

# MENTAL HEALTH RESOURCES IN UTAH



STOP THE STIGMA  
& START THE  
CONVERSATION



**Seek Help:**

## **In Crisis**

*Resources in Utah  
if you or a loved  
one is  
experiencing a  
mental health or  
suicide crisis.*

### **CRISIS LINE**

1-800-273-TALK (8255)  
988 (Starting July 16)



1-801-587-3000 (Utah's Local Center)  
TTY users dial 711 then 1-800-273-TALK



Call the National Suicide Prevention  
Lifeline/Utah Crisis Line if you or a  
loved one is approaching a mental  
health or suicide crisis. Starting July 16  
the Crisis Line number will be 988.



- FREE
- 24/7
- 7 Days a Week
- Anywhere in the USA
- Interpreters 150+ Languages
- Mobile Crisis Outreach (MCOT)

### **MOBILE CRISIS OUTREACH (MCOT)**

Access Through Crisis Life Line:

1-800-273-TALK (8255)  
988 (Starting July 16)

1-801-587-3000 (Utah's Local Center)  
TTY users dial 711 then 1-800-273-TALK



Mobile crisis outreach services offer  
community-based interventions to individuals  
regardless of their location. A specially trained  
2-person Mobile Crisis Outreach Team (MCOT)  
will respond to the location of crisis or respond  
virtually. These services are accessed through  
the Crisis Life Line.



- FREE
- 24/7
- 7 Days a Week
- Delivered In-Person or Virtually
- 2-Person Specialized Team

### **UTAH RECEIVING CENTERS**

A Receiving Center is like an emergency  
room for behavioral health crises.

- Open 24-Hours
- Accepts Walk-Ins
- Accepts All Ages
- Accepts Law-Enforcement/First  
Responders Drop-Offs & Referrals
- Provides Assessment
- Crisis Counseling
- Mental Health & Substance Use  
Disorder Assistance



**Huntsman Mental Health Institute**  
Address: 501 Chipeta Way, Salt Lake City, UT 84108  
Phone: 801-583-2500

**Wasatch Behavioral Health Receiving Center**  
Address: 1175 E 300 N, Provo, UT 84606  
Phone: 801-852-2131

**Davis Behavioral Health Receiving Center**  
Address: 380 S 200 W, Farmington, UT 84025  
Phone: 801-513-2800

### **INTERMOUNTAIN BEHAVIORAL HEALTH ACCESS CENTERS**

Intermountain's Access Centers are a great  
option for adults with Intermountain  
Healthcare as their insurance provider.

- Open 24-Hours
- Accepts Walk-Ins
- Accepts Adults 18+
- Provides Crisis Treatment
- Fast Access to Mental Health  
Treatment
- Placement in Appropriate Level of  
Care



**LDS Hospital-Intermountain Access Center**  
Address: 324 9th Ave, Salt Lake City, UT 84143  
Phone: 801-408-8330

**St. George Regional Hospital-Access Center**  
Address: 1380 E Medical Center Dr, St George, UT 84790  
Phone: 435-688-4343

**McKay-Dee-Intermountain Access Center**  
Address: 4401 Harrison Blvd, Ogden, UT 84403  
Phone: 801-387-5543

**Seek Help:**

## **Struggling**

*Resources in Utah  
if you or a loved  
one is  
struggling with a  
mental health  
issue or illness.*

### **SAFE UT APP**

1-833-373-3388

1-801-587-8852 (App Support)

Chat in App or Online at  
<https://safeut.org/>



The SafeUT App offers chat/text with a  
licensed counselor for support or to  
submit a confidential tip. The original  
app targets students, parents,  
educators, and others.



- FREE
- 24/7
- 7 Days a Week, 365 Days a Year
- Confidential Chat/Text with a  
Licensed Counselor
- Submit Confidential Tips
- Connect with Resources

## SAFE UT FRONTLINE

1-833-372-3388

Chat in App or Online at  
<https://safeut.org/frontline>



The SafeUT Frontline App focuses on connecting Utah's frontline workers, law enforcement, fire/EMS, health care professionals, and their families with experienced, licensed mental health professionals.



## SAFE UT NATIONAL GUARD:

1-833-372-3364

Chat in App or Online at  
<https://safeut.org/national-guard>



The SafeUT National Guard App is designed for Utah Air and Army National Guard members, civilian personnel, and their families, linking them to licensed mental health professionals trained to understand their unique challenges.

## DOWNLOADS SAFE UT APPS

### Original SAFE UT

#### For Apple:

- <https://apps.apple.com/us/app/safeut/id1052510262>

#### For Android:

- <https://play.google.com/store/apps/details?id=com.p3tips.safeut&hl=en>

### Frontline SAFE UT

#### For Apple:

- <https://apps.apple.com/us/app/safeut-frontline/id1544704028>

#### For Android:

- <https://play.google.com/store/apps/details?id=com.universityofutahhealth.safeutfl>

### National Guard SAFE UT

#### For Apple:

- <https://apps.apple.com/us/app/safeut-frontline/id1544704028>

#### For Android:

- <https://play.google.com/store/apps/details?id=com.universityofutahhealth.safeutfl>

## UTAH WARM LINE

1-833-SPEAKOUT(773-2588)

1-801-567-1055 (Local)

8:00am – 11:00pm Daily



The Huntsman Mental Health Institute facilitates a warmline that allows anyone to call to talk to a certified peer support specialists who can listen and help provide hope and empowerment through the recovery model.



- FREE
- 8:00am – 11:00pm Daily
- 7 Days a Week, 365 Days a Year
- Trained Peer Support Specialists

## NAMI MENTORS

1-801-323-9900

9:00am – 4:15pm Mon-Fri



The National Alliance on Mental Illness (NAMI) has mentors available to help you navigate the world of mental illness, resources, information, and creating a plan for next steps. NAMI mentors understand your struggles since they have been affected by mental illness as family members, individuals living with mental condition, or both.



- FREE
- 9:00am – 4:15pm Mon-Fri
- Refer to Resources
- Provide Information & Education
- Assist is Problem Solving & Strategy

## SAFE-FAM MOBILE RESPONSE SERVICES

1-833-SAFE-FAM(723-3326)

<https://hs.utah.gov/smr>



SAFE-FAM provides services for families with children/youth ages 0-20 experiencing challenges. Mobile Response Services may come to your home to help ease an immediate challenge and provide support.



- FREE
- Families with struggling youth ages 0-20
- Team comes to your home
- Minimize the impact of the challenge on you and your family
- Create safety plans
- Connect you and your family to other helpful resources

## SAFE-FAM STABILIZATION SERVICES

1-833-SAFE-FAM(723-3326)

<https://hs.utah.gov/smr>



Stabilization Services are short-term services provided in addition to the SAFE-FAM Mobile Response Services to help ensure your family's long-term success.



- FREE
- Families with struggling youth ages 0-20
- Teach skills to improve family functioning
- Create plans that prepare you for and prevent future challenges
- Prevent the need for out-of-home services
- Equip you with ongoing resources and support

## Seek Help:

# Growth

*Resources in Utah  
if you or a loved  
one is  
working through a  
mental health  
issue or illness.*

## INTERMOUNTAIN BEHAVIORAL HEALTH NAVIGATION LINE

1-833-442-2211

10:00am – 10:00pm Daily



Intermountain Healthcare offers a free Behavioral Health Navigation Service for the public of Utah and healthcare professionals who need emotional health guidance. They can help you navigate what resources are available and may recommend referrals to treatment options.



- FREE
- 10:00am – 10:00pm Daily
- English, Spanish, & 19 other Languages
- Help you navigate Utah Resources, Referrals, and Care Options

## SALT LAKE BEHAVIORAL HEALTH REFERRAL SPECIALIST LINE

1-801-264-6000

<https://saltlakebehavioralhealth.com/resources>



Salt Lake Behavioral Health has online education guides for common behavioral and mental health issues. They also have a 24/7 phone number to call and speak with a referral specialist who can help you navigate what resources and options are available.



- FREE
- 24 Hours, 7 Days a Week
- Phone or Online Contact Form

### SAMHSA TREATMENT DIRECTORY

<https://findtreatment.samhsa.gov/>  
<https://findtreatment.gov/>



The U.S. Department of Health & Human Services (SAMHSA) has an online Behavioral Health Treatment Services Locator. The Locator is a confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance use/addiction and/or mental health problems.



- FREE
- Online
- Confidential & Anonymous

### PSYCHOLOGY TODAY DIRECTORY

<https://www.psychologytoday.com/us>



Psychology Today has an extensive free database of mental health professionals including:

- Therapists
- Psychiatrists
- Teletherapy
- Support Groups
- Treatment Centers

They also have filters to help you find someone you are likely to connect with.

### 211 INFORMATION & REFERRAL:

Call: 2-1-1

Website: <https://211utah.org/>

Email: [211ut@uw.org](mailto:211ut@uw.org)

Text 898-211 with Zip Code

The Call 2-1-1 Line offers assistance for a wide variety of services and resources including mental health. Free to call anytime.

### NAMI CLASSES

1-877-823-9799

<https://namiut.org/our-programs>



- FREE
- Classes & Support Groups
- Online & In-Person
- English & Spanish
- Classes for All Ages or Age Specific
- Classes for Those With a Mental Condition
- Classes for Family, Caregivers, Loved Ones, & Anyone



Programs Offered:

- NAMI Basics (6-week, Parents/Caregivers)
- NAMI Family & Friends (90-min, Loved Ones)
- NAMI Family-To-Family (8-week, Adult Family/Loved Ones)
- NAMI Homefront (6-week, Military Service Family & Friends)
- Family Support Groups (Family/Loved Ones)
- NAMI Utah's Progression (6-week, Ages 13-18)
- NAMI Peer-To-Peer (8-week, Adults)
- NAMI Connection Support Group (Adults)
- NAMI Ending The Silence (50-75-min Presentation, Ages 13-18/Parents/School Staff)
- In Our Own Voice (60-min Presentation)
- QPR: Suicide Prevention Training (60-90-min Training)

### DAVIS BEHAVIORAL HEALTH CLASSES

1-801-773-7060 (Angie Smith)

<https://www.dbh.utah.gov/prevention/mental-health/>  
 Davis Mindfulness Center  
 476 Heritage Park Blvd  
 Layton, UT 84041



- For Davis County Residents
- Price Varies, Free-\$250
- Age Specific Classes
- Online & In-Person



Programs Offered:

- Mindfulness for Adults (6-week, 1 hr Weekly, Adults, Online, In-Person)
- Mindful Motherhood (6-week, 1.5 hr Weekly, Pregnant Mothers, In-Person)
- Mindfulness-Based Stress Reduction (\$250, 8-week, 2.5 hr Weekly, 1 Full Day Retreat, 1 hr Daily Homework, Adults)
- Managing Emotions for Adults (8-week, 1.5 hr, Weekly, Men's Class or Women's Class, In-Person)
- Managing Emotions Children in 4th-6th Grades (3-week, 30-min Bi-Weekly, Children 4-6 Grades, Online)
- Managing Emotions Children in 1st-3rd Grades (3-week, 30-min Bi-Weekly, Children 1-3 Grades, Online)
- Mindfulness for Teens (Bi-Weekly, Youth Ages 13-17)

### FOURTH STREET CLINIC & WEEKLY WELLNESS CLASSES

1-801-364-0058

<https://fourthstreetclinic.org/services/>

409 West 400 South  
 Salt Lake City, Utah 84101



Fourth Street Clinic helps Utahans experiencing homelessness improve their health and quality of life by providing high-quality health care and support services.

Fourth Street Clinic also offers a wide array of programs and classes promoting healthy living and improving one's overall well-being



- Primary Care & Behavioral Care for those struggling with homelessness
- Weekly Wellness Classes offered Monday-Friday.

### LIVE ON UTAH

<https://liveonutah.org/>



Live On is run by the Utah Suicide Coalition and is a statewide effort to prevent suicide by promoting education, providing resources, and changing our culture around suicide and mental health. Together we can get through, reach out, lift up, look ahead, and Live On.

For more information about suicide prevention in the state of Utah, please visit their website.



- State Plan Webinars
- Gatekeeper Trainings
- Resource Guides For:
  - Crisis & Treatment
  - Firearm Suicide Prevention
  - Safe Messaging
  - Faith
  - LGBTQ+
  - Youth
  - Workplace

## STOP THE STIGMA & START THE CONVERSATION

### Want to get involved?

Visit our website to learn about upcoming projects & events that are working on suicide prevention & ending the stigma around mental health.

<https://gooddeedrevolution.org/>

— GOOD DEED —  
**REVOLUTION**



MENTAL HEALTH MEDIA RESOURCES

HEAL-EDUCATE-LISTEN-PREVENT-SUPPORT