health services to local community members. These services include counseling, psychological and neuropsychological assessment and support groups; 801422-7759.

**The Family Support and Treatment Center** offers several services, such as individual counseling, family counseling, and child counseling for those who have been affected by trauma; 801-229-1181.

**Mountainlands Family Health Center** offers individual therapeutic sessions. Fees based on sliding scale if eligible; 801-429-2000.

**Utah Valley Psychiatry and Counseling Clinic** provides outpatient counseling services for children and adults. Accept CHIP, Medicare, and private insurance. Sliding scale fee is available if eligible; 801-357-7525.

**Wasatch Wellness Recovery Clinic** is a no-fee clinic for individuals who are uninsured or underinsured. The clinic offers group therapy, case management, psychiatric evaluations; 801-852-3789.

**Provo Canyon Behavioral Hospital** provides counseling services for individuals 12 years and older. Medicaid, Medicare, Tri-care and most insurances are accepted; 801852-2273.

## **EATING DISORDERS**

**Center for Change** offers treatment for a variety of severe eating disorders. Provides inpatient and outpatient therapy, residential treatment, and follow-up care; 801224-8255.



Utah 2-1-1



211Utah.org

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

## **MENTAL HEALTH EVALUATIONS/ ASSESSMENTS**

**BYU Comprehensive Clinic** offers free child and family check-ups. \$50 psychological assessments and \$400 neuropsychological assessments; 801-422-7759.

**Wasatch Mental Health** offers walk-in assessments and intake for Medicaid patients only. Held every Monday, Tuesday and Thursday at 8 am and 12 pm; 801-3739656.

**Provo Canyon Behavioral Hospital** provides a free suicide risk assessment available 24 hours a day, 7 days a week; 801-852-2273.

**Highland Springs Specialty Clinic** provides comprehensive mental health evaluations; 1-800-403-0295.

## **SUPPORT GROUPS**

**Alcoholics Anonymous of Utah** supports alcoholics and families to overcome alcoholism; 801-484-7871.

**Utah Support Advocates for Recovery Awareness** works to empower people in all stages of addiction recovery; 385-210-0320.

**Compassionate Friends** provides support groups for parents, grandparents and adult siblings who have recently experienced the death of a child; 801-471-7011.

**Narcotics Anonymous** provides peer support groups for those struggling with overcoming drug addiction; 801-8104081.

**National Alliance on Mental Illness** provides support groups for individuals with mental illness and their family members; 385-208-1796

## **VETERANS**

**Provo Veterans Center** offers support groups and bereavement counseling, and other related services; 8013771117.

**Veteran Crisis Line** provides a 24/7 crisis line for veterans; 800-273-8255.

*For more information and assistance, call 2-1-1 or text your zip code to 898211.*

## **EMERGENCY/ CRISIS**

**Crisis Line of Utah County** is a 24-hour confidential hotline available to anyone who is experiencing a crisis; 801-6915433.

**UNI Crisis Line** provides 24-hour phone service staffed by mental health professionals; 801-587-3000.

**Crisis Text Line** provides confidential and free crisis support and relief with trained crisis counselors; text START to 741-741.

**National Suicide Prevention Lifeline** is a 24-hour, toll-free and confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress; 1-800-2738255.

**Wasatch Mental Health - Crisis Services** can be accessed by anyone through the Recovery Outreach Center or the 24-hour Crisis Line; 801-373-7393.

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